

# Glossary



**ABA design** A single-case experiment which involves an initial baseline stage of observation and measurement of behaviour without any intervention (A), followed by a treatment or manipulation stage where the experimental manipulation is introduced and its effect on behaviour observed and measured (B). A final return-to-baseline stage is then introduced (A) in which behaviour is once more observed in the absence of the treatment or manipulation.

**ABAB design** A single-case experiment, similar to the ABA design, with the addition of a second treatment or manipulation stage, providing extra power in demonstrating that any changes in behaviour are explicitly due to the manipulation or treatment.

**ABC chart** An observation method that requires the observer to note what happens before the target behaviour occurs (A), what the individual did (B), and what the consequences of the behaviour were (C).

**Abnormal attribution processes** The view that paranoid delusions may be the result of a bias towards attributing negative life events to external causes.

**Abnormal psychology** An alternative definition of psychopathology, albeit with negative connotations in regard to being 'not normal'.

**Abreaction** The intense re-experiencing of traumatic events.

**Abstinence violation** Dysfunctional beliefs about relapse following treatment for substance dependency that facilitate further regular substance use.

**Accessibility strategies** Programmes that extend the rights of individuals with intellectual disabilities to be educated according to their needs in mainstream schools.

**Acetylcholine** A neurotransmitter that appears to be involved in learning and memory.

**Acquired sociopathy** A reckless regard for others' personal safety, a lack of remorse and a lack of planning, as well as overtly psychotic behaviour such as extreme paranoia and hallucinations, usually caused by an undetected and large brain tumour.

**Active stage** The stage in which an individual begins to show unambiguous symptoms of psychosis, including delusions, hallucinations, disordered speech and communication, and a range of full-blown symptoms.

**Adaptive fallacy** The view that it is possible to think up a threatening or dangerous consequence for encountering any stimulus or situation.

**Addiction** When a person's 'normal' body state is the drugged state (so that the body requires the substance to feel normal).

**Adolescent-onset conduct disorder** A sub-type of conduct disorder defined by the appearance of conduct disorder symptoms only after the age of 10 years.

**Adoption studies** Research conducted on children who are biologically similar but have been reared apart.

**Adult Memory and Information Processing Battery (AMIPB)**

A neuropsychological test in wide use in the UK, comprising two tests of speed of information processing, verbal memory tests (list learning and story recall) and visual memory tests (design learning and figure recall).

**Aetiology** A term widely used in psychopathology to describe the causes or origins of psychological symptoms.

**Affectionless control** A type of parenting characterized by high levels of overprotection combined with a lack of warmth and care.

**Affective flattening** Limited range and intensity of emotional expression; a 'negative' symptom of schizophrenia.

**Age regression** In hypnotherapy, the recreation of the physical and mental state that a client was in prior to experiencing any trauma in order to help the individual recall events during earlier stages of his or her life.

**Agnosia** The loss of the ability to recognize objects, persons, sounds, shapes or smells while the specific sense is not defective and there is no significant memory loss.

**Alcohol** A colourless volatile liquid compound which is the intoxicating ingredient in drinks such as wine, beer and spirits.

**Alcohol myopia** The situation where an alcohol-intoxicated individual has less cognitive capacity available to process all ongoing information, and so alcohol acts to narrow attention and means that the drinker processes fewer cues less well.

**Alcoholics Anonymous (AA)** A support group for alcoholics who are trying to abstain.

**Allostatic state** A biological state of stress.

**Alogia** A lack of verbal fluency in which the individual gives very brief, empty replies to questions.

**Alter identities** The identities that develop after the onset of dissociative identity disorder.

**Altered auditory feedback (AAF)** A form of treatment for stuttering in which delayed auditory feedback or a change in frequency of the voice is given to clients when they are speaking.

**Alternative delivery systems** Treatment methods that allow access to services for sufferers who might not receive other forms of treatment. These include treatment and support via telephone therapy, email, the internet, computer-software CD-ROMs and virtual reality techniques.

**Alzheimer's disease** A slowly progressive form of dementia involving progressive impairments in short-term memory, with symptoms of aphasia, apraxia and agnosia, together with evidence of impaired judgements, decision-making and orientation.

**Amenorrhea** The abnormal failure to menstruate.

**American Psychiatric Association (APA)** A scientific and professional organization that represents psychiatry in the United States.

**Amniocentesis** A procedure which involves extracting and analysing the pregnant mother's amniotic fluid used prenatally in identifying Down syndrome in high-risk parents.

**Amotivational syndrome** A syndrome in which those who take up regular cannabis use are more likely to be those who exhibit apathy, loss of ambition and difficulty concentrating.

**Amphetamine psychosis** A syndrome in which high doses of amphetamines taken for long periods of time produce behavioural symptoms in humans and animals that closely resemble symptoms of psychosis.

**Amphetamines** A group of synthetic drugs used primarily as a central nervous system stimulant. Common forms are amphetamine itself (Benzedrine), dextroamphetamine (Dexedrine) and methamphetamine (Methedrine).

**Amygdala** An area of the brain that plays an important role in directing attention to affectively salient stimuli and prioritizing the processing of such stimuli.

- Analogue observations** Clinical observations carried out in a controlled environment that allows surreptitious observation of the client.
- Analogue populations** Populations that are usually participants without any mental health problems, which may be human or non-human animals.
- Analogue research** Research on healthy, non-clinical populations in order to shed light on the aetiology of psychopathology.
- Androgens** The most important of the male hormones. Unusual sexual behaviour, such as impulsive sexual offending involving non-consenting others, may be due to imbalances in these hormones.
- Aneurysm** A localized bulging in a blood vessel caused by disease or weakening of the vessel wall.
- Anhedonia** Inability to react to enjoyable or pleasurable events.
- Animal models** The use of laboratory animals in research to simulate processes comparable to those occurring in humans.
- Anorexia nervosa (AN)** An eating disorder, the main features of which include a refusal to maintain a minimal body weight, a pathological fear of gaining weight and a distorted body image in which sufferers continue to insist they are overweight.
- Anoxia** A perinatal cause of intellectual disability, being a significant period without oxygen that occurs during or immediately after delivery.
- Antabuse (disulfiram)** A drug used in the detoxification of individuals with alcohol dependency.
- Anterior cingulate cortex (ACC)** The frontal part of the cingulate cortex resembling a 'collar' form around the corpus callosum, used for the relay of neural signals between the right and left hemispheres of the brain.
- Anterograde amnesia** Memory loss for information acquired after the onset of amnesia. Also known as **anterograde memory dysfunction**.
- Anti-androgen drugs** A group of drugs that significantly decrease the levels of male hormones such as testosterone.
- Antidepressant drugs** Drug treatments intended to treat symptoms of depression and mood disorder.
- Antipsychotic drugs** Drug treatments intended to treat symptoms of psychosis and schizophrenia.
- Antiretroviral drugs** Chemicals that inhibit the replication of retroviruses, such as HIV.
- Antisocial personality disorder (APD)** A personality disorder, the main features of which are an enduring disregard for, and violation of, the rights of others. It is characterized by impulsive behaviour and lack of remorse, and is closely linked with adult criminal behaviour.
- Anxiety disorder** An excessive or aroused state characterized by feelings of apprehension, uncertainty and fear.
- Anxiety sensitivity** Fears of anxiety symptoms based on beliefs that such symptoms have harmful consequences (e.g. that a rapid heart beat predicts an impending heart attack).
- Anxiety Sensitivity Index** A measure, developed by Reiss, Peterson, Gursky & McNally (1986), to measure anxiety sensitivity.
- Anxiolytic drugs** Drug treatments intended to treat symptoms of anxiety and stress.
- Anxious/fearful personality disorders** Personality disorders grouped in Cluster C which exhibit mainly anxious and fearful symptoms and are frequently linked to comorbid Axis I anxiety disorders.
- Aphasia** A speech disorder resulting in difficulties producing or comprehending speech.
- Applied behaviour analysis** Applying the principles of learning theory (particularly operant conditioning) to the assessment and treatment of individuals suffering psychopathology.
- Applied family management** An intensive form of family intervention which goes beyond education and support to include active behavioural training elements.
- Applied scientist** Someone who is competent as both a researcher and a practitioner.
- Apraxia** Loss of the ability to execute or carry out learned (familiar) movements, despite having the desire and the physical ability to perform the movements.
- Asperger's syndrome** Severe and sustained impairment in social interaction, and the development of restricted, repetitive patterns of behaviour, interests and activities.
- Assertive community treatment** Programmes to help people recovering from psychotic episodes with their medication regimes, offering psychotherapy, assistance in dealing with everyday life and its stressors, guidance on making decisions, residential supervision and vocational training.
- Assertive outreach** A way of working with groups of individuals with severe mental health problems who do not effectively engage with mental health services.
- Associated features** Features of a disorder that are usually, but not always, present.
- Ataque de Nervios** A form of panic disorder found in Latinos from the Caribbean.
- Attention deficit hyperactivity disorder (ADHD)** A persistent pattern of inattention and/or hyperactivity-impulsivity that is at a significantly higher rate than would be expected for a child at his or her developmental stage.
- Attention process training (APT)** A form of rehabilitation training for attention deficits that uses a number of different strategies to promote and encourage attentional abilities.
- Attribution theories** Theories of depression which suggest that people who are likely to become depressed attribute negative life events to internal, stable and global factors.
- Autistic disorder** Abnormally impaired development in social interaction and communication and a restricted repertoire of activities and interests.
- Autistic spectrum disorder (ASD)** An umbrella term that refers to all disorders that display autistic-style symptoms across a wide range of severity and disability.
- Aversion therapy** A treatment based on classical conditioning which attempts to condition an aversion to a stimulus or event to which the individual is inappropriately attracted.
- Avoidant personality disorder** A personality disorder the features of which are avoidance of a wide range of social situations, feelings of inadequacy, and hypersensitivity to negative evaluation and criticism.
- Avolition** Inability to carry out or complete normal day-to-day goal-oriented activities.
- Bacterial meningitis** The inflammation (infection) of the meninges, which are the membranes that cover the brain and spine.
- Barbiturates** A class of sedative drugs related to a synthetic compound (barbituric acid) derived from uric acid.
- Basal ganglia** A series of structures located deep in the brain responsible for motor movements.
- Battered woman syndrome** The view that a pattern of repeated partner abuse leads battered women to believe that they are powerless to change their situation.
- Beating the Blues** A computer-based CBT programme used in the management of mild and moderate depression.
- Beck's cognitive therapy** Theory that argues that depression is maintained by a 'negative schema' that leads depressed individuals to hold negative views about themselves, their future and the world (the 'negative triad').

**Befriending** A form of control condition for attention, understanding and caring used in treatment outcome studies.

**Behaviour analysis** An approach to psychopathology based on the principles of operant conditioning (also known as **behaviour modification**).

**Behaviour management techniques** Treatment methods that can be used in a range of environments and can even be taught to parents as an aid to controlling and responding to their children in the home.

**Behaviour therapy** A form of treatment that aims to change behaviour using principles based on conditioning theory.

**Behavioural activation therapy** A therapy for depression that attempts to increase clients' access to pleasant events and rewards and decrease their experience of aversive events and consequences.

**Behavioural model** An influential psychological model of psychopathology based on explaining behaviour.

**Behavioural rehearsal** A coping strategy that involves either the actual or imagined rehearsal of adaptive coping responses that need to be deployed when a worry trigger is encountered.

**Behavioural self-control** The personal use of operant conditioning principles to change or control one's own behaviour.

**Behavioural self-control training (BSCT)** A treatment procedure for substance dependency that teaches clients how to restructure and control their behaviour and environment in order to prevent substance use.

**Behavioural stress management** Behavioural techniques designed to reduce worrying and increase relaxation.

**Bell-and-battery technique** A widely used classical conditioning method for treating nocturnal enuresis.

**Benzodiazepines** A group of anxiolytics which have their effect by increasing the level of the neurotransmitter GABA at synapses in the brain.

**Beta amyloid plaques** Abnormal cell development, possibly caused by abnormal protein synthesis in the brain which clump together with the consequence of killing healthy neurons.

**Binge drinking** A high intake of alcohol in a single drinking occasion.

**Binge-eating disorder (BED)** An eating disorder characterized by recurrent episodes of binge eating without the purging or fasting that is associated with bulimia nervosa.

**Binge-eating/purging type anorexia nervosa** A type of eating disorder in which the sufferer regularly engages in purging activities to help control weight gain.

**Biological challenge tests** Research in which panic attacks are induced by administering carbon dioxide-enriched air (CO<sub>2</sub>) or by encouraging hyperventilation.

**Biological preparedness** A theory which argues that we have a built-in predisposition to learn to fear things such as snakes, spiders, heights and water because these have been life-threatening to our ancestors.

**Biphasic drug effect** Where the initial effects of a drug may act as a stimulant (e.g. alcohol making the drinker reactive and happy), but the later effects act as a depressant (making the drinker sluggish and experience negative emotions).

**Bipolar disorder** A psychological disorder characterized by periods of mania that alternate with periods of depression.

**Bipolar disorder spectrum** A proposed spectrum of disorder encompassing both bipolar disorder and borderline personality disorder.

**Body dissatisfaction** The gap between one's actual and ideal weight and shape.

**Body dysmorphic disorder** Preoccupation with assumed defects in physical appearance.

**Body mass index (BMI)** A way of measuring a healthy weight range, derived by using both height and weight measurements.

**Borderline personality disorder (BPD)** A personality disorder, the main features of which are instability in personal relationships, a lack of well-defined and stable self-image, regular and unpredictable changes in moods and impulsive behaviour.

**Broca's aphasia** Disruption of the ability to speak consisting of difficulties with word ordering, finding the right word and articulation.

**Bulimia nervosa (BN)** An eating disorder, the main features of which are recurrent episodes of binge eating followed by periods of purging or fasting.

**Buprenorphine** An opioid drug used in the treatment of opioid addiction.

**Caffeine** A central nervous system stimulant that increases alertness and motor activity and combats fatigue; found in a number of different products, including coffee, tea, chocolate and some over-the-counter cold remedies and weight-loss aids.

**Cannabis** A natural drug derived from the hemp plant, *cannabis sativa*.

**Case formulation** The use of clinical information to draw up a psychological explanation of the client's problems and to develop a plan for therapy.

**Case study** An in-depth investigation of an individual participant.

**Castration anxiety** A psychoanalytic term referring to a psychological complex in males with a fear of being castrated.

**Catastrophic misinterpretation of bodily sensations** A feature of panic disorders where there is a cognitive bias towards accepting the more threatening interpretation of an individual's own sensations.

**Catastrophizing** An example of magnification, in which the individual takes a single fact to its extreme.

**Catatonic behaviour** Behaviour characterized by a significant decrease in reactivity to the environment (catatonic stupor), maintaining rigid, immobile postures (catatonic rigidity), resisting attempts to be moved (catatonic negativism) or purposeless and excessive motor activity that often consists of simple, stereotyped movements (catatonic excitement or stereotypy).

**Catatonic schizophrenia** A sub-type of schizophrenia characterized by severe disturbances of motor behaviour, including immobility, excessive motor activity (including violent behaviour), extreme negativism, mutism, peculiarities of voluntary movement, echolalia (repeating what is said by others) or echopraxia (imitating the behaviour and movements of others).

**Cerebellum** The part of the brain at the back of the skull that coordinates muscular activity.

**Cerebral abscess** A localized inflammation of the brain.

**Cerebral embolism** A blood clot that forms somewhere in the body before travelling through the blood vessels and lodging in the brain, causing the brain cells to become damaged as a result of oxygen starvation.

**Cerebral palsy** The main neurological birth syndrome caused by anoxia which is characterized by motor symptoms that affect the strength and coordination of movement.

**Cerebral thrombosis** An injury caused when a blood clot (thrombus) forms in an artery (blood vessel) supplying blood to the brain. The clot interrupts the blood supply and brain cells are starved of oxygen.

**Cerebrovascular accident (CVA)** Damage to brain tissue caused either by a blockage or breaking of the blood vessels in the brain. Also known as a stroke.

**Child rapists** Paedophiles who only get full sexual gratification from harming and even murdering their victims.

**Childhood abuse** The physical or psychological maltreatment of a child.

**Childhood and Adolescent Mental Health Services (CAMHS)** A four-tier model for planning and delivering mental health services for children in the UK.

**Childhood disintegrative disorder (CDD)** A rare condition characterized by late onset of development and delays in language, social function and motor skills.

**Childhood-onset conduct disorder** A sub-type of conduct disorder defined by the onset of at least one criterion characteristic of conduct disorder prior to 10 years of age.

**Childhood sexual abuse** The sexual maltreatment of a child.

**Cholinesterase inhibitors** A group of drugs that prevent acetylcholine breakdown in the synaptic cleft by acetylcholinesterase and increase its uptake in the postsynaptic receptor. The most common of these drugs are donepezil, rivastigmine and galantamine.

**Chronic fatigue syndrome (CFS)** A disorder characterized by depression and mood fluctuations together with physical symptoms such as extreme fatigue, muscle pain, chest pain, headaches and noise and light sensitivity.

**Cingulotomy** A neurosurgical treatment involving destroying cells in the cingulum, close to the corpus callosum.

**Clanging** A form of speech pattern in schizophrenia where thinking is driven by word sounds. For example, rhyming or alliteration may lead to the appearance of logical connections where none in fact exists.

**Classical conditioning** The learning of an association between two stimuli, the first of which (the conditioned stimulus, CS) predicts the occurrence of the second (the unconditioned stimulus, UCS).

**Client-centred therapy** An approach to psychopathology stressing the goodness of human nature, assuming that if individuals are unrestricted by fears and conflicts, they will develop into well-adjusted, happy individuals.

**Clinical audit** The use of research methods to determine whether existing clinical knowledge, skills and resources are effective and are being properly used. Also known as **evaluation research**.

**Clinical psychology** The branch of psychology responsible for understanding and treating psychopathology.

**Clinical trials** Experimental research studies used to test the effectiveness of treatments for mental health problems.

**Closed head injury** A concussion or head trauma, the symptoms of which include loss of consciousness after the trauma, confusion, headache, nausea or vomiting, blurred vision, loss of short-term memory and perseverating.

**Cocaine** A natural stimulant derived from the coca plant of South America which, after processing, is an odourless, white powder that can be injected, snorted or, in some forms (e.g. crack cocaine), smoked.

**Cocaine abuse** Episodic problematic use of the drug over a brief period of a few hours or a few days.

**Cognitive behaviour therapy (CBT)** An intervention for changing both thoughts and behaviour. CBT represents an umbrella term for many different therapies that share the common aim of changing both cognitions and behaviour.

**Cognitive distortions** Beliefs held by sexual offenders that enable them to justify their sexual offending.

**Cognitive enhancement therapy** A form of intervention which addresses deficits in both social cognition (the ability to act wisely in social situations) and neurocognition (basic abilities in cognitive functioning, such as memory and attention).

**Cognitive model** An influential psychological model of psychopathology.

**Cognitive remediation therapy (CRT)** A treatment programme for clients designed to develop and improve basic cognitive skills and social functioning generally.

**Cognitive restructuring** Methods used to challenge the biases that a client might hold about how frequently bad events might happen and to generate thoughts that are more accurate.

**Cognitive retraining** An approach to treating depression developed by Aaron Beck. Also known as **cognitive therapy** or **cognitive restructuring**.

**Cognitive therapy** A form of psychotherapy based on the belief that psychological problems are the products of faulty ways of thinking about the world.

**Communication deviance (CD)** A general term used to describe communications that would be difficult for ordinary listeners to follow and leave them puzzled and unable to share a focus of attention with the speaker.

**Community care** Care that is provided outside a hospital setting.

**Comorbidity** The co-occurrence of two or more distinct disorders.

**Compensatory strategies** Providing patients with memory impairments with specific strategies for remembering material.

**Compulsions** Repetitive or ritualized behaviour patterns that an individual feels driven to perform in order to prevent some negative outcome happening.

**Computerized axial tomography (CAT)** A neuroimaging technique which uses sophisticated versions of X-ray machines and can be used to form a three-dimensional picture of the brain.

**Computerized CBT (CCBT)** An alternative to therapist-delivered cognitive behaviour therapy which consists of highly developed software packages that can be delivered via an interactive computer interface on a personal computer, over the internet or via the telephone using interactive voice response (IVR) systems.

**Concordance studies** Studies designed to investigate the probability with which family members or relatives will develop a psychological disorder depending on how closely they are related – or, more specifically, how much genetic material they have in common.

**Concurrent validity** A measure of how highly correlated scores of one test are with scores from other types of assessment that we know also measure that attribute.

**Concussion** An impact to the head which jars the brain and temporarily disrupts its normal functioning.

**Conditioning** A form of learning in which an organism learns to associate events with one another (e.g. classical conditioning or operant conditioning).

**Conduct disorder (CD)** A pattern of behaviour during childhood in which the child exhibits a range of behavioural problems, including fighting, lying, running away from home, vandalism and truancy.

**Confidentiality** The right of participants in psychological research to expect that information they provide will be treated in confidence.

**Confirmatory bias** A clinical bias whereby clinicians ignore information that does not support their initial hypotheses or stereotypes and they interpret ambiguous information as supporting their hypotheses.

**Conflict resolution** The basic psychodynamic view of somatoform disorders in which distressing memories, inner conflict, anxiety and unacceptable thoughts are repressed in consciousness but outwardly expressed as somatic symptoms.

**Congenital disorders** Disorders acquired during prenatal development prior to birth but which are not genetically inherited.

**Congenital rubella syndrome (CRS)** The constellation of abnormalities caused by infection with the rubella (German measles) virus before birth. The syndrome is characterized by multiple congenital malformations (birth defects) and intellectual disability.



**Constraint-induced movement therapy (CIMT)** A technique used with aphasic patients which involves the mass practice of verbal responses in which the patient may be required to communicate without gesturing or pointing to describe various objects of varying complexity.

**Construct validity** Independent evidence showing that a measure of a construct is related to other similar measures.

**Continuing professional development (CPD)** The demonstration by accredited therapists that they regularly update their knowledge of recent developments in treatment techniques.

**Continuous amnesia** A memory disturbance where there is an inability to recall events from a specific time up to and including the present.

**Control** Using our knowledge of the causal relationships between events to manipulate behaviour or cognitions.

**Control conditions** Conditions within an experiment that control for any effects other than that produced by the independent variable.

**Control group** A group of participants who experience manipulations other than the independent variable being investigated.

**Controlled drinking** A variant of BSCT in which emphasis is put on controlled use rather than complete abstinence.

**Controlled drug user** A long-term drug user who has never been in specialized treatment and who displays levels of occupational status and educational achievement similar to the general population.

**Contusion** A severe head trauma in which the brain is not just jarred but the impact also causes bruising to the brain.

**Conversion disorder** The presence of symptoms or deficits affecting voluntary motor or sensory function.

**Correlational designs** Research designs which enable a researcher to determine if there is a relationship between two or more variables.

**Cortisol** An adrenocortical hormone.

**Counselling** A profession that aims both to promote personal growth and productivity and to alleviate any personal problems that may reflect underlying psychopathology.

**Counterconditioning** A behaviour therapy technique designed to use conditioning techniques to establish a response that is antagonistic to the psychopathology.

**Couples therapy** A treatment intervention for sexual dysfunction that involves both partners in the relationship.

**Covert conditioning** Using the client's ability to imagine events to condition acceptable associations between events.

**Covert sensitization** A variant on aversion therapy for substance abuse where clients are asked to imagine taking their drug followed by imagining some upsetting or repulsive consequence.

**Crack baby** A child addicted to cocaine or crack cocaine because of the mother's use of the drug during pregnancy.

**Crack cocaine** Free-based cocaine boiled down into crystalline balls.

**Craving** The strong subjective drive that addicts have to use a particular substance.

**Cretinism** A congenital disorder resulting in slow development, intellectual disabilities and small stature.

**Cronbach's  $\alpha$**  A statistical test which indicates whether any individual item in an assessment test is significantly reducing the internal consistency of the test.

**Cross-sectional design** A research design that involves the collection of data from a sample at just one point in time.

**Cultural bias** The phenomenon of interpreting and judging phenomena in terms particular to one's own culture.

**Custodial care** A form of hospitalization or restraint for individuals with psychopathologies whose behaviour is thought of as disruptive.

**Cyclothymic disorder** A form of depression characterized by at least 2 years of hypomania symptoms that do not meet the criteria for a manic episode and in which the sufferer experiences alternating periods of withdrawal then exuberance, inadequacy and then high self-esteem.

**Cyproterone acetate (CPA)** An anti-androgen, testosterone-lowering drug.

**Dangerous people with severe personality disorders (DSPD)** A term introduced in 1999 in a report by the UK Home Office and the Department of Health to describe individuals who are diagnosed with antisocial personality disorder and who have, in addition, a diagnosis of at least one other type of personality disorder.

**Deception** The act of deceiving.

**Deep brain stimulation (DBS)** A form of treatment for Parkinson's disease which uses a surgically implanted, battery-operated device called a neurostimulator to deliver electrical stimulation to the ventral intermediate nucleus of the thalamus or the subthalamic nucleus area in the basal ganglia.

**Defence mechanisms** In psychoanalysis, the means by which individuals attempt to control conflict between the id, ego and superego and also reduce stress and conflict from external events.

**Defining disorders as discrete entities** The tendency to define individuals as either having a particular disorder or not.

**Deliberate self-harm** A parasuicidal phenomenon that commonly includes cutting or burning oneself, taking overdoses, hitting oneself, pulling hair or picking skin, or self-strangulation.

**Delirium** A disturbance of consciousness that develops over a short period of time.

**Delirium tremens (DTs)** The effects of withdrawal after extended heavy drinking over a number of years where the drinker may become delirious, experiences unpleasant hallucinations, and exhibits shaking and muscle tremors.

**Delusions** Firmly held but erroneous beliefs that usually involve a misinterpretation of perceptions or experiences.

**Delusions of control** Delusions where the person believes that his or her thoughts, feelings or actions are being controlled by external forces (e.g. extraterrestrial or supernatural beings).

**Delusions of grandeur** Delusions in which the individual believes he or she is someone with fame or power (e.g. Jesus Christ, or a famous music star).

**Delusions of persecution** Delusions in which the individual believes he or she is being persecuted, spied upon or is in danger (usually as the result of a conspiracy of some kind).

**Delusions of reference** Delusions where the individual believes that independent external events are making specific reference to him or her.

**Demand characteristics** The features of an experiment which are the result of participants acting according to what they believe is expected of them.

**Dementia** The development of multiple cognitive deficits that include memory impairment and at least one other specific deficit.

**Dementia praecox** An early, general term for a number of diagnostic concepts including paranoia, catatonia and hebephrenia (symptoms indicative of incoherence and fragmentation of personality).

**Dementia pugilistica** A syndrome associated with sportsmen, such as boxers, who may suffer brain injury indicative of contusion.

**Demonology** The belief that those exhibiting symptoms of psychopathology are possessed by bad spirits.

**Dependent personality disorder** A personality disorder characterized by a pervasive and excessive need to be taken care of, submissive and clinging behaviour, and difficulty making everyday decisions without advice from others.

**Dependent variable (DV)** The outcome variable that is measured in an experiment.

**Depersonalization disorder** Feelings of detachment or estrangement from the self (such as living in a dream or standing outside of oneself, watching oneself).

**Depression** A mood disorder involving emotional, motivational, behavioural, physical and cognitive symptoms.

**Derailment** A disorder of speech where the individual may drift quickly from one topic to another during a conversation.

**Description** The defining and categorizing of events and relationships relevant to psychopathology.

**Detoxification** A process of systematic and supervised withdrawal from substance use that is either managed in a residential setting or on an outpatient basis.

**Developmental disabilities** A broad umbrella term used, in the USA, to refer to intellectual disabilities and pervasive developmental disorders such as autism and Asperger's.

**Developmental psychopathology** An area of research concerned with mapping how early childhood experiences may act as risk factors for later diagnosable psychological disorders. It also attempts to describe the pathways by which early experiences may generate adult psychological problems.

**Diagnostic criteria** A list of symptoms that must be present for the patient to be given a particular diagnostic label.

**Diagnostic and Statistical Manual (DSM)** An American Psychiatric Association handbook for mental health professionals that lists different categories of mental disorders and the criteria for diagnosing them.

**Dialectical behaviour therapy** A client-centred therapy for personality disorder that attempts to provide clients with insight into their dysfunctional ways of thinking about the world.

**Diathesis-stress** The perspective that psychopathology is caused by a combination of a genetically inherited biological diathesis (a biological predisposition to schizophrenia) and environmental stress.

**Dieting** A restricted regime of eating, followed in order to lose weight or for medical reasons.

**Differential diagnosis** Differentiating a particular disorder from other, similar disorders.

**Dimensional approach to classification** The idea that symptoms diagnosed as a disorder may just be more extreme versions of everyday behaviour.

**Direct treatments** Behaviourally based treatments for specific symptoms of sexual dysfunctions.

**Directed masturbation training** A treatment for individuals with arousal or orgasmic problems using educational material, videos, diagrams and – in some cases – erotic materials.

**Disease-avoidance model** The view that animal phobias are caused by attempts to avoid disease or illness that might be transmitted by these animals.

**Disgust** A food-rejection emotion whose purpose is to prevent the transmission of illness and disease through the oral incorporation of contaminated items.

**Disorder of written expression** A specific learning disability in which writing skills are substantially below those expected for chronological age, intelligence and educational level.

**Disorganized schizophrenia** A sub-type of schizophrenia in which disorganized speech, disorganized behaviour and flat or inappropriate affect are distinguishing features.

**Disorganized speech** A common symptom of psychosis that can take a number of forms (e.g. clanging, word salads).

**Dissociative amnesia** An inability to recall important personal information that is usually of a stressful or traumatic nature.

**Dissociative fugue** The instance of an individual suddenly and unexpectedly travelling away from home or work and being unable to recall some or all of his or her past history.

**Dissociative identity disorder (DID)** A dissociative disorder characterized by the individual displaying two or more distinct identities or personality states that take turns to control behaviour (formerly known as multiple personality disorder).

**Dopamine** A compound that exists in the body as a neurotransmitter and as a precursor of other substances including adrenalin.

**Dopamine hypothesis** A theory which argues that the symptoms of schizophrenia are related to excess activity of the neurotransmitter dopamine.

**Double-bind hypothesis** Theory advocating that psychotic symptoms are the result of an individual being subjected within the family to contradictory messages from loved ones.

**Double-blind** An experimental procedure in which neither the experimenter nor the participant is aware of which experimental condition the participant is in.

**Down syndrome** A disorder caused by the presence of an extra chromosome in pair 21 and characterized by intellectual disability and distinguishing physical features.

**Downward drift** A phenomenon in which individuals exhibiting psychotic symptoms fall to the bottom of the social ladder or even become homeless because they cannot hold down a job or sustain a relationship.

**Dramatic/emotional personality disorders** Personality disorders grouped in Cluster B, including (1) antisocial personality disorder (APD), (2) borderline personality disorder (BPD), (3) narcissistic personality disorder and (4) histrionic personality disorder.

**Dream analysis** The analysis of dream content as a means of accessing unconscious beliefs and conflicts.

**Dream interpretation** The process of assigning meaning to dreams.

**Drug maintenance therapy** A drug treatment programme in which severe cases of substance abuse and dependency are treated by substituting a drug that has lesser damaging effects.

**Drug-prevention schemes** Community-based services whose purpose is to try to prevent first use of a drug or to prevent experimentation with a drug developing into regular use – usually through information about the effects of drugs and through developing communication and peer-education skills.

**Drug treatments** The use of pharmacological or drug treatments to alleviate some of the symptoms of psychopathologies.

**DSM-IV-TR** The most recent version of the *Diagnostic and Statistical Manual*, currently the most widely adopted psychopathology classification system.

**Dual representation theory** An approach to explaining post-traumatic stress disorder (PTSD) suggesting that it may be a hybrid disorder involving two separate memory systems.

**Dysfunctional schemas** In personality disorders, a set of dysfunctional beliefs that are hypothesized to maintain problematic behaviour characteristic of a number of personality disorders (e.g. antisocial personality disorder and borderline personality disorder).

**Dyslexia** A persistent, chronic learning disability in which there are developmental deficits in spelling, reading and writing abilities.

**Dyspareunia** A genital pain that can occur during, before or after sexual intercourse. Some clinicians believe this is a pain disorder rather than a sexual dysfunction.

**Dysthymic disorder** A form of depression in which the sufferer has experienced at least 2 years of depressed mood for more days than not.

**Echolalia** The immediate imitation of words or sounds that have just been heard.

**Ecological momentary assessment (EMA)** The use of diaries for self-observation or self-monitoring, perhaps by using an electronic diary or a palmtop computer.

**Ecological validity** The extent to which conditions simulated in the laboratory reflect real-life conditions.

**Ecstasy** An illegal amphetamine-based synthetic drug with euphoric effects. Also known as MDMA (3,4-methylenedioxymethamphetamine).

**Effect size** An objective and standardized measure of the magnitude of the effect observed in a research study.

**Ego** In psychoanalysis, a rational part of the psyche that attempts to control the impulses of the id.

**Ego defence mechanisms** Means by which the ego attempts to control unacceptable id impulses and reduce the anxiety that id impulses may arouse.

**Electrocardiogram (ECG)** A psychophysiological measurement technique used for measuring heart rate.

**Electroconvulsive therapy (ECT)** A method of treatment for depression or psychosis, first devised in the 1930s, which involves passing an electric current of around 70–130 volts through the head of the patient for around half a second.

**Electrodermal responding** A psychophysiological measure which uses electrodes attached to the fingers of participants to test emotional responses such as anxiety, fear or anger by measuring changes in sweat gland activity.

**Electroencephalogram (EEG)** A psychophysiological assessment measure which involves electrodes being attached to the scalp that record underlying electrical activity and can help to localize unusual brain patterns in different areas of the brain.

**Electromyogram (EMG)** A psychophysiological measurement technique that measures the electrical activity in muscles.

**Emotional processing theory** Theory that claims that severe traumatic experiences are of such major significance to an individual that they lead to the formation of representations and associations in memory that are quite different to those formed as a result of everyday experience.

**Empathy** An ability to understand and experience a client's own feelings and personal meanings, and a willingness to demonstrate unconditional positive regard for the client.

**Encephalitis** Infections that cause an inflammation of the brain resulting from the direct infection of the brain by a virus.

**Encopresis** The repeated passing of faeces into inappropriate places (e.g. clothing or the floor), often associated with childhood constipation.

**Encounter groups** Group therapy which encourages therapy and self-growth through disclosure and interaction.

**Endogenous opioids** A compound that the body releases to reduce pain sensation.

**Endorphins** The body's natural opioids. The release of these neurotransmitters acts to relieve pain, reduce stress and create pleasurable sensations.

**Enmeshment** A characteristic of family systems theory in which parents are intrusive, overinvolved in their children's affairs, and dismissive of their children's emotions and emotional needs.

**Enuresis** The repeated involuntary voiding of urine during the day or at night into either bed or clothes.

**Epidemiological studies** Research which takes the form of a large-scale survey used to study the frequency and distribution of disorders within specific populations over a specified period of time.

**Epilepsy** A disorder of the nervous system characterized either by mild, episodic loss of attention or sleepiness or by severe convulsions with loss of consciousness.

**Errorless learning** A training procedure used in training individuals with amnesia where people are prevented – as far as possible – from making any errors while learning a new skill or new information.

**Essential features** Features that 'define' a disorder.

**E-therapy** A treatment method which involves the use of email and internet technology.

**Ethyl alcohol** The main constituent of alcohol.

**Evaluation research** See **clinical audit**.

**Evidence-based treatments** Treatments whose efficacy has been proven through research using the scientific method.

**Executive functioning** Processes that are involved in planning and attentional control.

**Executive functions** Cognitive skills that involve problem-solving, planning and engaging in goal-directed behaviour.

**Exhibitionism** A paraphilia which involves sexual fantasies about exposing the penis to a stranger, usually either a woman or a child.

**Experiential groups** Group therapy which encourages therapy and self-growth through disclosure and interaction.

**Experiment** A design in which the researcher manipulates a particular variable and observes the effect of this manipulation on some outcome, such as the participant's behaviour.

**Experimental group** A group of participants who experience the independent variable in an experimental study.

**Experimental hypothesis** A prediction about what the outcome of an experimental manipulation might be (also known as experimental prediction).

**Experimentation** A period when an individual may try out different drugs. In some cases this period of experimentation may lead to regular drug use.

**Exposure and ritual prevention treatments** A means of treatment for obsessive-compulsive disorder (OCD) which involves graded exposure to the thoughts that trigger distress, followed by the development of behaviours designed to prevent the individual's compulsive rituals.

**Exposure therapy** Treatment in which sufferers are helped by the therapist to confront and experience events and stimuli relevant to their trauma and their symptoms.

**Expressed emotion (EE)** A qualitative measure of the 'amount' of emotion displayed, typically in the family setting, usually by a family or caretakers.

**Expressive language disorder** A specific learning disability in which scores on tests of expressive language development are substantially below those for chronological age, intelligence and educational level.

**External validity** The extent to which the results of a study can be extrapolated to other situations.

**Externalizing disorders** Outward-directed behaviour problems such as aggressiveness, hyperactivity, non-compliance or impulsiveness.

**Extinction** The classical conditioning principle which assumes emotional problems can be 'unlearned' by disrupting the association between the anxiety-provoking cues or situations and the threat or traumatic outcomes with which they have become associated.

**Eye-movement desensitization and reprocessing** A form of exposure therapy for PTSD in which clients are required to focus their attention on a traumatic image or memory while simultaneously visually following the therapist's finger moving backwards and forwards before their eyes.

**Face validity** The idea that a particular assessment method may appear to be valid simply because it has questions which intuitively seem relevant to the trait or characteristic being measured.

**Factitious disorders** A set of physical or psychological symptoms that are intentionally produced in order to assume the sick role.

**False memory syndrome** A syndrome in which individuals recall memories that later turn out to be false.

**False recovered memories of trauma** The recovery of repressed childhood memories of trauma that did not actually occur.

**Fames canina** An eating disorder characterized by large food intake followed by vomiting reported in the seventeenth century.

**Familial factors** The idea that certain disorders may be a result of the direct influence of family attitudes and dynamics on the behaviour of those in the family.

**Family systems theory** A theory which argues that the sufferer may be embedded in a dysfunctional family structure that actively promotes psychopathology.

**Family therapy** A form of intervention involving family members that is helpful as a means of dealing with psychopathology that may result from the relationship dynamics within the family.

**Faulty learning** A view that the symptoms of psychological disorders are acquired through the learning of pathological responses.

**Fear Fighter** A computer-based CBT used in the management of panic and phobia.

**Female orgasmic disorder** A sexual disorder characterized by a delay or absence of orgasm during sexual activity; around 10 per cent of adult women may never have experienced an orgasm.

**Female sexual arousal disorder** A sexual disorder in which there is an inability to attain an adequate lubrication–swelling response of sexual excitement and to maintain this state until completion of sexual activity.

**Fetishism** A paraphilia which involves sexually arousing fantasies and urges directed at inanimate objects.

**Flooding** A form of desensitization for the treatment of phobias and related disorders in which the patient is repeatedly exposed to highly distressing stimuli.

**Fluent aphasia** The production of incoherent, jumbled speech.

**Fluoxetine (Prozac)** A selective serotonin reuptake inhibitor (SSRI) which reduces the uptake of serotonin in the brain and is taken to treat depression.

**Foetal alcohol syndrome (FAS)** An example of maternal drug abuse causing childhood intellectual disabilities. Whenever a pregnant mother drinks alcohol, it enters the foetus's bloodstream, slowing down its metabolism and affecting development. If this occurs on a regular basis, then development of the foetus will be severely impaired.

**Food preload tests** Laboratory procedures developed to provide an objective behavioural measure of the tendency to binge eat.

**Free association** A technique used in psychoanalysis where the client is encouraged to verbalize all thoughts, feelings and images that come to mind.

**Free-basing** A purer cocaine alkaloid which is separated by heating processed cocaine and inhaled by smoking.

**Fragile X syndrome** A chromosomal abnormality that causes intellectual disability where the X chromosome appears to show physical weaknesses and may be bent or broken.

**Frontal lobes** One of four parts of the cerebrum that control voluntary movement, verbal expressions, problem solving, will power and planning.

**Frotteurism** A paraphilia which involves recurrent sexual urges to touch and rub up against other non-consenting people – usually in crowded places.

**Functional analysis** The use of operant conditioning principles to try to understand what rewarding or reinforcing factors might be maintaining behaviour.

**Functional family therapy (FFT)** A form of treatment which incorporates elements of systemic family therapy and CBT, viewing childhood problems as serving a function within the family.

**Functional magnetic resonance imaging (fMRI)** A development of MRI technology which allows the clinician to take brain images so quickly that tiny changes in brain metabolism can be detected and can provide minute-to-minute information about actual brain activity.

**Gender dysphoria** A gender identity disorder in which an individual has a sense of gender that is opposite to his or her biological sex.

**Gender identity** The internal sense of being either male or female. Usually congruent with biological gender, but not always, as in gender identity disorder.

**Gender identity disorder** A sexual disorder where an individual is dissatisfied with his or her biological sex and has a strong desire to be a member of the opposite sex.

**Gender reassignment surgery** The process of changing biological sex which ends in changing the person's basic biological features to be congruent with his or her gender identity.

**General paresis** A brain disease occurring as a late consequence of syphilis, characterized by dementia, progressive muscular weakness and paralysis.

**Generalized amnesia** A memory disturbance where there is a failure of recall that encompasses the person's entire life. Individuals may suddenly report to police stations or hospitals as a result of this disorientation.

**Generalized anxiety disorder (GAD)** A pervasive condition in which the sufferer experiences continual apprehension and anxiety about future events, which leads to chronic and pathological worrying about those events.

**Genetic linkage analyses** Analyses involving comparisons of the inheritance of characteristics for which gene location is well known (e.g. eye colour) with the inheritance of symptoms of psychopathology.

**Gestural training** A form of rehabilitation training for limb apraxia in which the client is taught to recognize gestures and postures that are appropriate and in context.

**Global Assessment of Functioning Scale (GAF)** A scale used to assess adaptive functioning which acts as a measure of psychological health that can be contrasted with measures of psychopathology.

**Glove anaesthesia** A conversion disorder symptom in which numbness begins at the wrist and is experienced evenly across the hand and all fingers.

**Goal management training (GMT)** A procedure that involves training in problem solving to help evaluate a current problem, followed by specification of the relevant goals, and partitioning of the problem-solving process into sub-goals or steps.

**Good psychological health** A measure of an individual's current level of adaptive functioning in areas of social relationships, employment and use of leisure time.

**Grounded theory** An approach to qualitative analysis which involves identifying consistent categories or themes within the data, then building on these to provide more abstract theoretical insights into the phenomenon being studied.

**Group communication treatment** A form of treatment used in the production and comprehension of speech, focusing on increasing initiation of conversation and exchanging information using whatever communication means possible.

**Group therapy** Therapy taken in the form of a group, usually when individuals share similar problems or psychopathologies.



**Haemorrhage** The injury caused when a blood vessel in the brain ruptures and affects local brain tissue.

**Hair sample analysis** A method of collecting data about previous drug use by analysing the small amounts of the drug that accumulate in the hair.

**Hallucinations** A sensory experience in which a person can see, hear, smell, taste or feel something that isn't there.

**Hallucinogens** Psychoactive drugs which affect the user's perceptions. They may either sharpen the individual's sensory abilities or create sensory illusions or hallucinations.

**Halperidol** An antipsychotic medication most commonly used in the treatment of autism.

**Halstead-Reitan Neuropsychological Test Battery** A common neuropsychological test used in the USA, compiled to evaluate brain and nervous system functioning across a fixed set of eight tests. The tests evaluate function across visual, auditory and tactile input, verbal communication, spatial and sequential perception, the ability to analyse information, and the ability to form mental concepts, make judgements, control motor output and to attend to and memorize stimuli.

**Hashish** The most powerful of the cannabis group of drugs.

**Hazardous drinkers** Individuals who have 5 or more standard drinks (males) or 3 or more standard drinks (females) on a typical drinking day.

**Health anxiety** Another term for **hypochondriasis**.

**Heroin** A highly addictive drug derived from morphine, often used illicitly as a narcotic.

**Hippocampus** A part of the brain which is important in adrenocorticotrophic hormone secretion and is also critical in learning about the context of affective reactions.

**Histrionic personality disorder** A personality disorder in which an individual is attention-seeking and uncomfortable or unhappy when not the centre of attention.

**HIV dementia** A syndrome of impairment involving multiple symptoms of motor and cognitive dysfunction, sometimes known as AIDS dementia complex (ADC) or HIV-1 associated dementia (HAD).

**Holistic rehabilitation** Treatment methods for neurological disorders which attempt to address multiple aspects of dysfunction.

**Holistic therapies** Therapies which emphasize the need to consider the 'whole' person, not just those 'bits' of the person that manifest psychopathology.

**Holy anorexia** Self-starvation reported in classical and medieval times, often as a means of achieving heightened spirituality amongst religious devotees.

**Hopelessness theory** A theory of depression in which individuals exhibit an expectation that positive outcomes will not occur, negative outcomes will occur, and that the individual has no responses available that will change this state of affairs.

**Hospitalization** The placement of an individual in hospital for medical care.

**Host identity** The identity that existed before the onset of dissociative identity disorder.

**Hostile attributional bias** The tendency of individuals to interpret not only ambiguous cues as signalling hostility, but also many cues that are generated with benign intentions.

**Humanist-existential approach** Approach that aims to resolve psychological problems through insight, personal development and self-actualization.

**Humanistic therapies** Therapies that attempt to consider the 'whole' person and not just the symptoms of psychopathology.

**Huntington's disease** An inherited, degenerative disorder of the central nervous system, caused by a dominant gene.

**Hybrid disorders** Disorders that contain elements of a number of different disorders.

**Hyperactivity** A higher than normal level of activity.

**Hypersexuality** The occurrence of high rates of sexual activity.

**Hyperventilation** A rapid form of breathing that results in ventilation exceeding metabolic demand and has an end result of raising blood pH level. A common feature of panic attacks.

**Hypnosis** A therapeutic technique in which the patient is placed in a trance.

**Hypnotherapy** A form of therapy undertaken while the client is hypnotized.

**Hypoactive sexual desire disorder** A sexual disorder which is characterized by a low level of sexual desire.

**Hypochondriasis** Unfounded preoccupation with fears of having or contracting a serious disease or illness based on misinterpreting bodily symptoms.

**Hypomania** Mild episodes of mania.

**Hypothesis** A tentative explanation for a phenomenon used as a basis for further investigation.

**Hypothetical constructs** Constructs that are not necessarily directly observable but have to be inferred from other data.

**Hypoxiphilia** An act performed by sexual masochists which involves the individual using a noose or plastic bag to induce oxygen deprivation during masturbation.

**Hysteria** A common term used in psychodynamic circles to describe conversion disorder (prior to the latter's inclusion in the DSM).

**Id** In psychoanalysis, the concept used to describe innate instinctual needs – especially sexual needs.

**Imaginal exposure** A graded exposure to the situations and thoughts that trigger distress using the client's imagination.

**Imaginal flooding** A technique whereby a client is asked to visualize feared, trauma-related scenes for extended periods of time.

**Implicit theories** In sexual offending, integrated cognitive schemas that guide sexual offenders' interactions with their victims and justify their behaviour.

**Impulsivity** The act of reacting to a situation without considering the consequences.

**Incest** Sexual intercourse or any form of sexual activity between closely related persons.

**Incubation** A common clinical phenomenon where fear increases in magnitude over successive encounters with the phobic stimulus – even though it is not followed by a traumatic consequence.

**Independent variable (IV)** The variable that is manipulated in an experiment.

**Infantile autism** Early manifestations of the symptoms of autistic disorder.

**Infarction** The injury caused when the blood flow to the brain is impeded in some way, resulting in damage to the brain tissue fed by that blood flow.

**Inflated responsibility** The belief that one has power to bring about or prevent subjectively crucial negative outcomes. These outcomes are perceived as essential to prevent. They may be actual, that is, having consequences in the real world, and/or at a moral level.

**Information processing biases** Biases in interpreting, attending to, storing or recalling information which may give rise to dysfunctional thinking and behaving.

**Informed consent** Detailed information about an experiment given to participants in order to enable them to make an informed decision about participation.

**Informed consent form** A form giving detailed information about an experiment which participants must sign to acknowledge that they understand what the study involves and that they formally consent to take part in the study.

**Intellectual disabilities** A modern term replacing mental retardation to describe the more severe and general learning disabilities.

**Internal consistency** The extent to which all the items in a test consistently relate to one another.

**Internal validity** Determining whether a treatment works because of the principles it contains.

**Internalizing disorders** Inward-looking and withdrawn behaviours, which in children may represent the experience of depression, anxiety and active attempts to socially withdraw.

**International List of Causes of Death (ICD)** The international standard diagnostic classification developed by the World Health Organization (WHO).

**Interpersonal theories** Theories that argue that depression is maintained by a cycle of reassurance-seeking by depressed individuals that is subsequently rejected by family and friends because of the negative way in which depressed individuals talk about their problems.

**Interpretation** In psychoanalysis, helping the client to identify important underlying conflicts.

**Interpretation biases** Cognitive biases in which an individual interprets ambiguous events as threatening and evidence for potential negative outcomes.

**Inter-rater reliability** The degree to which two independent clinicians actually agree when interpreting or scoring a particular test.

**Introjection** A response to a loss where individuals regress to the oral stage of development, which allows them to integrate the identity of the person they have lost with their own.

**IQ (intelligence quotient) tests** Intelligence tests used as a means of estimating intellectual ability.

**Korsakoff's syndrome** A syndrome involving dementia and memory disorders which is caused by long-term alcohol abuse and dependency.

**La belle indifférence** An indifference about real symptoms (especially when the symptoms would be disturbing to most people) sometimes displayed by individuals with somatoform disorders.

**Lack of conflict resolution** A characteristic of family systems theory where families avoid conflict or are in a continual state of conflict.

**Lateral hypothalamus** A part of the hypothalamus. Lesions to the lateral hypothalamus cause appetite loss resulting in a self-starvation syndrome which is behaviourally similar to that found in anorexia.

**Learned helplessness** A theory of depression that argues that people become depressed following unavoidable negative life events because these events give rise to a cognitive set that makes individuals learn to become 'helpless', lethargic and depressed.

**Learning disability** An umbrella term to cover specific learning disabilities, intellectual disabilities and pervasive developmental disorders.

**Learning theory** The body of knowledge encompassing principles of classical and operant conditioning (and which is frequently applied to explaining and treating psychopathology).

**Levodopa** A natural amino acid that is converted by the brain into dopamine and used in the treatment of Parkinson's disease.

**Lewy bodies** Abnormal protein deposits that disrupt the brain's normal functioning.

**Lewy body dementia** A dementing illness associated with protein deposits called Lewy bodies, found in the cortex of the brain.

**Lie detector** A psychophysiological test which uses changes in autonomic responding in an attempt to identify whether an individual is lying in response to specific preset questions.

**Lifetime prevalence** The frequency of a disorder within a lifetime.

**Line of best fit** A straight line used as a best approximation of a summary of all the points in a scattergram.

**Lithium carbonate** A drug used in the treatment of bipolar disorder.

**Localized amnesia** A memory disturbance when an individual is unable to recall events that occurred during a specific time period (e.g. memory loss for a period of 2 days following a serious car accident).

**Longitudinal studies** Research which takes measures from the same participants at two or more different times in order to specify the time relationships between variables. This may extend over many years or over a participant's whole lifetime.

**Loose associations** A disorder of speech where the individual may drift quickly from one topic to another during a conversation.

**Low self-esteem** A person's negative, subjective appraisal of himself or herself.

**Lysergic acid diethylamide (LSD)** A hallucinogenic drug which produces physical effects including dilated pupils, raised body temperature, increased heart rate and blood pressure, sweating, sleeplessness, dry mouth and tremors.

**Mad Pride** A UK organization dedicated to changing the way in which society views people with mental health problems.

**Magnetic resonance imaging (MRI)** A neuroimaging technique which involves the participant being placed inside a large circular magnet that causes the hydrogen atoms in the body to move. This produces an electromagnetic signal that is converted by the scanner's computer into visual pictures of the brain.

**Major depression** A psychological problem characterized by relatively extended periods of clinical depression which cause significant distress to the individual and impairment in social or occupational functioning.

**Male erectile disorder** A sexual disorder in which there is an inability to maintain an adequate erection during sexual activity. Around 10 per cent of males report erection problems, increasing to 20 per cent in the over-50s.

**Male orgasmic disorder** A sexual disorder in which there is a delay in or absence of orgasm following sexual activity. Around 8 per cent of men report symptoms typical of this disorder.

**Mania** An emotion characterized by boundless, frenzied energy and feelings of euphoria.

**Marriage counsellor** A counsellor who specializes in marriage problems.

**Marijuana** A derivative of cannabis consisting of dried and crushed cannabis leaves.

**Masturbatory satiation** A treatment for paraphilias in which the client is asked to masturbate in the presence of arousing stimuli.

**Maternal HIV infection** The incidence of a mother having HIV during pregnancy, leading to a likelihood that the infection will be passed on to the foetus.

**Maternal malnutrition** Mineral and vitamin deficiencies during pregnancy can result in intellectual disability and significantly affect the child's physical and behavioural development.

**Mathematics disorder (dyscalculia)** A specific learning disability characterized by mathematical ability being substantially below norm for chronological age, intelligence and educational level.

**MDMA** 3,4-methylenedioxymethamphetamine, the drug Ecstasy.

**Media influence** A term describing a person's changes in or temptations to change attitude, behaviour and morals as directly influenced by the media.

**Medical model** An explanation of psychopathology in terms of underlying biological or medical causes.

**Medroxyprogesterone acetate (MPA)** An anti-androgen, testosterone-lowering drug.

**Melatonin** A hormone which acts to slow organisms down, making them sleepy and less energetic.

**Meningitis** The class of infections that cause inflammation of the meninges (the membranous covering of the brain and spinal cord). Symptoms include fever, headache, drowsiness, stiffness in the neck, irritability and cognitive impairments such as memory deficits.

**'Mental defeat'** A theoretical view of PTSD in which individuals see themselves as victims, process information about the trauma negatively, and view themselves as unable to act effectively.

**Mental health counsellor** A counsellor who specializes in mental health problems.

**Mental retardation** A DSM-IV-TR-defined disorder in which an individual has significantly below-average intellectual functioning characterized by an IQ of 70 or below.

**Mentalization** The ability to reflect on experiences, feelings and thoughts, and to assess their meaning and importance.

**Meta-analyses** Statistically accepted ways of assessing the strength of a particular finding across a number of different studies.

**Methadone** A synthetic form of opium.

**Methadone maintenance programmes** A detoxification programme where users take a less virulent opiate in order to wean themselves off heroin.

**Methamphetamine** A synthetic drug related to amphetamine, used illegally as a stimulant.

**Mild mental retardation** Mental retardation as defined by DSM-IV-TR, represented by an IQ score between 50–55 and 70.

**Milieu therapy** An early type of therapeutic community on a psychiatric ward designed to develop productivity, independence, responsibility and feelings of self-respect.

**Mindfulness-based cognitive therapy (MBCT)** A treatment which has been developed to prevent relapse in recovered depressed individuals by making them aware of negative thinking patterns that may trigger subsequent bouts of depression.

**Mini Mental State Examination (MMSE)** A structured test that takes 10 minutes to administer and can provide reliable information on a client's overall levels of cognitive and mental functioning.

**Minnesota Multiphasic Personality Inventory (MMPI)** The most well-known of the personality inventories used by clinical psychologists and psychiatrists.

**Minor cognitive motor disorder (MCMD)** A form of HIV dementia consisting of memory loss and the reduction of cognitive and computational functions.

**Mixed anxiety-depressive disorder** A hybrid disorder exhibiting symptoms of both anxiety and depression.

**Mixed designs** Research which uses the non-random assignment of participants to groups in an experiment.

**MMPI profile** A graph providing a distinctive profile indicating the client's general personality features, potential psychopathology and emotional needs taken from the results of the Minnesota Multiphasic Personality Inventory.

**Model** A hypothetical description of a process or mechanism (such as a process or psychological mechanism involved in psychopathology).

**Modelling** The process of demonstrating a required behaviour to clients before prompting them to imitate it.

**Moderate mental retardation** Mental retardation as defined by DSM-IV-TR, represented by an IQ score between 35–40 and 50–55.

**Monoamine oxidase inhibitors (MAOIs)** A group of antidepressant drugs which have their effects by increasing levels of both serotonin and norepinephrine in the brain.

**Mood-as-input hypothesis** A hypothesis claiming that people use their concurrent mood as information about whether they have successfully completed a task or not.

**Motivational-enhancement intervention (MET)** An intervention for substance abuse and dependency involving communication training, work- and school-related skills, problem-solving skills, peer-refusal skills, negative mood management, social support and general relapse prevention.

**Multiple-baseline design** An experimental design in which the researcher studies several behaviours at a time.

**Multiple sclerosis (MS)** A degenerative neurological condition which results in the destruction of the myelin sheaths that surround nerve cells and facilitate transmission of nerve impulses in the brain and central nervous system.

**Munchausen's syndrome** An extreme form of factitious disorder in which individuals make up or induce physical illnesses.

**Munchausen's syndrome by proxy** An extreme form of factitious disorder in which parents or carers make up or induce physical illnesses in others (such as their children).

**Muscle dysmorphia** An obsession with a muscular appearance, often associated with excessive weight training and the use of body-building anabolic steroids.

**Mutant Huntingtin (mHtt)** A protein which causes cell death in the basal ganglia and contributes to Huntington's disease.

**Naltrexone** An opioid receptor antagonist which has been found to be beneficial in the control of hyperactivity and self-injurious behaviour.

**Narcissistic personality disorder** A personality disorder in which individuals overestimate their abilities, inflate their accomplishments, have a pervasive need for admiration and show a lack of empathy with the feelings of others.

**Narrow inclusion criteria** The use in psychopathology research only of individuals with a very specific diagnosis.

**National Institute for Health and Clinical Excellence (NICE)** An independent UK organization responsible for providing national guidance on promoting good health and preventing and treating ill health.

**Natural experiments** Research which allows researchers to observe the effects on behaviour of a naturally occurring 'manipulation' (such as an earthquake).

**Naxolone** One of a set of drugs used to treat substance use disorders which influence brain neurotransmitter receptor sites and prevent the neuropsychological effects of stimulants, opiates and hallucinogens.

**Negative automatic thoughts** Negatively valenced thoughts that the individual finds difficult to control or dismiss.

**Negative correlation** A relationship between two variables in which a high score on one measure is accompanied by a low score on the other.

**Negative schema** A set of beliefs that tends individuals towards viewing the world and themselves in a negative way.

**Negative symptoms** Symptoms of psychosis which tend to reflect a diminution or loss of normal functions (e.g. withdrawal or lack of emotion).

**Negative triad** A theory of depression in which depressed people hold negative views of *themselves* (e.g. 'I am unattractive'), of their *future* (e.g. 'I will never achieve anything') and of the *world* (e.g. 'The world is a dangerous and unsupportive place').

**Neologisms** Made-up words used in an attempt to communicate.

**Neuroendocrine dysfunction** Hormonal dysfunction or life stressors causing hormonal dysfunction.

**Neurofibrillary tangles** Abnormal collections of twisted nerve cell threads which result in errors in impulses between nerve cells and eventual cell death.

**Neuroleptics** A class of drugs used for the treatment of psychotic symptoms.

**Nicotine** The addictive agent found in tobacco; it acts as a stimulant by increasing blood pressure and heart rate.

**Nihilistic delusions** Delusions where individuals believe that some aspect of either the world or themselves has ceased to exist (e.g. the person may believe that they are in fact dead).

**Nocturnal enuresis** Enuresis occurring during the night.

**No treatment or a waiting-list control group** A group of participants in a randomized controlled trial who control for the effects of spontaneous remission.

**Non-associative fear acquisition** A model which argues that fear of a set of biologically relevant stimuli develops naturally after very early encounters given normal maturational processes and normal background experiences, and no specific traumatic experiences with these stimuli are necessary to evoke this fear.

**Non-fluent aphasia** An inability to initiate speech or respond to speech with anything other than simple words.

**Non-purging sub-type bulimia nervosa** A type of bulimia nervosa in which the individual attempts to compensate for bingeing by indulging in excessive fasting or exercise.

**Norepinephrine** An adrenal hormone which functions as a neurotransmitter and is associated with symptoms of both depression and mania.

**Object relations psychotherapy** A treatment developed specifically to deal with the difficulties posed by the treatment of individuals with personality disorders such as borderline personality disorder.

**Object relations theory** A theory which argues that individuals with borderline personality disorder have received inadequate support and love from important others (such as parents), resulting in an insecure ego which is likely to lead to lack of self-esteem and fear of rejection.

**Obsessions** Intrusive and recurring thoughts that an individual finds disturbing and uncontrollable.

**Obsessive-compulsive disorder (OCD)** A disorder characterized either by obsessions (intrusive and recurring thoughts that the individual finds disturbing and uncontrollable) or by compulsions (ritualized behaviour patterns that the individual feels driven to perform in order to prevent some negative outcome happening).

**Obsessive-compulsive personality disorder (OCPD)** A personality disorder in which individuals show exceptionally perfectionist tendencies including a preoccupation with orderliness and control at the expense of flexibility, efficiency and productivity.

**Odd/eccentric personality disorders** Personality disorders grouped in Cluster A, the three sub-types of which are (1) paranoid personality disorder, (2) schizotypal personality disorder and (3) schizoid personality disorder.

**Oestrogen** Any of a group of steroid hormones which promote the development and maintenance of female characteristics of the body.

**One-month prevalence** The frequency of a disorder within the last month.

**Open head injury** A head injury in which the skull and outer layer of the meninges are breached.

**Operant conditioning** The learning of a specific behaviour or response because that behaviour has certain consequences.

**Opiates** Opium, taken from the sap of the opium poppy. Its derivatives include morphine, heroin, codeine and methadone.

**Oppositional defiant disorder (ODD)** A mild form of disruptive behaviour disorders reserved for children who do not meet the full criteria for conduct disorder.

**Oral stage** According to Freud, the first 18 months of life based on the child's need for food from the mother. If the mother fails to satisfy these oral needs, the child may become fixated at this stage and in later life display 'oral stage characteristics' such as extreme dependence on others.

**Orgasmic reorientation** A treatment method to replace inappropriate or distressing sexual activities which aims to make the client sexually aroused by more conventional or acceptable stimuli.

**Orienting response** A physiological reaction consisting of changes in skin conductance, brain activity, heart rate and blood pressure.

**Overprotection** A characteristic of family systems theory where members of the family are overconcerned with parenting and with one another's welfare, and this can often be viewed by the child as coercive parental control.

**Paedophilia** A paraphilia which is defined as sexual attraction towards prepubescent children, normally 13 years or younger.

**Pain disorder** A preoccupation with, and fear of, pain itself.

**Palliative effect** The reduction of the severity of symptoms and alleviation of distress.

**Panic** A sudden uncontrollable fear or anxiety.

**Panic disorder** An anxiety disorder characterized by repeated panic or anxiety attacks.

**Paranoid personality disorder** A personality disorder characterized by an enduring pattern of distrust and suspiciousness of others.

**Paranoid schizophrenia** A sub-type of schizophrenia characterized by the presence of delusions of persecution.

**Paraphilias** Problematic, high-frequency sexual behaviours or unusual sexual urges and activities that are often directed at inappropriate targets.

**Parent-implemented early intervention** Using parents as effective trainers to teach children with intellectual disabilities, basic self-help and communication skills.

**Parent training programmes** A family intervention programme which attempts to teach parents a range of techniques for controlling and managing their children's symptoms, used especially with children diagnosed with conduct disorder.

**Parkinson's disease** A progressive neurological condition affecting movements such as walking, talking and writing, and causing psychological disturbance in between 40 and 60 per cent of sufferers.

**Partialism** A phenomenon in which there is a fascination with an individual object to the point where normal sexual activity no longer occurs.

**Passive smoking** The breathing in of air that contains other people's smoke.

**Peer influences** A term describing a person's changes in or temptations to change attitude, behaviour and morals as directly influenced by his or her peer group.

**Peer leadership** A strategy used by drug prevention schemes where young people are trained to provide anti-drugs messages to their peers.

**Peer-pressure resistance training** A strategy used by drug prevention schemes where students learn assertive refusal skills when confronted with drugs.

**Penetrating head wound** A head injury in which the skull and outer layer of the meninges are breached.



**Penile prosthesis** A mechanical device normally reserved for non-reversible organic-based erectile problems.

**Perfectionism** The setting of excessively high standards for performance accompanied by overly critical self-evaluation.

**Performance anxiety** The fear of failing to achieve an acceptable level of sexual performance, causing an individual to become distanced from the sexual act and fail to become aroused.

**Personal therapy** A broad-based cognitive behaviour programme that is designed to help individuals with the skills needed to adapt to day-to-day living after discharge from hospital.

**Personality disorders** A group of disorders marked by persistent, inflexible, maladaptive patterns of thought and behaviour that develop in adolescence or early adulthood and significantly impair an individual's ability to function.

**Pervasive developmental disorders (PDDs)** A group of disorders characterized by serious abnormalities in the developmental process, usually associated with impairment in several areas of development. The most commonly diagnosed PDDs are autistic disorder (autism), Rett's disorder, childhood disintegrative disorder and Asperger's syndrome.

**Pessimistic inferential style** The attribution of negative events to stable, global causes.

**Pessimistic thinking** A form of dysfunctional thinking where sufferers believe nothing can improve their lot.

**Pharmacological treatments** Drug-based treatments for psychopathology.

**Phenothiazines** A group of antipsychotic drugs that help to alleviate the symptoms of psychosis by blocking the brain's dopamine receptor sites and so reduce dopamine activity.

**Phenylketonuria (PKU)** A metabolic disorder caused by a deficiency of the liver enzyme phenylalanine 4-hydroxylase, which is necessary for the effective metabolism of the amino acid phenylalanine.

**Phineas Gage** A victim of a penetrating head injury, one of the first examples to indicate that brain damage could cause radical changes to personality and affect socially appropriate interaction.

**Phobic beliefs** Beliefs about phobic stimuli that maintain the phobic's fear and avoidance of that stimulus or situation.

**Phonological disorder** A specific learning disability characterized by the failure to use developmentally expected speech sounds that are appropriate for age and dialect.

**Phonological theory** The view that reading disabilities in dyslexia are caused primarily by difficulties in differentiating the elements of speech (phonemes) and associating these sounds with the letters in a written word.

**Placebo control condition** A control group that is included in a clinical trial to assess the effects of participant expectations.

**Placebo effect** The effect when participants in a clinical trial show improvement even though they are not being given a theoretically structured treatment.

**Play therapy** A range of play-based therapeutic and assessment techniques that can be used with younger children who are less able to communicate and express their feelings.

**Point prevalence** The frequency of a disorder in the population at any one point in time.

**Polydrug abuse** Abuse of more than one drug at a time.

**Positive correlation** A relationship between two variables in which a high score on one measure is accompanied by a high score on the other.

**Positive symptoms** Characteristics of psychotic symptoms which tend to reflect an excess or distortion of normal functions.

**Positron emission tomography (PET)** A neuroimaging technique which scans to allow measurement of both brain structure and

function by utilizing radiation emitted from the participant to develop images.

**Post-traumatic stress disorder (PTSD)** A set of persistent anxiety-based symptoms that occur after experiencing or witnessing an extremely fear-evoking traumatic event.

**Poverty of content** A characteristic of the conversation of individuals suffering psychosis in which their conversation has very little substantive content.

**Prediction** A statement (usually quantitative) about what will happen under specific conditions, as a logical consequence of scientific theories.

**Predictive validity** The degree to which an assessment method is able to help the clinician predict future behaviour and future symptoms.

**Preference molesters** Non-incestuous paedophiles who normally only become sexually aroused by sexually immature children.

**Prefrontal cortex** An area of the brain which is important in maintaining representations of goals and the means to achieve them.

**Prefrontal lobotomy** A surgical procedure that involves severing the pathways between the frontal lobes and lower brain areas.

**Premature ejaculation** The persistent or recurrent onset of orgasm and ejaculation with minimal sexual stimulation before, on or shortly after penetration, and before the person wishes it to happen.

**Prevalence** The number of instances of a given disease or psychopathology in a given population at a designated time.

**Prevalence rates** The representation of incidence by duration of a particular disorder.

**Prevention programmes** Intervention programmes that attempt to prevent the onset of a psychopathology before the first symptoms are detected.

**Primary brain tumour** A brain tumour that originates and grows within the brain itself.

**Primary enuresis** Enuresis when the child has never experienced a lengthy spell of bladder control.

**Primary narcissism** Regression to a previous ego state which gives rise to a preoccupation with the self.

**Prion** An abnormal, transmissible agent that is able to induce abnormal folding of normal cellular proteins in the brain, leading to brain damage. A major contributing factor in variant Creutzfeldt-Jakob disease (vCJD).

**Privacy** The right of participants to decide not to provide some forms of information to the researcher if they so wish (e.g. their age or sexual orientation).

**Prodromal stage** The slow deterioration from normal functioning to the delusional and dysfunctional thinking characteristic of many forms of schizophrenia, normally taking place over an average of 5 years.

**Profound mental retardation** Mental retardation as defined by DSM-IV-TR, represented by an IQ score below 20–25.

**Projective tests** A group of tests usually consisting of a standard fixed set of stimuli that are presented to clients, but which are ambiguous enough for clients to put their own interpretation on what the stimuli represent.

**Prolactin** A hormone from the pituitary gland stimulating milk production after childbirth.

**Prolonged speech** A set of techniques to address stuttering that teach the sufferer new speech patterns, resulting in changes in the phrasing and articulation of speech and of the respiratory patterns produced while speaking.

**Pronoun reversal** An impairment in communication in which an individual refers to himself or herself as 'he', 'she' or 'you'.

**Prospective designs** Research which takes measures from the same participants at two or more different times in order to specify the time relationships between variables.

**Psychiatry** A scientific method of treatment that is based on medicine, the primary approach of which is to identify the biological causes of psychopathology and treat them with medication or surgery.

**Psychoanalysis** An influential psychological model of psychopathology based on the theoretical works of Sigmund Freud.

**Psychodelic drugs** Consciousness-expanding or mind-manifesting drugs.

**Psychodynamic approaches** Theories which assume that unconscious conflicts develop early in life. Part of the therapy is designed to identify life events that may have caused these unconscious conflicts.

**Psychological debriefing** A structured way of trying to intervene immediately after trauma in order to try to prevent the development of PTSD.

**Psychological dependence** When individuals have changed their life to ensure continued use of a particular drug such that all their activities are centred on the drug and its use.

**Psychological models** Models which view psychopathology as caused primarily by psychological rather than biological processes.

**Psychometric approach** The idea that a psychological test assumes that there are stable underlying characteristics or traits (e.g. anxiety, depression, compulsiveness, worry) that exist at different levels in everyone.

**Psychopath** A term often used to describe individuals diagnosed with antisocial personality disorder.

**Psychopathology** The study of deviations from normal or everyday psychological functioning.

**Psychosurgery** Brain surgery used to treat symptoms of psychopathology.

**Purging sub-type bulimia nervosa** A type of bulimia nervosa in which the individual regularly engages in self-induced vomiting or the misuse of laxatives, diuretics or enemas.

**Qualitative methods** Research methods that rely on the analysis of verbal reports rather than on statistical analyses of quantifiable data.

**Quantitative methods** Research methods that place an important emphasis on accurate and valid measurement of behaviour and attempt to draw conclusions from their studies on the basis of statistical inference.

**Random assignment** Assignment of participants to different treatments, interventions or conditions according to chance.

**Randomized controlled trials (RCTs)** A procedure for assessing the effectiveness of therapies by comparing the effectiveness of the treatment being assessed (across a range of objective measures) with a variety of control conditions, and with other forms of therapy and treatment (if necessary).

**Rational emotive therapy (RET)** A cognitive technique developed by Albert Ellis (1962) which addresses how people construe themselves, their life and the world.

**Reactivity** The effect of increasing the frequency of desirable behaviours and decreasing the frequency of undesirable behaviours as a result of self-monitoring.

**Reading disorder** A specific learning disability characterized by the accuracy, speed and comprehension of reading being significantly below standards expected for chronological age and IQ.

**Reality monitoring** A form of source monitoring required to distinguish mental contents arising from experience from those arising from imagination.

**Reality-monitoring deficit** Where an individual has a problem distinguishing between what actually occurred and what did not occur.

**Reasoning bias** The tendency of individuals with hypochondriasis to reject diagnoses that disagree with their own beliefs about their health and to seek further opinions – presumably in the belief that someone will agree with their view.

**Reattribution therapy** A treatment used in helping individuals with paranoid symptoms to reattribute their paranoid delusions to normal daily events rather than the threatening, confrontational causes they believe underlie them.

**Reattribution training** A technique used in the treatment of depression which attempts to get clients to interpret their difficulties in more hopeful and constructive ways rather than in the negative, global, stable ways typical of depressed individuals.

**Recessive gene** A gene that must be present on both chromosomes in a pair to show outward signs of a certain characteristic.

**Reciprocal inhibition** A principle of behaviour therapy in which an emotional response is eliminated not just by extinguishing the relationship between the emotion-inducing cue and the threatening consequence, but also by attaching a response to the emotion-inducing cue which is incompatible with anxiety (e.g. relaxation).

**Reconstructive memory** A concept of a cognitive theory of dissociative symptoms which argues that an individual autobiographical memory is stored as a series of discrete elements associated with that experience (e.g. context, emotional state, sensory and perceptual features).

**Rehabilitation programmes** Treatment programmes that usually combine a mixture of group work, psychological interventions, social skills training and practical and vocational activities.

**Relapse-prevention training** In paraphilias, a treatment which consists primarily of helping clients to identify circumstances, situations, moods and types of thoughts that might trigger paraphilic behaviour.

**Relaxation training** A method of dealing with the chronic stress experienced by psychopathology sufferers. A specific technique of progressive muscular relaxation is often used, and relaxation is found to be as effective as some forms of cognitive therapy.

**Reliability** The extent that an assessment method will still provide the same result when used by different clinicians on different occasions.

**Reparenting** A therapy process in which clients allow the therapist to form an emotional attachment to them in order to challenge dysfunctional schemas.

**Replicable** Results of research which have been collected under controlled conditions that will allow any other researcher to reproduce those exact same findings.

**Repression** A basic psychodynamic defence mechanism that helps to suppress painful memories and prevent stressful thoughts.

**Residential rehabilitation centres** Centres which allow people to live, work and socialize with others undergoing treatment in an environment that offers advice, immediate support, and group and individual treatment programmes enabling clients to learn the social and coping skills necessary for the transition back to a normal life.

**Residual stage** The stage of psychosis when the individual ceases to show prominent signs of positive symptoms (such as delusions, hallucinations or disordered speech).

**Residual type** A category of schizophrenia when the individual has experienced at least one previous psychotic episode and there is currently a lack of prominent positive symptoms (e.g. delusions, hallucinations, disorganised speech), but there is evidence of ongoing negative symptoms (e.g. flat affect, poverty of speech).

**Response shaping** A reinforcement procedure that is used to develop new behaviours.

**Restricted type anorexia nervosa** A type of anorexia nervosa in which self-starvation is not associated with concurrent purging (e.g. self-inducing vomiting or use of laxatives).

**Rett's disorder** A commonly diagnosed pervasive developmental disorder indicative of arrested development across a range of skills.

**Rigidity** A characteristic of family systems theory where there is a tendency to maintain the status quo within the family.

**Risk factors** Factors which may increase the risk of developing psychopathology later in life.

**Risperidone** An antipsychotic medication also commonly used in the treatment of autism.

**Ritalin (methylphenidate)** A stimulant medication that is used to treat ADHD.

**Rogue representations** In somatoform disorders, representations which provide inappropriate templates by which information about body shape and health are selected and interpreted.

**Rorschach Inkblot Test** A projective personality test using inkblots by dropping ink onto paper and then folding the paper in half to create a symmetrical image.

**Sally-Anne False Belief Task** A method used to test whether a child has developed a 'theory of mind'.

**Savant syndrome** The phenomenon of extraordinary proficiency in one isolated skill in individuals with multiple cognitive disabilities. It appears to be closely linked to autistic spectrum disorder and is frequently found in Asperger's syndrome.

**Scattergram** A graphical representation showing the relationship between two variables.

**Schema therapy** An integrative approach to the treatment of personality disorders based on the principles of cognitive behaviour therapy.

**Schizoid personality disorder** A personality disorder in which individuals are often described as 'loners' who fail to express a normal range of emotions and appear to get little reward from any activities.

**Schizophrenia** The main diagnostic category for psychotic symptoms. The five central characteristics are (1) delusions, (2) hallucinations, (3) disorganized speech (e.g. incoherence), (4) grossly disorganized or catatonic behaviour and (5) flattened affect, poverty of speech and apathy.

**Schizophrenia spectrum disorder** The combination of Cluster A-type personality disorders and schizophrenia.

**Schizophrenogenic mother** A cold, rejecting, distant and dominating mother who causes schizophrenia according to Fromm-Reichmann.

**Schizotypal personality disorder** A personality disorder characterized by 'eccentric' behaviour marked by odd patterns of thinking and communication.

**Scientific method** A research method which espouses the pursuit of knowledge through systematic observation and requires that research findings are replicable and testable.

**Scientist-practitioner** Someone who is competent as both a researcher and a practitioner.

**Seasonal affective disorder (SAD)** A condition of regularly occurring depressions in winter with a remission the following spring or summer.

**Second-hand smoke** Environmental tobacco smoke that is inhaled involuntarily or passively by someone who is not smoking.

**Secondary enuresis** Enuresis when bladder control is still problematic, but the child has been dry for a period of up to 6 months.

**Sedatives** Central nervous system depressants which slow the activity of the body, reduce its responsiveness, and reduce pain tension and

anxiety. This group of substances includes alcohol, the opiates and their derivatives (heroin, morphine, methadone and codeine), and synthesized tranquilizers such as barbiturates.

**Seizisman** A state of psychological paralysis found in the Haitian community.

**Selective amnesia** A memory disturbance where an individual can recall some, but not all, of the events during a specific time period (e.g. a combat veteran may be able to recall some events during a violent military encounter, but not others).

**Selective serotonin reuptake inhibitors (SSRIs)** A recent group of antidepressant drugs that selectively affect the uptake of only one neurotransmitter – usually serotonin.

**Self-focused attention** A theory of social phobia arguing that sufferers show a strong tendency to shift their attention inwards onto themselves and their own anxiety responses during social performance – especially when they fear they will be negatively evaluated.

**Self-help groups** Group therapy which brings together people who share a common problem in an attempt to share information and help and support one another.

**Self-instructional training (SIT)** A procedure used in the intervention for executive functioning deficits where individuals learn a set of instructions for talking themselves through particular problems.

**Self-medication** Self-administration of often illicit drugs by an individual to alleviate perceived or real problems, usually of a psychological nature.

**Self-monitoring** A form of clinical observation which involves asking clients to observe and record their own behaviour, to note when certain behaviours or thoughts occur, and in what contexts they occur.

**Self-monitoring deficit** Where individuals cannot distinguish between thoughts and ideas they generated themselves and thoughts or ideas that other people generated.

**Self-observation** A form of clinical observation that involves asking clients to observe and record their own behaviour, perhaps by using a diary or a palmtop computer to note when certain behaviours or thoughts occur and in what contexts they occur.

**Sentence completion test** An open-ended projective personality test that provides clients with the first part of an uncompleted sentence which they complete with words of their own.

**Separation anxiety** A childhood anxiety problem involving an intense fear of being separated from parents or carers.

**Serotonin** An important brain neurotransmitter where low levels are associated with depression.

**Service user groups** Groups of individuals who are end users of the mental health services provided by, for example, government agencies such as the NHS.

**Severe mental retardation** Mental retardation as defined by DSM-IV-TR, represented by an IQ score between 20–25 and 35–40.

**Sex Offender Treatment Programme (SOTP)** An integrated treatment for sexual offenders developed by the UK Home Office.

**Sexual aversion disorder** A sexual disorder in which there is an active avoidance of genital sexual contact with a sexual partner.

**Sexual dysfunction** A disturbance in the processes that characterize the sexual response cycle or pain associated with intercourse.

**Sexual masochism** A paraphilia in which an individual gains sexual arousal and satisfaction from being humiliated.

**Sexual sadism** A paraphilia in which a person gains sexual arousal and satisfaction from the psychological or physical suffering of others.

**Sexual skills and communication training** A treatment method in which a therapist can help clients to acquire a more knowledgeable perspective on sexual activity, communicate to partners effectively about sex, and reduce any anxiety about indulging in sexual activity.

**Shaken baby syndrome** A form of child abuse that is known to cause intellectual disability. It refers to traumatic brain injury that occurs when a baby is violently shaken.

**Sheltered workshops** Settings that provide individuals with intellectual disabilities with employment tailored to their own needs and abilities.

**Sick role** Playing the role of being sick as defined by the society to which the individual belongs.

**Sigmund Freud** An Austrian neurologist and psychiatrist who founded the psychoanalytic school of psychology.

**Single-case experiment** A single case study in which a participant's behaviour is observed and measured both before and after an experimental manipulation.

**Social anxiety spectrum** A spectrum of disorder proposed to include both avoidant personality disorder and social phobia.

**Social breakdown syndrome** A deterioration in the symptoms of psychosis consisting of confrontational and challenging behaviour, physical aggressiveness and a lack of interest in personal welfare and hygiene.

**Social constructionism** An approach to research in clinical psychology emphasizing that reality is a social construction, and so there are no basic 'truths' of the kind that we seek to discover using the scientific method.

**Social labelling** The theory that the development and maintenance of psychotic symptoms are influenced by the diagnosis itself.

**Social phobia** A severe and persistent fear of social or performance situations.

**Social selection theory** The theory that the intellectual, behavioural and motivational problems afflicting individuals with psychotic symptoms mean they will suffer a downward drift into unemployment, poverty and the lower socioeconomic classes as a result of their disorder.

**Social skills training** A therapy for depression that assumes that depression in part results from an individual's inability to communicate and socialize appropriately, and that addressing these skill deficits should help to alleviate many of the symptoms of depression.

**Sociogenic hypothesis** The theory that individuals in low socioeconomic classes experience significantly more life stressors than individuals in higher socioeconomic classes, and these stressors are associated with unemployment, poor educational levels, crime and poverty generally.

**Sociopath** A person with a personality disorder manifesting itself in extreme antisocial attitudes and behaviour.

**Sodium amobarbital** A drug which can be used concurrently with hypnotherapy to help clients recall past events.

**Sodium pentobarbital** A drug which can be used concurrently with hypnotherapy to help clients recall past events.

**Somatization disorder** A pattern of recurring, multiple, clinically significant somatic symptoms that require medical treatment and cause significant impairment in social, occupational and other areas of functioning.

**Somatogenic hypothesis** The hypothesis that the causes or explanations of psychological problems can be found in physical or biological impairments.

**Somnambulism** Repeated episodes of complex motor behaviour initiated during sleep. Also known as sleepwalking disorder.

**Source-monitoring ability** The ability to recall the relevant elements of an autobiographical experience from memory.

**Special educational needs (SEN)** A term used in the UK to identify those who require instruction or education tailored to their specific needs.

**Specific learning disabilities** Disorders such as dyslexia and communication disabilities.

**Specific phobia** An excessive, unreasonable, persistent fear triggered by a specific object or situation.

**Splitting** An element of object relations theory which argues that individuals with weak egos engage in a defence mechanism by which they evaluate people, events or things in a completely black or white way, often judging people as either good or bad with no shades of grey.

**Spongiform encephalopathy** A fatal infectious disease that attacks the brain and central nervous system. Commonly known as 'mad cow disease' or variant Creutzfeldt-Jakob disease (vCJD).

**Spontaneous remission** The fact that many people who have psychological disorders will simply get better anyway over a period of time, even without therapy.

**Squeeze technique** A technique used to help clients with premature ejaculation where the client's partner firmly squeezes below the head of the penis just prior to ejaculation.

**Stages of development** Progressive periods of development from infancy to maturity.

**Standardization** Statistical norms taken from data that have been collected from large numbers of participants of psychological tests.

**State-dependent memory** A well-established cognitive phenomenon in which the individual is more likely to remember an event if he or she is in the same physiological state as when the event occurred.

**Statistical norm** The mean, average or modal example of a behaviour.

**Statistical Package for the Social Sciences (SPSS)** A computer program specifically developed for statistical analysis for the social sciences.

**Statistical significance** The degree to which the outcome of a study is greater or smaller than would be expected by chance.

**Stepped-care model** A treatment for depression that emphasizes that the type of treatment provided for depressed individuals should be tailored to the severity of their symptoms and their personal and social circumstances.

**Stimulants** Substances that increase central nervous system activity and increase blood pressure and heart rate.

**Stimulus control treatment** An early behavioural intervention for worry in GAD which adopted the principle of stimulus control. This is based on the conditioning principle that the environments in which behaviours are enacted come to control their future occurrence and can act to elicit those behaviours (the principle of stimulus control).

**Stop-start technique** A technique used to help clients with premature ejaculation where the client's partner stimulates the penis until close to ejaculation, at which point the partner is signalled to stop by the client.

**Stroke** A sudden loss of consciousness resulting when the rupture or occlusion of a blood vessel leads to oxygen lack in the brain.

**Structured Clinical Interview for DSM-IV-TR (SCID)** A branching, structured interview in which the client's response to one question will determine the next question to be asked.

**Structured interview** An interview in which questions to be asked, their sequence and detailed information to be gathered are all predetermined.

**Student counsellor** A counsellor who specializes in students' problems.

**Stuttering** A disturbance in the normal fluency and time patterning of speech that is inappropriate for the individual's age.

**Substance abuse** A pattern of drug or substance use that occurs despite knowledge of the negative effects of the drug, but where use has not progressed to full-blown dependency.



**Substance dependency** A maladaptive pattern of substance use, leading to clinically significant impairment or distress.

**Substance use disorder (SUD)** Where an individual has at least one substance disorder diagnosis, whether it is a general diagnosis of substance dependency or abuse, or a more specific substance category disorder.

**Substantia nigra** A region of the basal ganglia.

**Suffocation alarm theories** Models of panic disorder in which a combination of increased CO<sub>2</sub> intake may activate an oversensitive suffocation alarm system and give rise to the intense terror and anxiety experienced during a panic attack.

**Suicide** The action of killing oneself intentionally.

**Superego** In psychoanalysis, a development from both the id and ego which represents our attempts to integrate 'values' that we learn from our parents or society.

**Supported employment** A special programme designed with a built-in support mechanism to help people with physical, mental or developmental disabilities reach and keep their customized vocational goals and objectives.

**Supportive family management** A method of counselling in which group discussions are held where families share their experiences and which can help to provide reassurance and a network of social support.

**Symbolic loss** A Freudian concept whereby other kinds of losses within one's life (e.g. losing a job) are viewed as equivalent to losing a loved one.

**Syndrome** A distinct set of symptoms.

**Syndrome (or disorder) spectrum** A higher-order categorical class of symptoms.

**Syphilis** A sexually transmitted disease, the later stages of which are characterized by the inability to coordinate muscle movements, paralysis, numbness, gradual blindness and dementia.

**Systematic amnesia** A memory disturbance where there is a loss of memory that relates to specific categories of information, such as family history.

**Systematic desensitization** An exposure therapy based on the need to expose clients to the events and situations that evoke their distress and anxiety in a graduated and progressive way.

**Systemic family therapy** A family intervention technique based on the view that childhood problems result from inappropriate family structure and organization. The therapist is concerned with the boundaries between parents and children, and the ways in which they communicate.

**Systems theory** Approach that attempts to understand the family as a social system.

**Tangentiality** A disorder of speech in which answers to questions may be tangential rather than relevant.

**Tardive dyskinesia** A disorder of motor movement.

**Tay-Sachs disease** A metabolic disorder caused by a recessive gene which results in an absence of the enzyme hexosaminidase A in the brain and central nervous system, eventually causing neurons to die.

**Tease technique** A direct treatment method designed to deal with symptoms of erectile dysfunction or male and female orgasmic disorder. It involves the partner caressing the client's genitals, but stopping when the client becomes aroused (e.g. achieves an erection) or approaches orgasm.

**Teenage mothers** In relation to intellectual disabilities, young mothers who become pregnant before 18 years of age and who are likely to have lived in deprived areas prior to giving birth, are often unmarried, live in poverty as a result of their premature motherhood, and are likely to have a significantly lower than average IQ.

**Telephone therapy** Treatment and support conducted over the telephone.

**Temporal lobes-limbic structures** The areas of the brain that lie at the side of the head behind the temples and which are involved in hearing, memory, emotion, language, illusions, tastes and smells.

**Test validity** The extent that an assessment method actually measures what it claims to be measuring.

**Testable** A scientific explanation that is couched in such a way that it clearly suggests ways in which it can be tested and potentially falsified.

**Testosterone** A steroid hormone stimulating development of male secondary sexual characteristics.

**Test-retest reliability** The extent that a test will produce roughly similar results when the test is given to the same person several weeks or even months apart (as long as no treatments or interventions have occurred in between).

**Thematic Apperception Test (TAT)** A projective personality test consisting of 30 black and white pictures of people in vague or ambiguous situations.

**Theory** A set of propositions that usually attempt to explain a phenomenon by describing the cause-effect relationships that contribute to that phenomenon.

**Theory of mind (TOM)** The ability to understand one's own and other people's mental states.

**Theory of shattered assumptions** A theory of PTSD that argues that a severe traumatic experience will shatter a person's belief in the world as a safe and benign place, resulting in the symptoms typical of PTSD.

**Therapeutic constructions** The view that the multiple personalities found in dissociative identity disorders are merely constructions of the therapeutic process.

**Thought-action fusion** A dysfunctional assumption held by OCD sufferers that having a thought about an action is like performing it.

**Thought suppression** A defence mechanism used by individuals with obsessive thoughts to actively suppress them (using either thought suppression or distraction techniques).

**Thrombolytic therapy** The use of drugs to break up or dissolve blood clots – one of the main causes of strokes.

**Tic disorders** Uncontrollable physical movements such as facial twitches, rapid blinking or twitches of the mouth.

**Time-out (TO)** A means of reducing disruptive behaviours, including aggressiveness, destruction of property and non-compliance in the classroom, by removing the child from the situation and directing him or her, for example, to sit in a specific time-out chair for periods of between 5 and 15 minutes.

**Time pressure management (TPM)** An approach to dealing with attention deficits which aims not to try to improve attention itself, but to provide clients with some compensatory skills that will allow them to effectively manage their slowed information processing.

**Token economy** A reward system which involves participants receiving tokens for engaging in certain behaviours which at a later time can be exchanged for a variety of reinforcing or desired items.

**Tolerance** The need for increased amounts of a substance in order to achieve similar effects across time.

**Tourette's syndrome** A disorder in which motor and vocal tics occur frequently throughout the day for at least 1 year.

**Transference** A technique used in psychoanalysis where the analyst is used as a target for emotional responses: clients behave towards the analyst as they would have behaved towards an important person in their lives.

**Transvestic fetishism** A paraphilia in which a heterosexual male experiences sexual arousal from cross-dressing in women's clothing.

**Triad of impairments** Impairments in reciprocal social interactions, communication and flexibility of thought that are typical of autistic spectrum disorder.

**Tricyclic antidepressants** Antidepressant drugs developed in the 1960s which have their effect by increasing the amount of norepinephrine and serotonin available for synaptic transmission.

**Twin studies** Studies in which researchers have compared the probability with which monozygotic (MZ) and dizygotic (DZ) twins both develop symptoms indicative of a psychopathology in order to assess genetic contributions to that psychopathology.

**Unconditional positive regard** Valuing clients for who they are without judging them.

**Understanding** A full description of how the causal factors affecting psychopathology interact.

**Unipolar depression** A psychological disorder characterized by relatively extended periods of clinical depression that cause significant distress to the individual and impairment in social or occupational functioning (see also major depression).

**Unobtrusive heroin user** A long-term heroin user who has never been in specialized treatment and who displays levels of occupational status and educational achievement similar to the general population.

**Unstructured interview** A free-flowing interview in which questions to be asked, their sequence and detailed information to be gathered are not predetermined.

**Vacuum erection device (VED)** A mechanical device normally reserved for non-reversible organic-based erectile problems.

**Vaginismus** The involuntary contraction of the muscles surrounding the vagina when vaginal penetration is attempted. Of all women who seek treatment for sexual dysfunctions, around 15–17 per cent are suffering from vaginismus.

**Validity** The extent that an assessment method actually does measure what it claims to be measuring.

**Variant Creutzfeldt-Jakob disease (vCJD)** A fatal infectious disease that attacks the brain and central nervous system. Commonly known as 'mad cow disease'.

**Vascular dementia** A degenerative cerebrovascular disease that leads to a progressive decline in memory and cognitive functioning.

**Viagra (sildenafil citrate)** A drug treatment for sexual dysfunction which is used primarily to treat erectile dysfunction in men.

**Visual imagery mnemonics** A technique for teaching remembering strategies in order to help store and retrieve items and events to be remembered.

**Voluntary** Of one's own free will or design; not forced or compelled.

**Voyeurism** A paraphilia which involves experiencing intense sexually arousing fantasies or urges to watch an unsuspecting person who is naked, in the process of undressing or engaging in sexual activity.

**WAIS-III** The Wechsler Adult Intelligence Scale (third edition). See **Wechsler Adult Intelligence Scale (WAIS)**.

**Waiting-list controls** The use of patients who are on a waiting list for treatment as a no treatment control condition in treatment outcome studies.

**Wechsler Adult Intelligence Scale (WAIS)** An intelligence test containing scales that measure vocabulary, arithmetic ability, digit span, information comprehension, letter-number sequencing, picture completion ability, reasoning ability, symbol search and object assembly ability.

**Wernicke's aphasia** A deficit in the comprehension of speech involving difficulties in recognizing spoken words and converting thoughts into words.

**Wisconsin card-sorting task** A widely used test of executive functioning where individuals must sort cards for a number of trials using one rule (e.g. colour) and then sort cards using a different rule (e.g. shape).

**Withdrawal** Where the body requires the drug in order to maintain physical stability, and lack of the drug causes a range of negative and aversive physical consequences (e.g. anxiety, tremors and, in extreme cases, death).

**Word salad** Where the language of a person experiencing a psychotic episode is so disorganized that there seems to be no link between one phrase and the next.

**Yohimbine** A drug treatment for sexual dysfunction which is used primarily to treat erectile dysfunction in men by facilitating norepinephrine excretion in the brain.

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