

Theoretical approaches to psychopathology: common cause approach vs. network approach

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ABSTRACT

The common causes (CC) approach is popular in psychopathology research, but nowadays, some experts consider this approach unfit to explain mental disorders. On the other hand, as a new approach, the network approach (NA) claims can provide a better explanation for understanding mental disorders. This study aims to determine the differences between NA and CC approach in psychopathology research. This research is a scoping review study using twelve articles. We searched for articles September-December 2020 in the Scopus and Science Direct databases. The results of the analysis of these articles show a fundamental difference between the two perspectives. The difference lies in the perspective of mental disorders, how to measure symptoms of mental disorders, treatment of mental disorders, and views on comorbidities. Each approach has advantages, although some articles support that NA is the better approach to studying mental disorders. To decide which approach is appropriate for psychopathology research, researchers should adapt it to the research objectives. Perspectives on psychopathology will determine how to answer the research questions and analyze the data.

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1. INTRODUCTION

The study of psychopathology and the symptoms that cause mental disorders has long been the focus of research on mental disorders. The study collects several symptoms that describe a disorder and analyzes latent variables that cause mental disorders, known as the common causes (CC) approach. The CC approach is an approach that explains mental disorders based on a medical disease model. This approach describes mental disorders as latent variables arising from a disturbance-as a source of symptoms or mental disorders. However, the research development over the last ten years has found that this approach is unfit to explain mental disorders' psychopathology [1]–[5]. According to this approach, mental disorders occur due to an underlying CC, and symptoms arise because these symptoms have a definite underlying cause [1]–[3]. The CC approach views mental disorders as the cause of symptoms in someone with a mental disorder [6]. Therefore, psychopathological studies using the CC approach aim to identify mental disorders' psychological and biological essence and the CC that cause symptoms.

Psychopathological research began to shift and offer a new approach: network analysis (NA) or Approach. According to the network approach, mental disorders are a complex dynamical system of disorder symptoms [1], [7], [8]. The NA approach explains that there is a possibility of an exchange between the symptoms of a mental disorder [4], [9]. The relationship between symptoms described in the NA approach is

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Table of Contents Repression And Fear New Approaches To Resolve The Crisis In Psychopathology

1. Understanding the eBook Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
 - The Rise of Digital Reading Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
 - Advantages of eBooks Over Traditional Books
2. Identifying Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
 - User-Friendly Interface
4. Exploring eBook Recommendations from Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
 - Personalized Recommendations

Repression And Fear New Approaches To Resolve The Crisis In Psychopathology

- Repression And Fear New Approaches To Resolve The Crisis In Psychopathology User Reviews and Ratings
- Repression And Fear New Approaches To Resolve The Crisis In Psychopathology and Bestseller Lists
- 5. Accessing Repression And Fear New Approaches To Resolve The Crisis In Psychopathology Free and Paid eBooks
 - Repression And Fear New Approaches To Resolve The Crisis In Psychopathology Public Domain eBooks
 - Repression And Fear New Approaches To Resolve The Crisis In Psychopathology eBook Subscription Services
 - Repression And Fear New Approaches To Resolve The Crisis In Psychopathology Budget-Friendly Options
- 6. Navigating Repression And Fear New Approaches To Resolve The Crisis In Psychopathology eBook Formats
 - ePub, PDF, MOBI, and More
 - Repression And Fear New Approaches To Resolve The Crisis In Psychopathology Compatibility with Devices
 - Repression And Fear New Approaches To Resolve The Crisis In Psychopathology Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
 - Highlighting and Note-Taking Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
 - Interactive Elements Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
- 8. Staying Engaged with Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
- 9. Balancing eBooks and Physical Books Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
 - Setting Reading Goals Repression And Fear New Approaches To Resolve The Crisis In Psychopathology

- Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
 - Fact-Checking eBook Content of Repression And Fear New Approaches To Resolve The Crisis In Psychopathology
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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