



Abnormal Psychology, 9th edition

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Detailed Changes

This edition reflects the most recent revision to the *Diagnostic and Statistical Manual of Mental Disorders (DSM)* published by the American Psychiatric Association in 2013 and known as *DSM-5*. The *DSM-5* was written following a lengthy process of revising the previous edition, the

DSM-IV-TR, involving hundreds of researchers contributing to task forces intended to investigate each of the major categories of disorders.

Though replaced, the *DSM-IV-TR* still remains relevant, if only as a contrast to the *DSM-5*. Each chapter has a section entitled “What’s in the *DSM-5*” that highlights the critical changes introduced in 2013 and shows why they matter. Because so much of our current understanding of research on psychological disorders used earlier editions of the *DSM* for diagnostic purposes, students will still encounter findings based on its diagnostic system. It generally takes several years for research to catch up with new diagnostic terminology, both because of the amount of time required for articles to reach publication stage, and also because of the dearth of available research instruments based on the new diagnostic criteria. From the student’s point of view, the conceptual frameworks that inform the way we think about psychological disorders are most important.

Adding to this complexity is the fact that an entirely different classification system, the International Classification of Diseases (ICD), is used by countries outside the United States and Canada, as well as by governmental insurance agencies in the United States. We will discuss the ICD when relevant, particularly as it relates to international comparisons.

Chapter-by-Chapter Changes

Chapter 1

- Reorganized presentation of themes throughout history to distinguish how each theme evolved over time.
- Page xvii Added section on open-access journals and associated difficulties in relying on sources that did not receive extensive peer review.
- Updated examples of research designs and approaches in abnormal psychology.

Chapter 2

- Added further discussion on “client” vs. “patient” terminology.
- Expanded section on “Cultural Concepts of Distress” and updated the accompanying Table 3.
- Added new research on evidence-based practice in psychology

Chapter 3

- Updated information on the SCID for DSM-5.
- Provided updated descriptions of personality assessment methods.
- Added section on Cultural Formulation interview
- Revised and updated section on Neuropsychological Assessment

Chapter 4

- Updated and expanded treatment of genetic theories
- Expanded the theoretical background and case regarding Core Conflictual Relationship Theme
- Revised definitions of positive and negative reinforcement with new examples
- Updated description of cognitive perspective
- Added section on Acceptance-Based Perspective

Chapter 5

- Revised and updated section on Intellectual Disability
- Updated section on treatment of Autism Spectrum Disorder
- Provided updated information and research on Learning and Communication Disorders
- Condensed information in Table 2
- Added section on “Project Search”
- Updated information on ADHD, including ADHD in adults
- Added new research on Motor Disorders

Chapter 6

- Provided updated statistics on schizophrenia, including health care costs
- Updated section on the course of schizophrenia
- Reorganized biological perspectives section and updated research evidence in support of genetic contributions
- Updated information about CBT for treatment of psychotic disorders

Chapter 7

- Provided extensive updates of prevalence statistics
- Expanded section on health problems for individuals with Bipolar Disorder
- Added new information about biological contributors to Mood Disorders
- Updated research on psychotherapy vs. medication effectiveness
- Provided updates from recent data on suicide rates in the United States

Chapter 8

- Updated prevalence statistics
- Added new information about virtual-reality exposure therapy
- Provided new information about the role of personality traits in Agoraphobia and Panic Disorder
- Added new information comparing younger and older adults in Generalized Anxiety Disorder
- Included ACT treatment for anxiety disorders

- Added new evidence in favor of CBT for Obsessive Compulsive Disorder
- Added research on PTSD in female combat veterans
- Included new treatment guidelines published by APA for treatment of PTSD
- Added new studies on couples therapy and post-traumatic growth in PTSD

Chapter 9

- Added new section on treatment of Dissociative Identity Disorder
- Incorporated new research on brain imaging studies for individuals with motor conversion disorder
- Updated research on malingering along with information on structured malingering assessment
- Added new studies on ACT as treatment for Illness Anxiety Disorder
- Expanded treatment of workplace stress and health
- Included new research on psychoeducation in behavioral medicine

Chapter 10

- Provided new research on the relationship between altered brain activity and eating disorders
- Added information about ACT as treatment for eating disorders
- Summarized new research on treatment of childhood elimination disorders
- Added information about the role of wearable technology in treatment of sleep disorders
- Included new information about social competence therapy in treatment of oppositional defiant disorder
- Updated treatment of Intermittent Explosive Disorder with CBT
- Added new longitudinal research on Conduct Disorder
- Updated section on treatment of kleptomania with CBT

Chapter 11

- Clarified terminology in section on definitions of Paraphilic Disorders
- Added new perspectives on Fetishistic Disorder based on updated studies
- Updated information about Frotteuristic Disorder
- Provided new survey data on Sexual Sadism and Sexual Masochism disorders
- Added new information about treatment of Paraphilic Disorders based on biological approaches
- Incorporated new studies on the use of sexual diaries in treatment of women with sexual dysfunctions
- Summarized research on body image and sexual dysfunction in women
- Added section on CBT in treating couples with sexual dysfunctions
- Clarified terms and theories in Gender Dysphoria
- Summarized new APA Guidelines for Transgender and Gender Nonconforming People

Chapter 12

- Updated statistics on use of alcohol and illicit substances based on new SAMHSA data
- Clarified relationship between socialization and alcohol use disorders
- Included updated discussion of marijuana based on changes in federal and state legislation on legality
- Added new studies on prevalence of caffeine-related conditions
- Updated information about e-cigarettes
- Evaluated new research on biological treatments for substance-related disorders
- Added new research on Gambling Disorder in older adult women
- Provided new evidence on the pathways model of Gambling Disorder and related treatment

Chapter 13

- Provided streamlined definitions of Neurocognitive Disorders and their symptoms
- Expanded discussion of Delirium and revised Table 2 to provide more accessible information
- Updated prevalence statistics on Alzheimer's Disease and clarified distinction between "dementia" and Neurocognitive Disorder"
- Evaluated new treatments for Alzheimer's Disease
- Revised section on Neurocognitive Disorder with Lewy Bodies

- Updated statistics on Traumatic Brain Injury
- Added new information about Chronic Traumatic Encephalopathy (CTE)

Chapter 14

- Revised and simplified presentation of alternative Personality Disorder Diagnostic System in DSM-5
- Developed more concise approach to theories and treatments of Antisocial Personality Disorder, along with updated research
- Provided new information about treatment of Antisocial Personality Disorder
- Added information about attachment style in Dependent Personality Disorder

Chapter 15

- Ensured that all Guidelines are compliant with APA updates and revisions
- Added information about “duty to warn or otherwise protect”
- Added new section on ruling by Massachusetts Supreme Judicial Court based on MIT lawsuit regarding suicide prevention in college students
- Updated information based on landmark forensic cases and the current status of the offenders