INTRODUCTION
Definition: Psychology is the scientific study of human behavior in all its different forms, especially in relation to the social environment. It is concerned with the study of normal behaviour, in contrast to psychiatry or psychological medicine which is that branch of medicine dealing with diagnosis and treatment of abnormal behaviour in psychologically disturbed patients. Psychology is, therefore, related to psychiatry, as physiology to medicine.
Prologue: Psychology’s Roots

Prescientific Psychology

– Is the mind connected to the body or distinct?
– Are ideas inborn or is the mind a blank slate filled by experience?
Prologue: Psychology’s Roots

- Psychological Science Is Born

- Empiricism
  - Knowledge comes from experience via the senses
  - Science flourishes through observation and experiment
Prologue: Psychology’s Roots

- Wilhelm Wundt opened the first psychology laboratory at the University of Liepzig (c. 1879)
Prologue: Psychology’s Roots

- Structuralism used introspection (looking in) to explore the elemental structure of the human mind.

"The rose is smooth-petaled, sweetly aromatic,..."
Prologue: Psychology’s Roots

- Functionalism focused on how behavioral processes function—how they enable organism to adapt, survive, and flourish.
Prologue: Psychology’s Roots

- Psychological Science Develops
  - Wundt--German philosopher and physiologist
  - James--American philosopher
  - Pavlov--Russian physiologist
  - Freud--Austrian physician
  - Piaget--Swiss biologist
Prologue: Psychology’s Roots

• Definition of Psychology
  – The science of behavior (what we do) and mental processes (sensations, perceptions, dreams, thoughts, beliefs, and feelings)
Prologue:
Psychology’s Roots

Goals of Psychology

1. Describe
2. Explain
3. Predict
4. Control
Fields of Psychology:

- **General Psychology:** Is the branch of psychology which studies the main psychological principles that govern the behaviour of normal individuals.

- **Experimental Psychology:** Is that branch of psychology which depends upon experimental and quantitative methods in its investigations.
• **Child Psychology:** Is that branch which studies the psychological growth and development of the child from conception to maturity.

• **Analytical Psychology (Psychoanalysis):** This branch was established by Sigmund Freud. It searches about analysis of deep rooted conflicts and unconscious material that can be unmasked through free association. Many schools later developed which differ from classic psychoanalysis in theory and practice.
• **Comparative Psychology:** This branch studies animal psychology comparing it with both child and adult human psychology. It also includes the study of beliefs, habits and behaviour of primitive cultures (*Primitive Psychology*).

• **Applied Psychology:** Includes the following branches:
• A. **Medical Psychology**

B. **Educational Psychology**: Is concerned with the application of psychological principles to the problems of education of children.

• C. **Industrial Psychology**
  – Commercial Psychology:
  – Occupational Psychology:
  – Vocational Psychology:

• D. **Criminal Psychology**:
Methods of Study of Psychology
1) **Case history method:** In this method a systematic investigation of a person’s life history, personal, social, educational and occupational background is made to detect the environmental factors responsible for the patient’s symptoms.

2) **Introspective method or (Subjective method):** This is the observation of one’s own internal experience.
3) **Objective method:** This is the observation and recording of the outward manifest behaviour of the individual.

4) **Developmental method:** This aims at tracing the mental and emotional development of the individual from birth up to adulthood and senility. The influence and interaction of heredity and environment is considered in forming the personality and development of mental illness or behaviour disorder.
5) *Experimental method:* One of the many conditions in a situation is changed (experimental variable) and the effect on some activity of the individual (reaction) is measured. All other conditions are controlled and the results then can be attributed to the influence of the experimental variable.
MODELS OF HEALTH AND ILLNESS
There are two main models each of them had its roots, history, characteristics and justifications:

A) The biomedical model.
B) The rise of the biopsychosocial model.
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B) The rise of the biopsychosocial model.
A) **The Biomedical Model:**

1- **Dualistic:** Physical and psychosocial processes are separate and disease is not influenced by the latter.

2- **Mechanistic:** The body is like a machine and disease occurs when the normal operation of the body machine is disputed by a foreign agent.
3- **Reductionistic**: Ignores the complexity of factors focusing only on physical systems.

4- **Disease Oriented**: Health is defined as absence of disease and efforts rarely go beyond the elimination of disease. This model is enhanced by Germ Theory of diseases in which each pathogen causes a specific disease.
Advantages of the Biomedical Model
1) Development of medications that destroy pathogens.
2) Development of vaccines to protect against viral diseases such as polio and smallpox and so on.
3) Medical technology to diagnose diseases (X-rays, and new imaging devices).
4) New surgical procedures (and anesthetics) to reduce complications and save lives.
5) Improved public hygiene and better sanitation.
B) The Rise of the Biopsychosocial Model
Due to the mentioned above changing pattern of illness and the escalating cost of health care, the biomedical model is challenged. However, rather than a new approach the biopsychosocial model is, The biopsychosocial model represents a better alternative for dealing with life style diseases because it takes biological as well as psychosocial factors into account. It, also, fits with systems theory and the concept of homeostasis and feedback.
Systems Theory
Can be applied to internal bodily subsystems as well as external systems within which a person’s live.
Homeostasis:
Recognizes that optimum functioning depends on balance among the elements of a system. Many of the body’s systems are homeostatic and illness can result from disequilibrium in them.
In the biopsychosocial model health is defined as:

“Freedom from illness, as homeostatic balance and as optimal physical, mental and social functioning”. 