



Psychopathology Models

4 Main Perspectives





Biomedical View

| Theoretical Cause of Abnormality | Theoretical Cure |
|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>A process similar to that underlying physical illness. Somatogenic causes (physical factors).</p> | <p>Medication or surgery by psychiatrist or neurosurgeon, e.g., antidepressants, electroconvulsive therapy (ECT), insulin shock therapy, surgery.</p> |



Psychodynamic View

| Theoretical Cause of Abnormality | Theoretical Cure |
|------------------------------------------------------------------------|--------------------------------------------------------------------------|
| Internal, psychological, unconscious conflict (psychological factors). | Psychotherapy to develop insights into underlying unconscious conflicts. |



Behavioural View

| Theoretical Cause of Abnormality | Theoretical Cure |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Maladaptive learning or faulty habits and thoughts (cognitive-behavioural factors). | Learning new responses and thoughts. Usually treated by cognitive or behaviour therapists. |



Diathesis- Stress View

| Theoretical Cause of Abnormality | Theoretical Cure |
|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Predisposition based on genes or early learning plus excessive stress prior to development of the disorder. | Reduction of stress and learning new coping mechanisms for times stress arises in the future. |