

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 stigmatizing connotations relating to not being '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.
- Acceptance and commitment therapy (ACT)** A 'third wave' CBT intervention that adopts some aspects of mindfulness, but has developed more from the Skinnerian approach to understanding behaviour.
- 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.
- 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.
- Acute stress disorder (ASD)** A short-term psychological and physical reaction to severe trauma. Symptoms are very similar to those of PTSD, but the duration is much shorter (3 days to 1 month after trauma exposure).
- 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 subtype 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 have been reared by individuals other than their biological parents.
- 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.
- Agoraphobia** A fear or anxiety of any place where the sufferer does not feel safe or feels trapped, and is accompanied by a strong urge to escape to a safe place (e.g. home).
- Alcohol** A colourless volatile liquid compound which is the intoxicating ingredient in drinks such as wine, beer and spirits.
- Alcoholics Anonymous (AA)** A support group for individuals who are alcohol dependent and are trying to abstain.
- 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.
- Alcohol use disorders** Problematic patterns of alcohol use leading to clinically significant impairment or distress.
- 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.
- Amenorrhoea** 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.
- 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).
- Amphetamine intoxication** Amphetamine use, which normally begins with a 'high' but is equally likely to be followed by stereotyped, repetitive behaviour, anger, physically aggressive behaviour, and impaired judgement.
- 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.
- Amygdala** The region of the brain responsible for coordinating and initiating responses to fear.
- Analogue observations** Clinical observations carried out in a controlled environment that allows surreptitious observation of the client.
- Analogue populations** Populations that participate in mental health research but do not have mental health diagnoses; they 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.

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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 spectrum disorders.

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 A psychological disorder characterized by an excessive or aroused state and 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 heartbeat 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 The exhibition of persistent anxious and fearful behaviour which is not usually linked to a specific trigger experience or life event.

Aphasias Speech disorders 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.

Approved mental health workers Professionals who are trained to offer treatments that will support people with mental health problems and help them to cope better with their lives and their symptoms. They will not normally have the kinds of professional clinical qualifications possessed by other mental health professionals, but will have received special training.

Apraxia Loss of the ability to execute or carry out learnt (familiar) movements, despite having the desire and the physical ability to perform the movements.

Asociality A lack of interest in social interactions, perhaps brought about by a gradual withdrawal from social interactions generally.

Asperger's syndrome Impairment in social interaction, and the development of restricted, repetitive patterns of behaviour, interests and activities. A diagnostic category no longer used in DSM-5.

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.

Assessment Normally, the first stage of clinical work with a client, which typically involves understanding the problems that a client is experiencing, what may have caused these problems and be maintaining them, and how the client would like to change.

Asylums In previous centuries asylums were hospices converted for the confinement of individuals with mental health problems.

Ataque de nervios A form of panic disorder found in Latinos from the Caribbean.

Attention bias modification (ABM) Highly anxious individuals have attentional and interpretational biases towards threat that are known to cause anxiety. ABM is a practical way of reversing these biases and uses experimental procedures that will neutralise them.

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.

Attenuated psychosis syndrome DSM-5 has introduced disorder categories that are designed to identify populations that are at risk for future mental health problems. Attenuated psychosis syndrome is seen as a potential precursor to psychotic episodes.

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. This is now within the ASD category in DSM-5.

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 An inability to carry out or complete normal day-to-day goal-oriented activities, and this results in the individual showing little interest in social or work 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.

Bath salts 'Bath salts' is the name for an emerging group of drugs containing synthetic chemicals related to cathinone, which is an amphetamine-like stimulant found in the khat plant.

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 An intervention derived from Beck's view 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 modification Behavioural treatment methods based on operant conditioning principles, which assume that learnt psychopathology could be 'unlearnt' using normal learning processes.

Behaviour therapy A term currently used for all interventions that attempt to change the client's behaviour (and have largely been based on principles from learning 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 inhibition A construct used to define the characteristic in some children of seeming quiet, isolated and anxious when confronted either with social situations or with novelty.

Behavioural model A 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 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 AN 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 (CO₂) or by encouraging hyperventilation.

Biological models Biological models attempt to explain psychopathology in terms of processes such as genetics, and brain structure and function.

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 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 characterised 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 (BD) The gap between one's actual and ideal weight and shape.

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.

Brain neurotransmitters Brain neurotransmitters are chemicals that help neurones to communicate with each other and are essential components of the mechanisms that regulate efficient and effective brain functioning.

Brief psychotic disorder The sudden onset of at least one of the main psychotic symptoms, with this change from a non-psychotic state to the appearance of symptoms occurring within 2 weeks and being associated with emotional turmoil or overwhelming confusion.

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.

Cannabis intoxication Symptoms of intoxication after recent use of cannabis begin with a 'high' feeling followed by symptoms that include euphoria with inappropriate laughter and grandiosity, sedation, lethargy, impairment in short-term memory, impaired judgment, distorted sensory perception and impaired motor performance.

Cannabis use disorder Disorder usually develops over a period of time that is characterized by continuing increased use of cannabis and reduction in pleasurable effects.

Cardiovascular accident (CVA) Otherwise known as a stroke. Strokes result from either a blockage or breaking of the blood vessels in the brain.

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 manager Oversees long-term community care and helps the client with their medication regimes, residential supervision, vocational training, and regular access to mental health services.

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, one example being catastrophic worrying.

Catatonic motor behaviours Characterized by a decrease in reactivity and maintaining rigid, immobile postures.

CBT See *Cognitive behaviour therapy*.

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

Cerebral cortex The outer, convoluted area 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 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.

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

Childhood abuse The physical or psychological maltreatment of a child.

Childhood sexual abuse The sexual maltreatment of a child.

Childhood-onset fluency disorder (stuttering) A problem with the fluency and time-patterning of speech which involves frequent repetitions or prolongations of sounds, pauses within words, pauses in speech, word substitutions, words produced with an excess of physical tension, and monosyllabic word repetitions.

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.

Child rapists A group of paedophiles who only get full sexual gratification from harming and even murdering their victims.

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.

Cialis (tadalafil) A drug treatment, used primarily to treat erectile dysfunction in men.

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

Clang 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).

Clearing House for Postgraduate Courses in Clinical Psychology (CHPCCP) The CHPCCP manages all applications for clinical training courses in the UK (see <http://www.leeds.ac.uk/chpccp/>).

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 constructs Clinical psychology researchers develop constructs in order to describe the combination of thoughts, beliefs, cognitive processes and symptoms observed in individual psychopathologies.

Clinical interview Primary means of collecting relevant information for an assessment, in order to understand the problems that a client is experiencing, what may have caused these problems and be maintaining them, and how the client would like to change.

Clinical psychologists Psychology graduates who have completed up to 3 years of intensive postgraduate training to learn the skills required for clinical practice, and who specialise in the assessment and treatment of mental health problems.

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

Clinical significance The percentage of participants in a study who exhibited recovery or clinically significant change to the point where they no longer meet the criteria for a clinical diagnosis.

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 dependence Occurs when the individual finds it difficult to resist using the drug whenever it is available and leads to neglect of important responsibilities.

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 behaviour therapy for psychosis (CBTp) Form of CBT which helps to address any abnormal attributional processes and information processing and reasoning biases that may give rise to delusional thinking.

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

Cognitive enhancement therapy (CET) 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 that couches explanations in terms of thoughts, beliefs and other cognitive processes.

Cognitive remediation training (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.

Cognitive therapies Therapeutic interventions which seek to help the patient overcome difficulties by identifying and changing dysfunctional thinking, behaviour, and emotional responses. They include rational emotive therapy (RET), Beck's cognitive therapy, and cognitive behaviour therapy (CBT).

Cognitive treatment Treatment approach intended to help the client identify and challenge dysfunctional beliefs.

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.

Communication disorders Problems with the articulation of sounds.

Community care Care that is provided outside a hospital setting.

Community mental health nurses Registered nurses with specialist training in mental health

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

Complex PTSD A severe form of PTSD often associated with early age interpersonal trauma and with dissociative symptoms from that early age.

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) Developed as an alternative to therapist delivered CBT, CCBT 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.

Conditioning A form of associative learning on which behaviour therapies are based.

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 individuals with a mental health problem ignore information that does not support their beliefs and they interpret ambiguous information as supporting their beliefs.

Conflict resolution Psychodynamic interpretations of somatic symptom 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.

Contingency management therapy Behavioural therapy which aims to help the individual identify environmental stimuli and situations that have come to control symptoms such as substance use.

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 behavioural self-control training (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.

Conversion disorder The presence of psychological symptoms affecting voluntary motor or sensory function suggestive of an underlying medical or neurological condition.

Corpus callosum A set of nerve fibres which connects the two mirror-image hemispheres of the brain.

Correlational designs Research designs which enable a researcher to determine if there is a relationship or association 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.

Counsellors People who are trained to offer talking therapies that will support people with mental health problems and help them to cope better with their lives and their symptoms.

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 in order to condition associations between events.

Covert sensitization The association of an aversive stimulus with a behaviour the client wishes to reduce or eliminate.

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 α Statistical test used to assess the internal consistency of a questionnaire or inventory.

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 or harmful.

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.

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.

Delayed ejaculation Persistent or recurrent delay in ejaculation following a normal sexual excitement phase.

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) A severe form of alcohol withdrawal that involves sudden and severe mental or nervous system changes.

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 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.

Dementias Disorders involving 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).

Demonic possession Historical explanations of psychopathology such as 'demonic possession' often alluded to the fact that the individual had been 'possessed' in some way.

Demonology Many ancient civilizations, such as those in Egypt, China, Babylon and Greece, believed that those exhibiting symptoms of psychopathology were possessed by bad spirits – known as demonology.

Dendritic spines Small protrusion from a neuron's dendrite that receives input from a single synapse of an axon.

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 syndrome.

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.

Diagnosis A classification of the client's symptoms according to current diagnostic criteria.

Diagnostic and Statistical Manual (DSM) First published in 1952 by the American Psychiatric Association (APA), the DSM extended the World Health Organization's (WHO) *International List of Causes of Death* (ICD) classification system to include a more widely accepted section on mental disorders.

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) and environmental stress.

Diathesis-stress model Model that suggests a mental health problem develops because of an interaction between a genetic predisposition and our interactions with the environment.

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

Diminished emotional expression A reduction in facial expressions of emotion, lack of eye contact, poor voice intonation, and lack of head and hand movements that would normally give rise to emotional expression.

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 some animal phobias are related to 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 spectrum The frequency of comorbidity suggests that most disorders as defined by DSM may indeed not be independent discrete disorders, but may represent symptoms of a disorder spectrum that represents a higher-order categorical class of symptoms.

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

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).

Dodo Bird Verdict An expression from Lewis Carroll's *Alice's Adventures in Wonderland*, implying that all psychotherapies are more effective than no treatment, but produce equivalent benefits.

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.

Dopamine transporter gene A transporter gene allows drugs to enter cells or, in some cases, acts to keep them out. Women diagnosed with anorexia and bulimia exhibit greater expression of the dopamine transporter gene DAT suggesting that they might be more susceptible to the rewarding and pleasurable effects of eating.

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, (2) borderline personality disorder, (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 A substance that has a physiological effect when ingested or otherwise introduced into the body.

Drug maintenance therapies Drug treatment programmes in which severe cases of substance abuse and dependency are treated by substituting a drug that has less 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 replacement treatment Involves treating severe cases of substance abuse and dependency by substituting a drug that has lesser damaging effects.

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

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.

Dyscalculia A specific learning disability characterized by mathematical ability being substantially below norm for chronological age, intelligence and educational level.

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.

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

Early ejaculation The onset of orgasm with minimal sexual stimulation. Treatment for this disorder is typically sought by men under the age of 30 years.

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 smartphone.

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.

Empathizing–systematizing theory A theory of the social and communication difficulties experienced by individuals with autistic spectrum disorder.

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.

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.

Enlarged ventricles Enlargement of the areas in the brain containing cerebrospinal fluid, associated with schizophrenia.

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

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.

Erectile dysfunction The inability to maintain an adequate erection during sexual activity. Around 10 per cent of males report erection problems, but this increases to 20 per cent in the over 50s.

Erotomanic delusions Relatively rare psychotic delusions, where an individual has a delusional belief that a person of higher social status falls in love and makes amorous advances towards them.

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.

Ethyl alcohol The intoxicating constituent of alcoholic drinks.

Evaluation Stage of treatment that seeks to ensure any intervention is having the desired effect. Can be achieved in a number of ways, including discussion with the client and with the use of validated questionnaires.

Evaluation research See *Clinical audit*.

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

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

Exhibitionistic disorder Involves sexual fantasies about exposing the penis to a stranger.

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.

Experimental prediction See *Experimental hypothesis*.

Experimental psychopathology Experimental field of psychological science aimed at understanding the processes underlying psychopathology.

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 treatment 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 member or caretakers.

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

Externalizing disorders Disorders based on 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 (EMDR) 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 disorder A set of physical or psychological symptoms that are intentionally produced in order to assume the sick role.

Factitious disorder imposed by another The intentional falsification of physical or psychological signs or symptoms, or induction of injury or disease, in another person.

False recovered memories of trauma The recovery of repressed childhood memories of trauma that turn out to be false.

Fames canina An eating disorder characterized by large food intake followed by vomiting reported in the 17th 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 psychoeducation Family intervention designed to educate the family about the nature and symptoms of psychosis and how to cope with the difficulties that arise from living with someone with a diagnosis.

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 programme used in the management of panic and phobia.

Female orgasmic disorder Marked absence, delay or infrequency of orgasm and markedly reduced intensity of orgasmic sensations.

Female sexual interest/arousal disorder Characterized by combinations of: significantly reduced sexual interest or arousal related to lack of interest in sexual activity, absence of erotic thoughts, unreceptiveness to sexual approaches, reduced sexual excitement, and reduced sexual sensations during sexual activity.

Fetal alcohol syndrome Physiological risk associated with heavy drinking in women, in which heavy drinking by a mother during pregnancy can cause physical and psychological abnormalities in the child.

Fetishistic disorder Recurrent, intense sexually arousing fantasies and urges involving non-animate objects, and this causes them personal distress or affects social and occupational functioning.

First-generation antipsychotic drugs Developed in the 1940s and 1950s, when a number of researchers discovered that antihistamine drugs used to combat allergies also helped to calm patients before surgery.

Flooding A form of exposure therapy 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.

Food preload test Laboratory procedure developed to provide an objective behavioural measure of the tendency to binge eat.

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

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.

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 The inhalation of cocaine by smoking.

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

Frontotemporal neurocognitive disorder Associated with a loss of neurones from the frontal and temporal regions of the brain that leads to progressive development of behavioural and personality changes and language impairment.

Frotteuristic disorder Intense, recurrent sexual urges to touch and rub up against non-consenting people.

Functional analysis An observational method for identifying the consistencies between problematic behaviours and the consequences that may be reinforcing them.

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.

Gamma-aminobutyric acid (GABA) A neurotransmitter thought to play a role in anxiety symptoms.

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 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 failure of recall that encompasses the person's entire life. Such individuals may suddenly report to police stations or to hospitals as a result of this disorientation.

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

Genetic linkage analysis A method of identifying individual genes by comparing the inheritance of characteristics for which gene location is known (e.g. eye colour) with the inheritance of psychopathology symptoms.

Genetics The study of heredity and the variation of inherited characteristics.

Genito-pelvic pain/penetration disorder Refers to four commonly occurring symptoms, namely difficulty having intercourse, genito-pelvic pain, fear of pain or vaginal penetration, and tension of the pelvic floor muscles.

Genome-wide association studies (GWAS) Technique which allows researchers to identify rare mutations in genes that might give rise to psychopathology symptoms.

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

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 subgoals or steps.

Grandiose delusions Delusions in which the individual believes they are someone with fame or power or have exceptional abilities, wealth or fame.

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 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.

Haloperidol 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.

Harmful dysfunction Assumption that psychopathology is defined by the 'dysfunction' of a normal process that has the consequence of being in some way harmful.

Hashish The most powerful of the cannabis group of drugs.

Hazardous drinkers Individuals who have five or more standard drinks (males) or three or more standard drinks (females) on a typical drinking day.

Health and Care Professions Council (HCPC) Agency responsible since 2009 for regulating and maintaining a register of clinical psychologists in the UK, ensuring that they meet specified standards of training, professional skills, behaviour and health.

Hearing voices Auditory hallucinations, generally associated with psychotic delusions.

Heritability A measure of the degree to which symptoms can be accounted for by genetic factors. It ranges from 0 to 1, and the nearer this figure is to 1, the more important are genetic factors in explaining the symptoms.

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.

Hoarding disorder Difficulty discarding or parting with possessions to the point where the individual's living area is severely congested by clutter.

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 To admit someone to a hospital for treatment.

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-Existentialist approach A model of psychopathology which 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 individual 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.

Hypomania Mild episodes of mania.

Hypotheses Tentative explanations for a phenomenon used as a basis for further investigation or predicting the outcome of a scientific study.

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.

Illness anxiety disorder A preoccupation with fears of having or contracting a serious illness based on a misinterpretation of bodily signs or symptoms. Formerly known as hypochondriasis.

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.

Improving Access to Psychological Therapies (IAPT) NHS programme providing services across England for treating people with depression and anxiety disorders.

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

Inclusion Strategies intended to teach high-functioning individuals self-help strategies, social and living skills, and self-management that are designed to help the individual function more effectively in society.

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

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 is given to potential participants to enable them to make an informed decision to participate.

Informed consent form See *Informed consent*

Inpatient hospital care Treatment provided to a client who has voluntarily admitted himself or herself to hospital. Some people can be compulsorily detained in a hospital under the Mental Health Act if their mental health problems are severe enough.

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

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

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 Disorders represented by more inward-looking and withdrawn behaviours, and 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.

Intervention Psychological treatment, implemented on the basis of the formulation. May be based on multiple theoretical approaches and may be co-designed with the client.

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 Tests used as a means of estimating a person's intellectual ability.

Jumping to conclusions The process of making a decision about the meaning or importance of an event on the basis of insufficient evidence.

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

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

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

Language disorder A disability concerned with problems in vocabulary comprehension and production.

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).

Level of personality functioning Disturbances in self and interpersonal functioning are at the core of personality disorders, with the severity of impairment indicating whether the individual may have more than one personality disorder.

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

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

Lie detectors The measurement of changes in autonomic responding used to identify whether an individual is lying in response to specific preset questions. This is a controversial technique that has often been used in criminal prosecutions and employment screening.

Lifetime prevalence The frequency of a disorder within a lifetime.

Limbic System A brain system comprising the hippocampus, mamillary body, amygdala, hypothalamus, fornix and thalamus. It is situated beneath the cerebral cortex and is thought to be critically involved in emotion and learning.

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 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).

Loose associations Disorganized thinking in which the individual may drift quickly from one topic to another during a conversation.

Longitudinal studies Research that 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.

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

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

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.

See also *Unipolar depression*.

Major depressive episode Episode of major depression, defined by the presence of five or more depressive symptoms during the same 2 week period, as stated by the DSM-5.

Major neurocognitive disorder DSM-5 defines neurocognitive disorders (NCDs) as conditions where there is evidence of a significant decline in performance across one or more cognitive domains, such as complex attention, executive functioning, learning and memory, language, perceptual-motor, or social cognition. Major NCDs reflect a substantial impairment.

Male hypoactive sexual desire disorder Absent/reduced interest in sexual activity or erotic/sexual thoughts.

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

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

Marriage counsellor A counsellor who specializes in marriage problems.

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 fetus.

Maternal malnutrition Mineral and vitamin deficiencies during pregnancy that can result in intellectual disabilities in the child.

Maudsley approach Family based, staged therapy for eating disorders.

MDMA MDMA (3,4-methylenedioxymethamphetamine), the drug Ecstasy.

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

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

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

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

Memory bias Individuals with many psychopathologies may have a bias towards remembering and retrieving illness relevant material.

Mental contamination Feelings of dirtiness can be provoked without any physical contact with a contaminant. Mental contamination can be caused by images, thoughts, and memories and may be associated with compulsive washing and even betrayal experiences.

Mental defeat A specific frame of mind in which the individual sees themselves as a victim. This is a psychological factor that is important in making an individual vulnerable to PTSD.

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

Mental health stigma Mental health stigma can be divided into two distinct types: social stigma is characterized by prejudicial attitudes and discriminating behaviour directed towards individuals with mental health problems. Perceived stigma or self-stigma is the internalizing by the mental health sufferer of their perceptions of discrimination. This can significantly affect feelings of shame and lead to poorer treatment outcomes.

Mesocortical pathway One of two important dopamine pathways in the brain, which may be impaired during schizophrenia. The other pathway is the mesolimbic pathway.

Mesolimbic pathway One of two important dopamine pathways in the brain, which may be impaired during schizophrenia. The other pathway is the mesocortical pathway.

Meta-analysis A statistically accepted way 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 Methedrine, a common form of amphetamine.

Mild neurocognitive disorder DSM-5 has introduced disorder categories that are designed to identify populations that are at risk for future mental health problems, and these include mild neurocognitive disorder, which diagnoses cognitive decline in the elderly.

Milieu therapies The first attempts to structure the hospital environment for patients, which attempted to create a therapeutic community on the ward in order to develop productivity, independence, responsibility and feelings of self-respect.

Mindfulness-based cognitive therapy (MBCT) A direct extension of traditional CBT in which treatments emphasize achieving a mental state characterized by present-moment focus and non-judgemental awareness

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) A well-known personality inventory used by clinical psychologists and psychiatrists.

Mixed anxiety/depressive disorder An example of a hybrid disorder whereby people exhibit symptoms of both anxiety and depression, yet do not meet the threshold for either an anxiety or a depression diagnosis.

Mixed design 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.

Molecular genetics Genetic approach that seeks to identify individual genes that may be involved in transmitting psychopathology symptoms.

Monoamine oxidase inhibitors (MAOIs) Antidepressants which are effective for some people with major depression who do not respond to other antidepressants.

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.

Moral treatment Approach to the treatment of asylum inmates, developed by the Quaker movement in the UK, which abandoned contemporary medical approaches in favour of understanding, hope, moral responsibility, and occupational therapy.

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.

Multidisciplinary teams (MDTs) MDTs include workers from a range of disciplines that specialize in different aspects of health and social care, e.g., psychiatrists, clinical psychologists, social workers and occupational therapists.

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

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.

National Institute for Health and Care Excellence (NICE) An independent UK organization responsible for providing national evidence-based 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 affect Refers to the full spectrum of negative emotions.

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 characteristic of a diminution or loss of normal functions.

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, frequently constructed by condensing or combining several words.

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

Neuroleptics One of the main classes of drugs used for the treatment of psychotic symptoms.

Neuroscience The scientific study of the nervous system.

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

Nicotine replacement therapy Aims to replace the nicotine from cigarettes by means of skin patches, chewing gum, lozenges, inhalators or nasal sprays.

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).

No treatment control condition The allocation of participants to a control condition, in which they do not receive the treatment under investigation.

Non-associative fear acquisition A model that 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-suicidal self-injury The act of deliberately causing injury to one's body without conscious suicidal intent.

Norepinephrine A neurotransmitter thought to play a role in anxiety symptoms.

Nucleus accumbens (NAc) Part of the limbic forebrain and dopamine system.

Null hypothesis A pattern of findings which is a result of chance rather than experimental manipulation.

Null hypothesis significance testing The use of inferential statistics to establish whether differences between experimental groups are statistically significant (and are therefore unlikely to have occurred by chance).

Object-relations psychotherapy A form of psychodynamic treatment that attempts to strengthen the individual's weak ego so that they are able to address issues in their life without constantly flipping from one extreme view to another.

Object-relations theory Argues that individuals with borderline personality disorder (BPD) have received inadequate support and love from important others (such as parents) and this results 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.

Occipital lobe Brain area associated with visual perception.

Occupational therapists Clinicians who specialize in assessing and training (or retraining) occupational and daily living skills.

Odd/eccentric personality disorders Personality disorders grouped in Cluster A, the three subtypes 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.

Olanzapine An antipsychotic drug commonly prescribed in combination with the antidepressant SSRI drug fluoxetine as a treatment for bipolar disorder.

One-month prevalence The frequency of occurrence of a disorder in a population within the past month.

Operant conditioning The modification of behaviour as a result of its consequences. Rewarding consequences increase the frequency of the behaviour, punishing consequences reduce its frequency.

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

Opioid use disorder The development of tolerance to opiates, in which the user has to use larger and larger doses to experience equivalent physical and psychological effects. Also associated with severe withdrawal effects.

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 Sigmund 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. It aims to make the client sexually aroused by more conventional or acceptable stimuli.

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

Outpatient basis Most people with a mental health problem can live in the community and be treated at a dedicated community mental health centre, a day clinic, or some larger GP or physician surgeries.

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.

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 subtype of schizophrenia characterized by the presence of delusions of persecution.

Paraphilic disorders Represent sexual urges or fantasies involving unusual sources of gratification (e.g. non-human objects or non-consenting individuals).

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

Parent management training Therapeutic intervention which attempts to teach parents to modify their responses to their children so that acceptable rather than antisocial behaviours are reinforced and this is used especially with the families of children diagnosed with conduct disorder.

Parietal lobe Brain region associated with visuomotor coordination.

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.

Pathological worrying Perseverative worrying that an individual finds uncontrollable.

Paedophilic disorder Sexual attraction towards prepubescent children, normally of 13 years or younger.

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.

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

Perceived stigma/self-stigma The internalizing by the mental health sufferer of their perceptions of discrimination. This can significantly affect feelings of shame and lead to poorer treatment outcomes. See also *Mental health stigma*.

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.

Persecutory delusions Delusions in which the individual believes they are being persecuted, spied upon, or are in danger (usually as the result of a conspiracy of some kind).

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.

Personality disorder types Each of six personality disorder traits specified in the alternative diagnostic schemes published in DSM-5.

Personality trait domains and facets In the alternative classification of personality disorders published in DSM-5, there are five personality trait domains covering negative affectivity, detachment, antagonism, disinhibition, and psychoticism.

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.

Phencyclidines Group of common hallucinogenic drugs, which includes PCP, 'angel dust', and less potent compounds such as ketamine, cyclohexamine and dizocilpine.

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.

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

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 allows 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 occurs after experiencing or witnessing an extremely fear-evoking or life-threatening 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.

Premenstrual dysphoric disorder A condition in which some women experience severe depression symptoms between 5 and 11 days prior to the start of the menstrual cycle. Symptoms then improve significantly within a few days after the onset of menses.

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

Prion disease Prion disease represents a group of conditions that affect the nervous system in humans and animals.

PRISMA A group which provides guidelines for collecting and reporting clinically relevant systematic reviews.

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.

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.

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

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

Protected title A job title that can only be used if the individual has received appropriate training and is registered with the relevant regulatory body. The title of clinical psychologist is protected and regulated by the HCPC.

Psychedelic drugs Consciousness-expanding or mind-manifesting drugs.

Psychiatrists Medical practitioners specialising in the diagnosis and treatment of mental illness.

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.

Psychodynamic approaches Based on psychodynamic theories, forms of therapy that attempt to reveal unconscious conflicts that may be causing psychopathology.

Psychodynamic therapy Therapeutic approach that focuses on procedures designed to bring repressed thoughts and memories into consciousness where they can be effectively dealt with.

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 well-being practitioners (PWPs) People trained under the IAPT initiative to deliver psychological therapies such as CBT.

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 or behavioural functioning.

Psychosurgery Brain surgery used to treat symptoms of psychopathology.

Psychotherapists Individuals who are involved in the treatment of mental disorder by psychological rather than medical means.

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) Comparison of the effectiveness of a treatment being assessed with a variety of control conditions, and with other forms of therapy and treatment (if necessary).

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

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 illness anxiety disorder 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 anxiety is eliminated not just by extinguishing the relationship between the anxiety-inducing cue and the threatening consequence, but also by attaching a response to the anxiety-inducing cue which is incompatible with anxiety.

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).

Recovery Model Broad-ranging treatment approach which acknowledges the influence and importance of socio-economic status, employment and education and social inclusion in helping to achieve recovery from mental health problems.

Recovery rates The percentage of people who are no longer diagnosable once they have finished treatment.

Reflective practitioner model Key competency in which clinical psychologists reflect on their own experience when working with clients, and reflect on the process of interaction with their client.

Regional secure units Facilities available to treat individuals who have been admitted by the courts under the Mental Health Act, transferred from prison under the Mental Health Act, or have been transferred from an ordinary hospital ward because they may need treatment in a more secure setting.

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

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.

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.

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

Remote causes Include feelings of shame and guilt about sexual activity, general feelings of inadequacy, feelings of conflict brought about by long-term life stress, and suchlike.

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

Residential rehabilitation centres Centres that 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).

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

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

Reward pathways The brain neurocircuitry that make substance use pleasurable.

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

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

Risky use Recurrent substance use in situations in which it is physically and psychologically hazardous.

Risperidone A drug treatment for children with autism.

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

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

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

Rumination The tendency to repetitively dwell on the experience of depression or its possible causes.

Safety behaviours Activities deployed by sufferers of panic disorder as soon as they think they are having a panic attack, developed in the belief that this activity has saved them from a catastrophic outcome.

Sally-Ann false belief task An imaginative procedure that has been used many times to assess theory of mind abilities in a range of clinical populations.

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-focused cognitive therapy In the treatment of personality disorders, a specially developed cognitive therapy which is used to address dysfunctional ways of thinking and maladaptive cognitive schema.

Schemata therapy Central to this approach is the concept of early maladaptive schemas (EMSs) that are thought to develop during childhood and result in dysfunctional beliefs and behaviours during adulthood.

Schizoaffective disorder Characterized by schizophrenia symptoms plus a period reflecting either depression or mania.

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 delusions, hallucinations, disorganized speech, grossly disorganized or catatonic behaviour and flattened affect, poverty of speech and apathy.

Schizophrenia spectrum disorders The name for separate psychotic disorders that range across a spectrum depending on severity, duration and complexity of symptoms.

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-generation antipsychotic drugs Drugs developed in the 1980s, thought to be an improvement on traditional antipsychotics. However, we now know that they can cause significant side effects.

Second-hand smoke A person's exhaled smoke, inhaled by another person.

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 tranquillizers 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 anxiety disorder 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 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 that 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 smartphone 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.

Serotonin metabolites The products produced by the breakdown of serotonin.

Serotonin-norepinephrine reuptake inhibitors (SNRIs) A recent group of drugs for anxiety-based symptoms which selectively inhibit norepinephrine and serotonin reuptake and have been shown to be effective and well tolerated in individuals with anxiety disorders.

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.

Sex Offender Treatment Programme (SOTP) An integrated treatment for sexual offenders which adopts CBT methods for treating imprisoned sex offenders and targets risk factors for reoffending such as sexual preoccupation, sexual preferences for children, offence-supporting attitudes, lack of emotional intimacy with adults, impulsive lifestyle, poor coping skills and poor problem-solving abilities.

Sexual dysfunctions Problems with the normal sexual response cycle (e.g. lack of sexual desire or pain during intercourse).

Sexual masochism disorder When an individual gains sexual arousal and satisfaction from being humiliated, and this causes the individual significant distress.

Sexual sadism disorder When a person gains sexual arousal and satisfaction from the psychological or physical suffering of others, and this diagnosis is given if the symptoms cause the individual significant distress or if the person acts on the impulses with a non-consenting person.

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.

Skin-picking disorder Recurrent picking of the skin that results in skin lesions.

Social anxiety disorder A severe and persistent fear of social or performance situations.

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

Social behaviour and network therapy (SBNT) A treatment aimed at mobilizing and developing a positive social network for the client that will facilitate a change in drinking behaviour.

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 impairment When persistent substance use results in failure to fulfil major role obligations at work, school, or home.

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

Social-selection theory Argues that there are more individuals diagnosed with schizophrenia in low socio-economic groups because after they have developed psychotic symptoms they will drift downwards into unemployment and low-achieving lifestyles.

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.

Social stigma Stigma characterized by prejudicial attitudes and discriminating behaviour directed towards individuals with mental health problems as a result of the psychiatric label they have been given.

Social workers Professionals whose main focus is clients' social care needs (e.g. housing). Approved Social Workers are also involved in Mental Health Act assessments.

Sociogenic hypothesis The theory that individuals in low socio-economic classes experience significantly more life stressors than individuals in higher socio-economic 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 that can be used concurrently with hypnotherapy to help clients recall past events.

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

Somatic symptom disorders A group of loosely associated disorders all of which can be characterized by psychological problems manifesting as physical symptoms or as psychological distress caused by physical symptoms or physical features.

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

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 disorder Diagnostic category including disorders such as dyslexia and communication disorders.

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

Speech sound disorder Persistent difficulty with speech sound production that interferes with speech intelligibility or prevents verbal communication of messages.

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 The establishment of statistical norms for clinical tests, which allows the clinician to see where an individual client's score on the test falls in relation to the normal distribution of scores for that test.

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 models Treatments for psychopathology that emphasize that the type of treatment provided for those 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, 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.

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 dependence A cluster of cognitive, behavioural and physiological symptoms indicating that the individual continues use of the substance despite significant substance-related problems.

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 CO₂ 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 Key concept in Sigmund Freud's psychoanalytic theory. The superego develops out of both the id (innate instinctual needs) and ego (a rational part of the psyche that attempts to control the impulses of the id), and 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 maintain 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.

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 A behaviour therapy based on classical conditioning used in the treatment of phobias and anxiety disorders, during which the client overcomes their fears through gradual and systematic exposure.

Systematic review A review of a clearly formulated question that uses systematic and explicit methods to identify, select, and critically appraise relevant research, and to collect and analyse data from the studies that are included in the review.

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.

Telepsychiatry Therapy facilitated by telephone or videoconference.

Temporal cortex Abnormalities in this brain area are associated with symptoms of schizophrenia.

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).

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

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.

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 to Change A national UK programme aiming to promote awareness of mental health problems and to combat stigma and discrimination.

Temporal lobe 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.

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.

Tobacco use disorder A problematic pattern of tobacco use leading to clinically significant impairment or distress.

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.

Transdiagnostic cognitive-behavioural model A model of eating disorders that argues that a dysfunctional system of self-evaluation is central to the maintenance of all eating disorders, and that self-worth is defined in terms of control over eating, weight and shape, which in turn leads to dietary restraint.

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 disorder When a heterosexual male experiences recurrent, intense sexual arousal from cross-dressing in women's attire, and this causes significant distress or impairment in social or occupational functioning.

Trichotillomania Hair-pulling disorder in which the individual compulsively pulls out their own hair, resulting in significant hair loss.

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

Tricyclic drugs Drugs which lock the reuptake of both serotonin and norepinephrine.

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'.

Ventral tegmental area (VTA) Part of the midbrain associated with the dopamine system.

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.

Voyeuristic disorder When an individual experiences recurrent, intense sexually arousing fantasies or urges involving the act of observing an unsuspecting person who is naked, in the process of undressing, or engaging in a sexual activity.

Waiting list control Participants in a randomized controlled trial who will receive no treatment; often difficult to achieve because of the ethical issues involved in withholding treatment from clinically distressed individuals.

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

WAIS (Wechsler Adult Intelligence Scale) A test designed to measure intelligence in adults and older adolescents. It contains scales that measure vocabulary, arithmetic ability, digit span, information comprehension, letter-number sequencing, picture completion ability, reasoning ability, symbol search and object assembly ability.

WAIS-IV Fourth edition of the Wechsler Adult Intelligence Scale.

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 salads When the language of the person experiencing a psychotic episode appears 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.