Q: Discus about popular beliefs and misconceptions of abnormal behavior.

Ans- People often try to explain abnormal behavior using everyday logic, cultural beliefs or stereotypes. This leads to misconceptions that can create stigma and misunderstandings about mental illness. There are several beliefs and misconceptions among people regarding abnormal behavior. Some of them are the followings

1. All people with mental illness are crazy.
   Mental illness is often associated with psychotic symptoms like hallucinations and delusions, but the truth is that these symptoms only tend to present in specific mental health disorders.
2. Mental illness make people violent.
   One of the more common misconceptions about mental illness is that it makes people violent and dangerous, which is not always true. It may happen sometimes in some cases, but not always.
3. Abnormal behavior is caused by supernatural forces.
   Mental disorders come from witchcraft, curses or evil spirits, which is not true. Modern Psychology explains abnormal behavior through biological, psychological and social factors- like genetics, trauma, chemical imbalances and environmental stress.
4. People with mental illness cannot function in society.
   While some mental disorders may cause issues in social functioning, the fact is that many people with mental illness are still productive members of our society.
5. You cannot get better if you have a mental illness.
   It is a misconception that once some one develops a mental illness they remain the same forever. But the fact is that while some mental illnesses are chronic ,treatment can help people learn how to better manage their symptoms and get more control over their disorder, in some cases proper treatment may help people overcome their disorder almost completely.
6. Treatment is scary.
   This is another misconception amongst people regarding abnormal behavior. Nowadays treatment usually consists of a combination of mental health therapy methods like psychotherapy as well as medication if necessary.
7. Mental health problems are uncommon.
   In 2001 World Health Organization (WHO) Trusted Source estimated that 1 in 4 people in the world will be effected by mental and neurological disorders at some point in their lives.
8. Panic attacks can be fatal.
   The belief that panic attack can be fatal is a misconception regarding abnormal behavior. Although the experience is terrifying and can feel like life threatening and the physical attacks are not directly harmful. The body's "fight or flight" response is activated during panic attack. During panic attack a person experiences

overwhelming anxiety. He may feel his heart is racing, he cannot breath or he is going to die. However, panic attack can not kill a person directly.

9. Only people without friend need therapists.
   Speaking to close friends helps but a train therapist can address issues constructively in ways that even the best of friends cannot.
10. People with Schizophrenia have a split personality.
    This is a myth. According to WHO Schizophrenia “is characterized by distortions in thinking, perceptions, language, sense of self and behavior.” These distortions can include hallucinations and delusions.