

Atypical Behaviour

A mental disorder or when people behave differently from normal people

E.g. phobias

What are the top 5 most common phobias?

Agoraphobia



School phobia



Social phobia



Acrophobia



Arachnophobia

What are the symptoms of phobias?

Heart pounding



Sweating



Feeling sick



dizziness

loss of control



can't concentrate



Core theory: **Behaviourist Theory**

Which other module has the behaviourist theory?

What do behaviourists think causes your behaviour?

Where do you think phobia of balloons comes from?

Where do you think phobias of clowns comes from?

Behaviourists say that you LEARN
your behaviours!!!



Pavlov's dogs

Classical conditioning!!!

Before conditioning

**FOOD
(UCS)**

**SALIVATION
(UCR)**



BELL

NO RESPONSE



During conditioning

**BELL +
FOOD
(UCS)**

**SALIVATION
(UCR)**



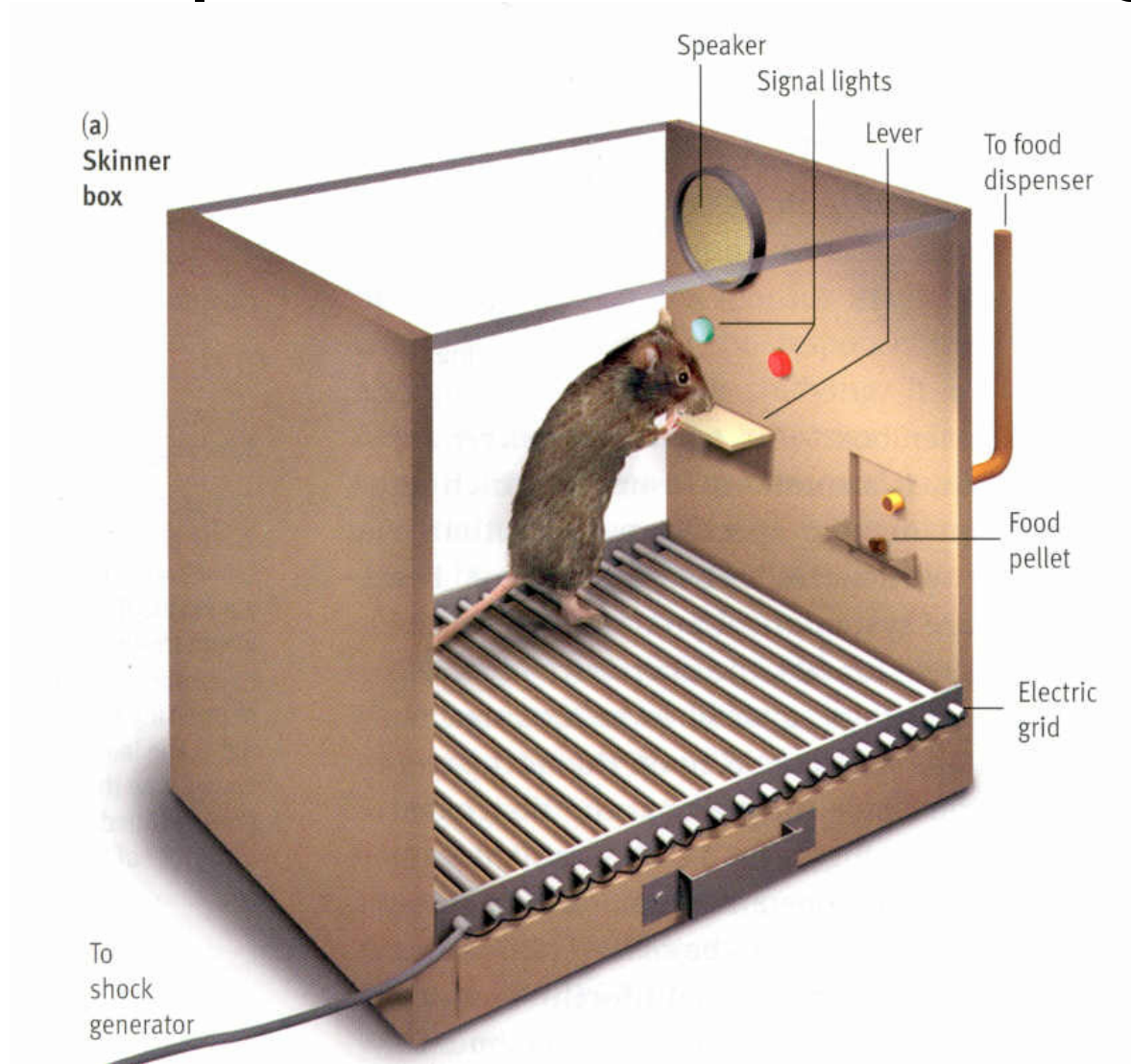
After conditioning

**BELL
(CS)**

**SALIVATION
(CR)**



Operant Conditioning



So if we learn to fear certain things,
why can't we learn not to fear them
eh???

- Going near the thing you fear is punishment (as you get scared, anxious, sweaty pits etc)
- Avoiding the thing you fear is a reward (as it stops your feeling stressed, sweaty pits etc)

Describe the behaviourist theory of phobias

- Behaviour is LEARNED
- Classical Condition (learning through association)
- However behaviourists still believe that some behaviours are INSTINCTIVE e.g. sexual arousal, vomiting, stress. These are UNCONDITIONED RESPONSES.
- UNCONDITIONED STIMULUS that cause these responses could be poison causing vomit, touching of genitals causing arousal and a threat causing stress.
- If these RESPONSES happen when there is a NEUTRAL STIMULUS present (if your genitals are aroused in the presence of cheese and onion crisps) then the NEUTRAL STIMULUS can turn into a CONDITIONED STIMULUS.
- This means that your CONDITIONED RESPONSE is to be aroused by cheese and onion crisps!! Arousal is now a CONDITIONED RESPONSE.
- If the association does not continue then the conditioned response can wear off (EXTINGUISHED).
- Used to explain phobias
- Stimulus generalisation – Little Albert isn't afraid of the bunny anymore but everything similar to bunnies!
- OPERANT CONDITIONING – learning by CONSEQUENCES (Skinner's rats). Rewards and punishments.

Limitation	Ignores the thinking behind behaviour	You can get your phobia indirectly	You can be afraid of things you've never come into contact with
Because	Two people might be attacked on a dark night, but only one person might develop a fear of the dark	Some people are afraid of cockroaches despite never seeing one in the flesh	Some British people are afraid of snakes despite never seeing one
Therefore	The two people must think about the situation differently	The fear must be learnt from seeing other people be afraid e.g. I'm a celebrity	It could be due to evolution, snakes are poisonous so for us to survive we need to stay well clear.

Watson & Raynor (1920)

- Procedure: Test for neutral stimulus (rats, monkeys, rabbits etc). Bang iron bar behind Albert each time he is presented with white rat. Repeated for 2 weeks.



Before Conditioning



He sees a white rat

Results

Conditioned response

Get that furry little *&a* away from me!!!!!!



Conditioned stimulus

Stimulus generalisation occurred

Limitations

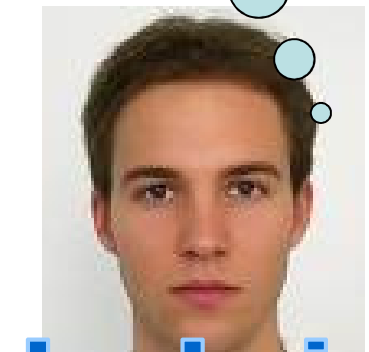
1. Lacks **ecological validity** – lab, not real life, lots of trials, real phobias occur in one trial.
2. **Sample size** too small to generalise. Only one child, only one stimulus.
3. **Highly unethical!!!!!!** Caused distress, no counter conditioning, could have a life long mental disorder now!!

Applications

Flooding



**systematic
desensitisation**



**Implosion
therapy**