PERSONALITY

Psychoanalytic

Freud’s psychosexual theory
  Structure: id (pleasure principle), ego (reality principle), superego (morals, ideals)
  Levels of awareness: conscious, preconscious, unconscious
  Development: oral, anal, phallic (Oedipal complex, penis envy), latency, genital
  Fixations
  Defense mechanisms - reduce anxiety
    Repression (primary)
    Regression
    Reaction formation
    Rationalization
    Displacement
    Sublimation
    Projection
    Denial

Neo-Freudians
  Adler—social, not sexual tensions
    * Birth order, inferiority complex
  Horney—rejected penis envy idea
  Carl Jung—collective unconscious

Assessment
  Projective tests
    Rorschach
    TAT - Thematic Apperception Test
    Draw-a-person
    Sentence completion
  Evaluation:
    * Repression often not shown (vivid memory often results after trauma)
    * Terror management theory

Humanism

Maslow—self-actualization
  Hierarchy of needs
    * Safety—security—love—self-esteem—self-actualization
  Carl Rogers—person-centered
    Genuineness
    Unconditional positive regard
    Empathy

Trait theory

Greeks—4 humors (choleric, sanguine, melancholic, phlegmatic)
  Allport (student of Freud)
  Eysenck—unstable/stable; introverted/extroverted
  Costa & McCrae (Big 5)
    OCEAN (openness, conscientiousness, extraversion, agreeableness, neuroticism)

Assessment
  MMPI (used factor analysis, empirically derived)
  Cattell’s 16PF
  Person-situation controversy
    Walter Mischel—emphasizes power of situational factors
    Expressive style—thin slices
    Barnum effect—astrology, etc.

Social-cognitive

Reciprocal determinism—interplay of
  Personal factors/internal cognition
  Behavior
  Environment
  Personal control (Julian Rotter)
  External locus of control
  Internal locus of control
  *Without internal locus, learned helplessness results

Explanatory style (Martin Seligman)
  Optimistic
    Unstable, specific, external
  Pessimistic
    Stable, global, internal

Bandura
  Personality influenced by observational learning, outside influences (Bobo doll study)
  Self-efficacy (belief in ability to do things that lead to positive outcomes)

The self

Hazel Markus—“possible selves”
  Spotlight effect
  Self-referencing effect
  Self-esteem
    Defensive vs. secure
    Self-serving bias
**Stress & Health**

### Stress Response
- Stressor—leads to eustress or distress
  - Depends on appraisal
- Fight-or-flight—Walter Cannon
- Adrenal glands
  - Epinephrine (quick response)
  - Glucocorticoids (slow response)
- General Adaptation Syndrome—Selye
- Alarm—activation of sympathetic nervous system
- Resistance—deal with/fight
- Exhaustion—breakdown of immune system (telomeres in DNA affected, can’t replicate); hippocampus can’t make new memories as well
- Illness
  - Heart (Friedman & Rosenman study)
    - Type A—anger, reactive vs.
    - Type B—relaxed
    - 69% of heart attack victims were A
- Immune system impaired
  - B lymphocytes (fight bacteria—formed in bone marrow)
  - T lymphocytes (formed in thymus, fight viruses, cancers)
  - Macrophages (“big eaters"
- Conditioning the immune system (Ader & Cohen study)
  - Sweetened water with immune suppressing drug—created classically conditioned immune suppression
  - Placebo effect in illness?

### Conflict
- Approach-approach
  - Win-win situation
- Avoidance-avoidance
  - Lose-lose situation
- Approach-avoidance
  - One choice, pros and cons

### Coping
- Problem-focused (address stressor)
- Emotion-focused (seeks support from others)
- Exercise
- Biofeedback
- Meditation
- Spiritual connection

### Obesity & Health
- **Physiology**
  - Fat cells—30-40 million
    - Divide if too full, can’t get rid of fat cells
- **Set-point/metabolism**
  - Fat cells—low metabolic rate
    - Metabolism slows when fat cells are deprived, tries to maintain fat level
- **Genetics**
  - Adopted children’s weight not correlated to adoptive parents
  - Identical twins correlation +.72
  - Fraternal twins correlation +.32
- **Chemical effect**
  - Leptin in rats—when up, weight down
- ** Losing weight?**
  - 2/3 of women, 1/3 of men trying
## LEARNING

### Classical conditioning

- **Associative learning**
  - allows prediction (associate stimuli)
  - respondent behavior
- **Pavlov’s dogs (1904 Nobel prize)**
  - US (food) leads to:
    - UR (salivation to food)
  - CS (bell) becomes associated with US, leads to:
  - CR (salivation to bell)
- **Elements of classical conditioning:**
  - Acquisition
  - Extinction
  - Spontaneous recovery
  - Generalization
  - Discrimination
- **Implications:**
  - Rescorla’s research on predictability
  - Garcia’s research of biological predispositions
  - easier to condition food aversions
to taste rather than sight or sound
  - easiest to condition behaviors that promote survival
- **Applications:**
  - Aversive conditioning—pairing a negative stimulus with a desired stimulus can help kick bad habits
  - Drug addicts sometimes have cravings related to environment
  - Classical conditioning of immune response (Ader & Cohen study)
  - Extinction can help cure phobias

### Operant conditioning

- **Associative learning**
  - consequences of behavior
  - operant behavior
- **Thorndike’s Law of Effect**
  - Skinner
    - Operant chamber (Skinner Box)
    - Shaping
    - Successive approximations
    - Discrimination
- **Reinforcement**
  - Positive reinforcement—pleasurable stimulus after a response (strengthens the response)
  - Negative reinforcement—reduces or removes a negative stimulus (still strengthens the response)
  - Primary reinforcers (water, food, etc.) vs. secondary reinforcers (money, etc.)
  - Schedules of reinforcement
    - Continuous (rapid learning)
    - Partial (intermittent)
      - Ratio (certain # of behaviors)
        - Fixed (5 visits to restaurant = free meal)
        - Variable (slot machine)
      - Interval (certain period of time)
        - Fixed (ex. each day @ 3 p.m.)
        - Variable (ex. shooting stars)
- **Punishment**
  - Positive punishment (add bad thing)
  - Negative punishment (take away good)
  - Both create avoidance behaviors (ex. lie—becomes neg. reinforced)

### Latest contributions

- **Latent learning (Tolman)**
  - cognitive maps (demonstrate learning after award is given)
- **Intrinsic motivation (desire to do something for its own sake)**
  - When rewards are given for activity that is intrinsically rewarding, enjoyment declines (overjustification effect)
- **Extrinsic motivation (desire to do something for reward)**
  - Should be recognition for a job well done
- **Biological predispositions**
  - Easier to condition behaviors that match natural behavior
- **Legacy of Skinnerian thinking**
  - Criticism of deterministic philosophy, dehumanization, loss of personal freedom
- **Observational learning (modeling)**
  - Mirror neurons (biological basis)
    - promote empathy
  - Bandura’s Bobo doll study
    - Child watches adult, mimics
  - Increase of violence, aggression
  - Media influence
    - Violent crimes—87% on TV, 13% real life
    - Violent action is correlated to viewing violence (media, video games) - leads to desensitization
MEMORY

ENCODING
- Controlled by attention
- Types:
  - Acoustic
  - Visual
  - Semantic
- Affected by:
  - Chunking
  - Self-reference effect
  - Elaboration
  - Rehearsal
  - Spacing
  - Hierarchies
  - Next-in-line effect
  - Serial position effect
  - Primacy effect
  - Recency effect
  - Mnemonic devices
    - Peg-words
    - Method of loci
    - Alliteration
    - Music

STORAGE
- Information-processing theory
  - Sensory $\rightarrow$ STM $\rightarrow$ LTM
- Sensory memory (Sperling)
  - Iconic
  - Echoic
- STM
  - 7 +/- 2 chunks
- LTM
  - Explicit (declarative)
    - Semantic memory (facts)
    - Episodic memory (incidents)
    - Flashbulb memory
      - (emotional incidents)
    - Prospective memory (remember to do something in the future)

RETRIEVAL
- Aids (retrieval cues):
  - Context
  - State-dependent
  - Mood-congruent
  - Priming
- Recognition vs. recall
- Retrieval failure:
  - Forgetting curve (Ebbinghaus)
  - Tip-of-the-tongue
  - Reconstructive memory (Elizabeth Loftus)
  - *Misinformation effect
  - *Source amnesia
  - *Rosy retrospection
- Interference
  - Proactive
  - Retroactive
- Amnesia
  - Anterograde
  - Retrograde
- Repression

BIOLOGICAL FACTORS
- Lashley’s research
- Hippocampus
- Amygdala
- Long-term potentiation
- Cerebellum
- Stress hormones
Neural communication

Resting potential
-70 mV inside
Neuron is polarized
Action potential (all-or-none)
Neurotransmitters bind to dendrites
Neuron reaches −55 mV
Becomes depolarized
Sodium/potassium ions
Signal moves down the axon
Neurotransmitters release to synapse
Must repolarize
Reuptake of neurotransmitters
Return to −70 mV
Refractory period (can’t fire)

Myelin sheath
Insulates motor neurons
Speeds message
Decay of myelin sheath
- multiple sclerosis
Intelligence

Excitatory neurotransmitters
Acetylcholine (skeletal muscles)
Serotonin (depression/general well-being)
Dopamine (high - schizophrenia; low—depression)
Norepinephrine (Alertness, linked to fight-or-flight)
Endorphins (pain relief)
Inhibitory neurotransmitter (GABA)
Effect of agonists/antagonists

The brain

Plasticity—neurons can be used for new purposes

Hindbrain:
- Cerebellum—coordination
- Medulla—breathing, heartbeat
- Pons—sleep, arousal, dreams
- Reticular formation—arousal

Midbrain:
- At the intersection of forebrain & hindbrain (spatial awareness)

Forebrain:
- Thalamus—sensory switchboard
- Limbic system—emotion
- Hippocampus (memory)
- Amygdala (fear, anger)
- Hypothalamus (biological needs, e.g. hunger, sex, thirst)
- Cerebrum/cerebral cortex
  - Prefrontal cortex (planning, or ganization, risk assessment)
  - Frontal lobes (motor cortex, mirror neurons)
    * Broca’s area (speech)
  - Parietal lobes (somatosensory cortex)
    * Angular gyrus
  - Temporal lobes (auditory cortex)
    * Wernicke’s area
  - Occipital lobes (visual cortex)

NEUROSCIENCE

Organization of the nervous system

CNS
- Brain and spinal cord
- Interneurons

Peripheral nervous system
- Somatic nervous system
  - Afferent neurons
  - Efferent neurons
- Autonomic nervous system
  - Sympathetic nervous system
  - Parasympathetic nervous system

Hemispheric specialization

Split-brain surgery (corpus callosum severed)
*Used to treat uncontrolled seizures
Seen in left visual field, processed in rt. hemisphere

Left hemisphere
- Language/logic
Right hemisphere
- Nonverbal/spatial/musical/recognition

Methods of study

Structure
- Lesions
- CT scan
- MRI

Function
- EEG
- PET scan
- fMRI

The endocrine system

Pituitary—master gland (directed by the hypothalamus)
Biochemically the same as neurotransmitters
Adrenal gland—stress hormones

The endocrine system
Psychological research

Limits of intuition
Hindsight bias
Overconfidence
Confirmation bias

Scientific method
Theories
Hypothesis
Operational definitions
Replication

Scientific attitude
Curiosity
Skepticism
Humility

Methodology
Case study
Survey
Wording effects
Random sampling
False consensus effect
Naturalistic observation
* Must avoid Hawthorne Effect

Correlational studies
Prediction
NOT CAUSATION
Illusory correlation
Superstition
Experiment
(see experimentation)

Descriptive statistics
Central tendency (averages)
Mean
Median
Mode
Normal curve
Correlations (relationships)
Scatterplot
Correlation coefficient
Variation
Range
Standard deviation

Inferential statistics
Do my results matter?
* Sample size influence
* Significant differences
p<.05 (alpha level)
### Biology of Sleep

- Biological rhythms
  - Circadian rhythm (25 hr cycle)
  - Light (superchiasmic nucleus)
  - Pineal gland (near thalamus)
  - Melatonin
  - Adenosine (sleep-inducing)

- Sleep stages
  - Prior to stage 1 (alpha waves)
  - Stage 1 (theta waves) 5 min.
  - Hypnagogic sensations
  - Stage 2 (K-complexes, sleep spindles) Approx. 20 minutes
  - Stage 3 (<50% delta waves)
  - Stage 4 (>50% delta waves)
  - Stage 3 & 4—slow wave sleep

- Order of stages
  1, 2, 3, 4, 3, 2, REM, 2, 3, 4, 3, 2, REM

- REM—paradoxical sleep
  - Active brain, paralyzed body

- Benefits
  - Memory consolidation
  - Concentration
  - Mood
  - Moderates hunger/reduces obesity
  - Improves immune response

- Disorders
  - Insomnia (10-15% of adults)
  - Narcolepsy
  - Sleep apnea
  - Night terrors (stage 4)
  - Sleepwalking (stage 4)

### Dreaming

- Freud’s analysis
  - Manifest content vs.
  - Latent content

- Information-processing theory
  - Filing experience
  - Synthesizing memory
  - Pruning connections
  - Build neural pathways

- Activation-synthesis theory
  - Pons generates neural firing
  - Lucid dreams
  - Conscious awareness of dream state

### Psychoactive Drugs

- Tolerance/withdrawal
  - Involves neuroadaptation

- Addiction

- Depressants
  - Alcohol
    - Reduces inhibitions
    - Impairs activity of frontal lobe
    - Disrupts formation of LTM
  - Barbiturates (tranquilizers)
    - Reduce anxiety, mimic alcohol
  - Opiates (endorphin agonists)
    - Morphine, heroin, oxycontin

- Stimulants
  - Amphetamines/meth
  - Cocaine—rush/crash
  - Ecstasy—also a hallucinogen
    - Stimulates serotonin
    - Interferes w/sleep, impairs memory, reduces immune response

- Hallucinogens
  - LSD—serotonin agonist
  - Marijuana—cannabinoid agonist
    - Disrupts memory formation
    - Reverse tolerance

### Hypnosis

- Mesmer (18th century)
- Susceptibility
  - Creativity, desire influences
- Therapeutic capacity
  - Posthypnotic suggestions
  - Pain alleviation
  - Selective attention?
- Theories:
  - Social influence theory
    - Emphasizes desire of subjects to do well
  - Divided consciousness theory
    - Emphasizes dissociation
    - Hilgard’s “hidden observer”
Theories of motivation
- Instinct theory (evolutionary)
  - Fixed patterns, unlearned
- Drive-reduction theory (Clark Hull)
  - Object is homeostasis
  - Pulled by incentives (external)
- Arousal theory
  - Yerkes-Dodson Law
  - Easy task—high arousal
  - Difficult task—moderate
- Maslow’s hierarchy of needs
  - Physiological at base, then safety, belonging & love, esteem, self-actualization, transcendence
  - Need to belong
  - Ostracism—activates anterior cingulate cortex (also activates with pain)

Achievement motivation
- Flow
- I/O psychology
- Personnel psychology
  - To avoid the interviewer illusion
  - Structured interviews
  - 360-degree feedback
- Grit (determination, breeds success)
- Theory X vs. Theory Y
- Task leadership vs. social leadership
  - Great person theory
  - Transformational leadership

Physiology of hunger
- Keys’ research
- Cannon’s research
- Body chemistry
  - Insulin up, glucose down
- Hypothalamus stimulation
  - Lateral—hunger increases
  - Orexin produced
  - Ventromedial—hunger declines
- Hormones
  - Ghrelin—hunger increases
  - PYY—suppresses hunger
- Proteins
  - Leptin—decreases hunger
  - Orexin—increases hunger

Psychology of hunger
- Neophobia (avoidance of unfamiliar food)
- Eating disorders
  - Anorexia nervosa
    - At least 15% underweight
    - Continue to view self as fat
  - Bulimia nervosa
    - Binge-purge pattern
    - Not necessarily low weight
  - Obesity (30% in US)

Physiology of sex
- Kinsey report
- Masters & Johnson research
- Sexual response cycle
  - Excitement—plateau—orgasm—resolution (refractory period)
- Sexual disorders
  - Premature ejaculation
  - Erectile dysfunction
  - Orgasmic disorder
- Hormones
  - Estrogen / androgens (testosterone)

Psychology of sex
- External stimuli
  - Habituation occurs
  - Decreased satisfaction w/sexual partners
- Gender roles/gender identity
- Sexual orientation
  - Estimated 3-4% men, 1-2% women
  - But could be higher (response bias)
  - Identical twin studies support genetic basis
  - Hypothalamus differences (LeVay)
  - Anterior commissure differences
  - Fraternal birth order effect
  - Same sex attraction in animals (6-10%)
  - Finger length/fingerprint ridges
    - (7th/16th week of development)
EMOTION

Theories

Emotion—arousal, expressive behavior, and conscious experience

James-Lange theory: physiological response 1st, emotion 2nd
Cannon-Bard theory: physiological response at the same time as experience of emotion
Schachter’s two-factor theory: physiological arousal, then appraisal (cognition) creating emotion label
Spillover effect: Stirred up physiological state can be misinterpreted as emotional state
Zajonc’s theory: Subliminal processing of emotions (neural pathway is from thalamus to amygdale)
Lazarus: Cognitive appraisal controls emotion

Expressed emotion

Nonverbal communication
Easily detect threatening cues
Thin slices (quick views of interactions) - some better at reading
Gender differences
Women tend to be more able to read non-verbal cues
Also tend to communicate emotion better
Ekman’s research
Microexpressions
Universal emotional expressions
Happiness, surprise, fear, sadness, anger, disgust
Facial feedback: we feel the emotion we show
Behavior feedback: we feel the emotion our body looks like it’s feeling
Empathy: feeling another’s emotion
Mirror neurons
Reading emotion: autistic people show problems in reading emotional states of others

Experience of emotion

Emotion = valence (pleasant/unpleasant) and arousal (low/high)

Fear—learn early, through conditioning, observation
* Amygdala key
* Anterior cingulated cortex

Anger -
Catharsis hypothesis—release
But creates more anger
Reinforcement
How to control?
Waiting to act
Exercise
Forgiveness

Happiness (subjective well-being)
* Feel-good, do-good phenomenon
* People who value love over money report higher life satisfaction
* Adaptation-level phenomenon
* Relative deprivation principle

Predictors: high self-esteem, optimism, close friendships/marriage, engaging work, meaningful faith, good sleep, exercise
Contributors: know that wealth doesn’t make you happy, control your time, act happy, seek enjoyable work, exercise, sleep, make relationships a top priority, help others, be grateful, seek spiritual fulfillment

Nervous system

Autonomic arousal
Sympathetic nervous system: pupils dilate, dry mouth, perspiration, fast breathing, accelerated heart rate, slowed digestion, stress hormones released (fight-or-flight)
Parasympathetic nervous system: returns body to original calm state
COGNITION

Intuition

Factors:
- Blindsight
- Right-brain thinking
- Moral thinking (Haidt’s theory)
- Automatic processing/implicit memory
- Creativity
- Thin slices
- Subliminal stimulation
- Microexpressions
- Dual attitude system
  - Unconscious/conscious
  - Implicit/explicit
- Gut-level/rational

About Language

Structure
- Phonemes
- Morphemes
- Grammar
  - Semantics
  - Syntax
Appearance
- Babbling (approx. 4 months)
- One-word stage (1 year)
- Two-word stage (telegraphic speech)
  - At 1 1/2 years
  - No 3 word stage

Theories of language development

Skinner—nurture
- Behaviorist explanation
  - Follows usual learning pattern
    - (Reinforcement/punishment)
Chomsky—nature
- Language acquisition device (innate)
  - Evidence:
    - * Overregularization of language
      - (or overgeneralization)
      - Ex: “I goed to the store.”
    - * Common elements
      - Surface structure (syntax)
      - Deep structure (semantics)
    - * Critical period
      - Age 7 for language acquisition
- Cochlear implants
  - Best results 2-4 year olds

Language & Thinking

Whorf’s linguistic determinism theory
- (or linguistic relativity theory)
  - Language shapes thinking
  - Evidence: bilingual advantage
Thinking in images (process simulation)
- Animal thinking
  - * Concept formation
  - * Theory of mind—similar to 2 yr. old
  - * Language: honeybees, ape language

Methods & Cognition

Concepts
- Metacognition—wow!
- Organization:
  - Hierarchies
  - Prototypes

Problem solving
- Barriers:
  - Fixations:
    - Functional fixedness
    - Mental set
    - Confirmation bias
    - Overconfidence
- Approaches:
  - Trial and error
  - Insight
  - Algorithm
- Heuristics
  - Representativeness heuristic
    - Based on prototypes
  - Availability heuristic
    - Based on vivid experience
- Issues:
  - Framing (wording)
  - Belief bias
  - Belief perseverance
  - Illusory correlation
  - Memory reconstruction
  - Self-serving bias

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INTELLIGENCE

Theories of intelligence

- It’s conceptual, not a thing (reification—assuming it’s a thing)
- Single intelligence theory
  - Spearman: “g” represents related clusters of skills (used factor analysis)
- Multiple intelligence theories
  - * Based on evidence from savants
  - Thurstone: primary mental abilities
    - 7 clusters
  - Gardner: 8 intelligences
    - linguistic, logical-mathematical, musical, spatial, kinesthetic, intrapersonal, interpersonal, naturalistic
  - Stenberg’s triarchic theory
    - analytical, creative, practical
  - Emotional intelligence (EQ)
    - Relates to success in family, career

Neurological evidence

- Brain anatomy:
  - Larger brain (thickening of cortex due to enhanced connections?)
  - 17% more synapses (maybe better neural plasticity?)
  - Einstein’s brain—thicker in parietal lobe (math/spatial intelligence?)
- Brain function:
  - Frontal lobe activity during IQ test questions
  - Perceptual speed correlates positively
  - Neurological speed (evoked brain response faster)
  - More efficient glucose consumption
    - Uses less, processes more efficiently?
- Genes:
  - Identical twins highly correlated
  - Adopted children, little correlation
  - Heritability

Creativity

- Convergent vs. divergent thinking
- How to maximize:
  - Develop expertise
  - Keep a venturesome personality
  - Stay intrinsically motivated
  - Live in creative environment

Assessing intelligence

- Binet’s test (to identify special needs)
- Terman (Stanford)
  - Supported eugenics (Social Darwinism)
  - American version (Stanford-Binet)
  - MA/CA X 100 = IQ
- Wechsler Adult Intelligence Scale (WAIS)
- Wechsler Intelligence Scale for Children (WISC)
- Bias: Stereotype threat, gender bias

Creating tests

- Standardization
  - Representative sample, compare scores
  - Chart on normal curve
    - 68-95-99.7 (standard deviation)
- Flynn effect
  - IQ scores improving over time
- Principles of test creation
  - Reliability: test needs to get same results each time it’s given
  - Test-retest reliability
  - Split-half reliability
  - Validity: test needs to measure what it’s designed to measure
    - Content validity (material reflects what should be tested)
    - Face validity
    - Criterion-related validity (matches in dependent measure of what the test is designed to measure)
    - Concurrent validity
    - Predictive validity
    - May be affected by range of scores tested
    - Construct validity (use a previous validated instrument and correlate to that test’s results)

Extremes of intelligence:

- Mental retardation:
  - Mild (50-70 IQ), moderate (35-50 IQ), Severe (20-35 IQ)
  - Down syndrome (extra 21st chromosome)
- Gifted (Terman’s study — “Termites”)
  - Healthy, well-adjusted, successful
  - No tracking, special treatment in China/Japan
Anxiety disorders (#7)

- **Panic disorder**
  - strikes suddenly
  - panic attacks (seem like heart attacks)
  - often linked to agoraphobia

- **Phobias**—focused fear

- **Obsessive-compulsive disorder (OCD)**
  - Obsessions—thoughts
  - Compulsions—behaviors

- **PTSD (post-traumatic stress disorder)**
- **GAD (generalized anxiety disorder)**
  - Free-floating anxiety

Source:
- Behavioral interpretation
  * Classical conditioning & generalization
  * Negative reinforcement maintains the fear
- Observational learning?
- Biology (natural selection, genes, activity in anterior cingulated cortex, activity in amygdale, GABA)

Mood (affective) disorders (#6)

- **Depression** (common cold of disorders)
  - Major depressive disorder (more than 2 weeks of debilitating depression)
  - Dysthymic disorder (more than 2 years feeling bad most days)

- **Bipolar disorder**
  - Mania (restlessness, risk-taking, craziness, fast talking) alternates with depression
  - May be fast cycling or slow cycling

Explanations:
- Genetic predispositions (linkage analysis, association studies)
- Brain chemistry (serotonin, norepinephrine, dopamine; decreased activity in left frontal lobe
- Social-cognitive
  - Self-defeating beliefs (learned helplessness)
  - Optimistic Explanatory Style
    - Stable, global, internal (depressed)
    - Temporary, specific, external (non-depressed)

Vicious cycle of depression:
- Stressful experience…leads to
- Negative explanatory style... leads to
- Depressed mood… leads to
- More stressful experiences…and the cycle begins again

Fight depression by:
- changing environment,
- reducing self-blame, making positive predictions about the future, exercise, become focused on helping others, laugh more

Dissociative disorders (#10)

- **Dissociative identity disorder**
  - multiple personality

- **Dissociative fugue**
  - person doesn’t remember past, wakes up in strange location

- **Dissociative amnesia**
  - person doesn’t remember past

No biological explanations

Medical model

**Foundation**
- U—unjustifiable
- M—maladaptive
- A—atypical
- D—disturbing to self or others

**Measurement**
- DSM-IV-TR (classification of disorders)
  - Axis 1—clinical syndrome?
  - Axis 2—personality disorder or mental retardation?
  - Axis 3—general med. Condition?
  - Axis 4—psychosocial or environmental problems?
  - Axis 5—global assessment of functioning (0-100)

**Diagnostic labeling**
- Advantages:
  - Appropriate treatment
  - Stimulate research
  - Payment of insurance

- Disadvantages:
  - Rosenhan’s study—labeling leads to self-fulfilling prophecies? Cause interpretations of behavior?

**Insanity**—when?
- M’Naughten rule—is the defendant unable to distinguish right from wrong because of mental defect?
- 90% of those with disorders are not dangerous to others
**Schizophrenia (#5)**

Considered the “cancer” of disorders
1% of population worldwide (suggests biological basis)
Involves a break with reality (psychosis)
**NOT multiple personality**

Common symptoms:
  * Disorganized thinking -
    Delusions (false beliefs)
    Paranoia (persecution)
    Word salad (bizarre speech)
  * Disturbed perceptions
    Hallucinations (auditory most often)
  * Inappropriate actions/emotions
    Reactivity
    Flat affect
    Catatonia

- Subtypes of symptoms:
  Positive symptoms (exhibit odd behavior)
  Negative symptoms (normal behavior absent)
- Either chronic (develops slowly) or acute (develops quickly)

Patterns:
  Paranoid schizophrenia
  Disorganized schizophrenia
  Catatonic schizophrenia
  Undifferentiated schizophrenia
  Residual schizophrenia

**Explanations of schizophrenia**

Brain abnormalities
  Dopamine overactivity
    * D4 receptors 6 X normal
  Glutamate—may relate to negative symptoms
  Enlarged ventricles
  Shrunken thalamus

Environmental factors
  * Low birth weight, famine, oxygen deprivation?
  * Virus during pregnancy? Flu link during 2nd trimester

Genetic factors
  * Much higher chance of shared schizophrenia with identical vs. fraternal twins

Psychological factors/warning signs
  * Birth complications
  * Mother with schizophrenia
  * Separation from parents
  * Disruptive or withdrawn behavior
  * Poor muscle coordination
  * Poor attention span
  * Poor peer relationships/solo play
  * Emotional unpredictability

Typical onset—teens or early 20s

**Personality disorders (#16)**

Cluster A (eccentric)
  Paranoid personality disorder
  Schizoid personality disorder—odd, withdrawn behavior
  Schizotypal personality disorder—with some schizophrenic-like symptoms

Cluster B (dramatic)
  Antisocial personality disorder—lack of remorse, empathy (mirror neurons); typical onset about 8 yrs.
  Borderline personality disorder—on the borderline of psychosis
  Histrionic personality disorder—dramatic personality
  Narcissistic personality disorder—extreme self-absorption

Cluster C (anxious)
  Avoidant personality disorder—stays away from others
  Dependent personality disorder
  Obsessive-compulsive personality disorder

**Somatoform disorders (#8)**

Somatization disorder—body problem caused by psychological problem (ex. ulcers)
Conversion disorder—psychological problem converted to non-biological physical problem (ex. paralysis in “Heidi”)
Hypochondriasis
## Behavioristic

### Classical conditioning applications:

- **Counterconditioning**—replace previous fear response with new relaxation response
  - Exposure therapy (Mary Cover Jones)
    - Gradual exposure to feared object
  - Systematic desensitization (Wolpe)
    - Anxiety hierarchy, then relaxation
  - Virtual reality exposure therapy
  - Implosion therapy
    - Includes flooding
  - Aversive conditioning (substitute neg. response for unwanted behavior)

- **Operant conditioning applications:**
  - punishment (bed-wetting buzzers)
  - behavior modification
    - * token economy

## Psychoanalysis

**Based on Freudian ideas**
- Repressed ideas must be accessed
- Insight is the goal

**Methods**
- Free association
- Resistance
- Dream analysis
  - Latent content most important
- Transference

**Duration**
- Years

**Psychodynamic therapy**—same foundation, less intense

## Humanistic

**Focus:** boost self-actualization (Maslow)
- Become more self-accepting

**Method:**
- Client-centered therapy
  - active listening (no judgment)
  - Reflect feelings of client
- Non-directive
  - Therapist: genuineness, unconditional positive regard, empathy

**Goal:** promote personal growth, personal responsibility

## Cognitive therapy

**Aaron Beck (cognitive triad)**

- Albert Ellis (RET)

**Stress inoculation training** (change in thinking patterns to stress)

**Cognitive-behavioral therapy**

## Group/family therapy

Saves time/money
- Humanistic foundation
- Often as effective as individual therapy

## Effectiveness

**People report that therapy is effective**
- * But regression toward the mean?
- * Selective recall
- * Eysenck’s research: 2/3 improved with or without therapy

**Depression:**
- cognitive, interpersonal, behavior

**Anxiety:**
- cognitive, exposure, behavioral

**Bulimia:**
- cognitive-behavioral therapy

**Other unusual treatments:**
- EMDR—For trauma victims
- Light exposure therapy—for SAD

## Biomedical therapy

**1950’s—deinstitutionalization**

**Antipsychotic medications (D2 antagonists):**
- Chlorpromazine (Thorazine) - pos. symptoms
- Clozapine (Clozaril) - negative symptoms
- * Problem: tardive dyskinesia

**Atypical antipsychotics (D2 & serotonin antagonists) - fewer side effects**

**Antianxiety meds:**
- Xanax, Valium, Ativan (GABA agonists)

**Antidepressants:**
- also for OCD, anxiety
  - SSRI’s—Prozac, Zoloft, Paxil, etc.

**Mood stabilizers**
- Lithium—bipolar
- Depakote—bipolar (originally for seizures)

**Brain stimulation**
- ECT (electroconvulsive therapy)
- rTMS (magnetic stimulation)

**Surgery:**
- Lobotomy (Moniz)
**SOCIAL PSYCHOLOGY**

### Attribution theory

- Internal vs. external attributions
  - * Fundamental attribution error
  - * Actor-observer bias
  - * Self-serving bias

### Attitude change

- Cognitive/affective components of attitudes (attitude vs. opinion)
- Action affecting attitudes
  - * Foot-in-the-door
  - * Door-in-the-face
- Persuasion
  - * Central route to persuasion
  - * Peripheral route to persuasion
- Role playing (Zimbardo prison study)
- Cognitive dissonance (Festinger)

### Group behavior

- Social facilitation vs. social inhibition
  - * related to Yerkes-Dodson Law
- Social loafing
- Deindividuation
  - * loss of identity, others don’t know who you are
- Group polarization
  - * movement to more extreme positions
- Groupthink (Janus)
  - * influenced by desire for harmony
- Minority influence
  - * self-confidence, determination key
- Prejudice (attitude) — leads to discrimination (behavior)
  - * Social roots: social inequality, blame-the-victim, in-group vs. out-group leading to in-group bias
  - * Emotional roots: Fear, anger (leads to scapegoating)
  - * Cognitive roots: Categorization, availability heuristic, just-world phenomenon
  - * Jane Eliot study—children and stereotyping—self-fulfilling prophecies

### Aggression and conflict

- Biology: genetics, amygdala, decreased frontal lobe activity, testosterone levels
- Psychology
  - * Frustration-aggression principle
  - * Modeling (observational learning)
  - * Social scripts (mental tapes on how to act)
  - * Video games?
  - * Catharsis hypothesis (builds more anger)
- Conflict
  - * Social traps
    - pursue self-interest, everyone loses
  - * Enemy perceptions
    - mirror-image perceptions

### Attraction and altruism

- Passionate love (two-factor theory) vs. companionate love (key is equity, self-disclosure)
  - * Physical attractiveness key
  - * Similarity
  - * Proximity (mere exposure effect)
- Altruism
  - Bystander affect
    - * diffusion of responsibility
    - * pluralistic ignorance
    - * Explained by social exchange theory
      - * Reciprocity norm
      - * Social responsibility norm
- Peacemaking, GRIT
  - *Superordinate goals