

# BIOLOGICAL AND PSYCHOLOGICAL MODELS OF ABNORMALITY

**ASK YOURSELF**

Why do people become mentally ill?  
How does our biology influence our mental health?  
Do our early childhood experiences make some of us more vulnerable to mental illness?  
Do people who are mentally ill think about their experiences differently from other people?  
What models have been proposed to aid our understanding of mental illness?

## THE MAIN MODELS OF ABNORMALITY INCLUDE:

**MEDICAL MODEL**

**PSYCHODYNAMIC MODEL**

**BEHAVIOURAL MODEL**

**COGNITIVE MODEL**

