

Dr. Mohd Ahamad Khan  
 Class - B.A. (H) 1<sup>st</sup> Year  
 Paper - 1<sup>st</sup> Psychopathology  
 Topic - An Overview of Psychopathology

The term 'psychopathology' used dates back to 1913 when the book 'General Psychopathology' was first proposed by German/Swiss psychiatrist and philosopher Karl Jaspers. This novel model for understanding the mental experience of individuals followed a long history of varied attempts at making meaning out of "abnormal experiences."

Psychopathology can be understood as an in-depth study of problems related to mental health. Just like pathology is the study of the nature of disease, psychopathology is the study of same concepts within the realm of mental health or illness.

Psychopathology is all about observing problems associated to mental health: how to understand them, how to classify them, and how to fix them. Therefore, the concept of psychopathology extends from research to treatment and covers every step in between. The better we can understand what why a mental problem develops, the easier it will be to find effective treatments.

Signs of psychopathology vary depending on the nature of the condition. Some of the signs that a person might be experiencing some form of psychopathology include:

- \* Feelings of Distress
- \* Sleep Disturbances
- \* Inability to Concentrate
- \* Irritability or Anger
- \* Changes in Mood
- \* Changes in Eating Habits
- \* Thought of Suicide
- \* Trouble Coping with Daily Life