

Quick Study Guide

Topic: 7 D's of Diagnosing

Related Course(s): Psych 1100, 3600

The 7 D's of Diagnosing

The 7 D's of Diagnosing:

Degree ... Duration ... Deviation ... Discomfort ... Dysfunction ... Disability ... Danger

1. **Degree:** the level in which a symptom or group of symptoms is experienced
2. **Duration:** the length of time in which symptoms are experienced
3. **Deviation:**
 - a. **from the average:** views abnormality as deviation from the average - a statistical definition. To determine abnormality, we simply observe what behaviors are rare or infrequent in a given society or culture and label these deviations from the norm as abnormal.
 - b. **Deviation from the ideal:** measures behavior against the standard toward which most people are striving - the ideal. Behavior is considered abnormal if it deviates enough from some kind of ideal or cultural standard.
4. **Discomfort:**
 - a. **Abnormality as a sense of subjective discomfort:** behavior is considered abnormal if it produces a sense of distress, anxiety, or guilt in an individual - or if it is harmful to others in some way.
 - b. **Abnormality as a sense of objective/observer discomfort:** behavior is considered abnormal if it produces a sense of distress, anxiety, or guilt in another individual - or if it is harmful to others in some way.
5. **Dysfunction: Abnormality as it impairs one's ability to function:** behaviors, thoughts and ideas which interfere with one's daily functioning and the performing of task required in one's day.
6. **Disability: Abnormality as the inability to function effectively (disability):** people who are unable to function effectively and adapt to the demands of society are considered abnormal.
7. **Danger: Abnormality which poses a danger:** behavior which poses a threat, real or perceived, to others, self and property.

Legal definitions of abnormality: according to the law, the distinction between normal and abnormal behavior rests on the definition of "insanity," which is a legal, but not a psychological term. See: McNaughten Rule, Durham Rule and American Law Institute definitions of insanity.

Study Guide: This study guide provides an overview of a topic or theory in the field of Psychology. It is intended to be a supplement to your textbook and other course materials.