**Psychology Final Review**

**Terms to Know**

**Introduction**

psychology

structuralism

functionalism

Perspectives

 Behavioral

 Psychoanalytic

 Gestalt

 Humanistic

 Cognitive

 Cross-Cultural

developmental psychology

theories

variables

hypothesis

dreams (purpose)

American Psychological Association (APA)

ethics

**Personality Theories**

Psychoanalysis

id, ego, superego

reality, pleasure principles

psychosexual stages of development

fixation

unconscious

catharsis

ego defense mechanisms

 displacement

 repression

 Sublimination

 rationalization

Oedipus complex

Electra complex

 Penis envy

 Castration anxiety

therapies

free association

hypnosis

dream analysis

parapraxes - Freudian slips

projective tests

talk therapy - transference and resistance

Neo-Freudians

collective unconscious

archetypes

persona

introvert/extrovert

neurotic trends

 compliant type

 aggressive type

 detached type

superiority/inferiority complex

fictional finalism

psychosocial stages of development

 identity v. role confusion

actualizing tendency

hierarchy of needs

 physiological needs

 safety needs

 belonging needs

 esteem needs

 self-actualization

unconditional positive regard

conditional positive regard

fully functioning person

congruence

existential psychology

 existential vacuum

 being, becoming, take responsibility, happiness

**Learning**

*Little Albert* experiment

classical conditioning

unconditioned stimulus

unconditioned response

conditioned stimulus

conditioned response

stimulus generalization

stimulus discrimination

extinction

spontaneous recovery

operant conditioning

 positive reinforcement

 negative reinforcement

 punishment by application

 punishment by removal

 primary reinforcers

 secondary reinforcers

laws of effect

schedule of reinforcement

 fixed ratio

 fixed interval

 variable ratio

variable interval

# Beyond Freedom and Dignity

social learning theory

latent learning

cognitive map

**Psychological Disorders**

psychopathology

mental disorder

DSM- IV

**Anxiety Disorders**

Category of psychologicaldisorders in which extreme anxiety is the main diagnostic feature & causes significant disruptions in the person’s cognitive, behavioral, or interpersonal functioning. Pathological anxiety is a.) irrational, b.) uncontrollable, and c.) disruptive

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| **Generalized Anxiety Disorder*** persistent, chronic, unreasonable worry & anxiety
* general symptoms of anxiety, including persistent arousal
 | **Panic Disorder*** frequent & unexpected panic attacks, with no specific or identifiable trigger
 | **Phobias*** intense anxiety or panic attack triggered by a specific object or situation
* persistent avoidance of feared object or situation
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| **Obsessive-Compulsive Disorder*** anxiety caused by uncontrollable, persistent, recurring thoughts (obsessions) and/or
* anxiety caused by uncontrollable, persistent urges to perform certain actions (compulsions)
* no satisfaction derived from compulsion or obsession
 | **Posttraumatic Stress Disorder*** anxiety triggered by memories of a traumatic experience
* characterized by frequent recall of the event, avoidance of the stimuli or situations that tend to trigger memories of the experience, general numbing of emotional responsiveness, and increased physical arousal associated w/ anxiety
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**Mood Disorders**

Category of mental disorders in which significant & chronic disruption in mood is the predominant symptom, causing impaired cognitive, behavioral, and physical functioning. Major depression affects about 12 million Americans annually and women are twice as likely to be diagnosed (one in four women will suffer a major depression). Bipolar disorder affects about 2 million Americans annually with no difference between genders.

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| **Major Depression*** loss of interest or pleasure in almost all activities
* despondent mood, feelings of emptiness, or worthlessness, or excessive guilt
* preoccupation w/ death or suicidal thoughts
* difficulty sleeping or excessive sleeping
* diminished ability to think, concentrate, or make decisions
* diminished appetite & significant weight loss
 | **Bipolar Disorder*** one or more manic episodes characterized by euphoria, high energy, grandiose ideas (delusional beliefs), flight of ideas, inappropriate self-confidence, and decreased need for sleep
* usually also has one or more episodes of major depression
* may alternate rapidly between symptoms of mania & major depression
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| **Dysthymic Disorder*** chronic, low-grade depressed feelings that are not severe enough to qualify as major depression
 | **Cyclothymic Disorder** * moderate, recurring, up-and-down mood swings that are not severe enough to qualify as major depression or bipolar disorder
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**Dissociative Disorders**

Category of psychological disorders in which extreme & frequent disruptions of awareness, memory, and personal identity impair the ability to function.

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| **Dissociative Amnesia*** inability to remember important personal information, too extensive to be explained by ordinary forgetfulness
* generally no loss of general knowledge or skills
 | **Dissociative Fugue*** sudden, unexpected travel away from home
* amnesia
* confusion about personal identity or assumption of new identity
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| **Dissociative Identity Disorder*** presence of two or more distinct identities, each w/ consistent patterns of personality traits and behavior
* behavior is controlled by two or more distinct, recurring identities
* amnesia: frequent memory gaps
* extremely controversial disorder with many clinicians denying its existence
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**Schizophrenia**

Psychological disorder in which the ability to function is impaired by severely distorted beliefs, perceptions, and thought processes. Approximately 1 million Americans are treated for schizophrenia. There are two types of symptoms:

**Positive** - reflect excesses or distortions of normal functioning, and include delusions,

 hallucinations, and disorganized thoughts & behavior.

 **delusion** - falsely held belief that persists despite contradictory evidence (delusions of reference,

 grandeur, and persecution)

 **hallucination** - false or distorted perception that seems vividly real to the person experiencing it

**Negative** - reflect defects or deficits in normal functioning, and include flat affect, alogia, and avolition

 **flat affect** - person responds in emotionally “flat” way; no normal facial expressions

 **alogia** - verbal responses reduced to limited, brief, empty comments

 **avoliton** - inability to initiate or persist in simple forms of goal-directed behaviors, such as

 dressing, bathing, or engaging in social activities

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| **Paranoid Type*** characterized by the presence of delusions, hallucinations, or both
 | **Catatonic Type*** marked by highly disturbed movements or actions; symptoms may include waxy inflexibility (like a wax figure, person is molded in a position which may be held indefinitely)
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| **Disorganized Type*** exhibits extremely disorganized behavior, disorganized speech, and flat affect
 | **Undifferentiated Type*** displays some combination of positive & negative symptoms that do not clearly fit the criteria for the paranoid, catatonic, or disorganized type.
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personality disorders

 paranoid personality disorder

 narcissistic personality disorder

 antisocial personality disorder

**People to Know**

Wilhelm Wundt

William James

Max Wertheimer

John Watson

Stanley Milgram

B.F. Skinner

Edward Tolman

Ivan Pavlov

Edward Thorndike

Albert Bandura

Sigmund Freud

Alfred Adler

Carl Jung

Erik Erikson

Karen Horney

Abraham Maslow

Carl Rogers

Joseph Breuer

Victor Frankl