Final Study Guide

Chapter 9-The Developing Mind/Developmental Psychology

I. Development
   a. Nature AND nurture
   b. Maturation
      i. Genes
      ii. Environment
      iii. Critical periods
         1. Skeels & Dye (1939)
   c. Motor development
      i. Sitting, crawling, beginning to walk, walking
      ii. Culture
   d. Piaget's stages of cognitive development
      i. Sensorimotor
         1. Object permanence
      ii. Preoperational
      iii. Concrete operational
         1. Piaget's conservation task
      iv. Formal operational
      v. Criticisms of Piaget
         1. Theory of mind
   e. Emotional and social development: Attachment
      i. Contact comfort
      ii. Stranger shyness/anxiety
      iii. Harlow's monkey experiments
      iv. Bowlby's and Ainsworth's studies of attachment and separation (humans)
         1. Signs of separation
         2. Strange situation paradigm
            a. Secure
            b. Insecure
               i. avoidant attachment
               ii. ambivalent attachment
   f. Moral development
      i. Kohlberg
         1. Self → world
         2. Pre-conventional morality
            a. Punishment orientation
            b. Reward orientation
         3. Conventional morality
            a. Good Boy/Girl orientation
            b. Authority orientation
4. Post-conventional morality
   a. Social contract orientation
   b. Ethical principle orientation

Chapter 9 Key Terms (From Textbook)

accommodation,
adolescence,
assimilation,
attachment,
congcrete operational stage,
conservation,
conventional morality,
egocentrism,
embryo,
fetal alcohol syndrome (FAS),
fetus,
formal operational stage,
identity,
insecure attachment,
menopause,
object permanence,
postconventional morality,
preconventional morality,
preoperational stage,
puberty,
secondary sex characteristics,
secure attachment,
sensorimotor stage,
teratogen,
thecory of mind (TOM),

Chapter 12-The Troubled Mind/Mental Disorders

II. Abnormal Psychology
   a. Definition
      i. Deviant
      ii. Distressful
      iii. Dysfunctional
   b. Disability
   c. Popular misconceptions about psychopathology.
   d. Perspectives on abnormal behavior
      i. Historically
      ii. Diathesis Stress Perspective (contemporary)
Multiple causation
   i. Predisposing Causes
   ii. Precipitating Causes

f. DSM-5: Diagnostic and Statistical Manual of Mental Disorders
   i. Philosophy
   ii. Definition of mental disorder

III. Schizophrenia
   a. Bizarre Delusions
   b. Thought Disorder
      i. Loosening of associations
         1. Clang associations
         2. Chain associations
      ii. Neologisms
      iii. Word Salad
      iv. Poverty of content of speech
   c. Hallucinations: typically auditory
   d. DSM criteria for Schizophrenia
   e. Causes
      i. Genes
      ii. Environment, specifically Expressed Emotion
         1. Emotional over-involvement
         2. Criticalness
         3. Hostility
         4. How EE impacts relapse.
      iii. Biological explanations
         1. Brain abnormalities
         2. Dopamine overactivity

IV. Depressive and Bipolar Disorders
   a. Disability
   b. Major Depression Criteria- DO NOT MEMORIZE ALL SPECIFIC CRITERIA, but generally know that it is a distinct period of abnormally low mood with and a loss of interest or pleasure in activities that are generally pleasurable and includes somatic and cognitive symptoms.
   c. Key factors in Sex Differences for suicide rates
   d. Manic Episode Criteria- DO NOT MEMORIZE ALL SPECIFIC CRITERIA, but generally know that it is a distinct period of abnormally expansive, euphoric, or irritable mood with increased energy.

V. Anxiety Disorders
   a. Panic Disorder
   b. Agoraphobia
   c. Specific Phobias
   d. Social Anxiety Disorder
   e. Generalized Anxiety Disorder
VI.  Obsessive-Compulsive Disorder
   a.  Obsessions
   b.  Compulsions

Chapter 12 Key Terms (From Textbook)

Agoraphobia
Antisocial Personality Disorder (APD)
Anxiety Disorder
Attention Deficit Hyperactivity Disorder (ADHD)
Autism Spectrum Disorder
Bipolar Disorder
Borderline Personality Disorder
Comorbidity
Compulsion
Delusion
Diagnostic and Statistical Manual of Mental Disorders (DSM)
Diathesis-stress model
Dissociative Disorder
Generalized Anxiety Disorder (GAD)
Hallucination
Learned Helplessness
Major Depressive Disorder (unipolar disorder)
Mania
Obsession
Obsessive-compulsive disorder (OCD)
Panic Attack
Panic Disorder
Personality Disorder
Phobia
Post-traumatic stress disorder (PTSD)
Schizophrenia
Social Phobia/Social Anxiety
Somatoform disorder/somatic symptom disorder
Specific phobia

Chapter 13—Healing the Troubled Mind/Treatment

VII.  Psychological Treatments
   a.  Treatment vs. cause
i. Placebo responses vs pills

b. Approaches vary
   i. Short vs. long-term therapies
   ii. “Schools” of therapy
   iii. Eclectic Psychotherapists
   iv. Changing trends: Time-limited interventions

c. Types of therapy
   i. Insight-oriented
      1. Psychoanalytic/psychodynamic
         a. Goal: Make the unconscious conscious
         b. Goal: Long-lasting change
         c. free association
         d. dreamwork
         e. Interpretations
         f. transference
         g. abreaction or catharsis
         h. insight
         i. working through
      2. Client Centered/Rogerian
      3. Existential
   ii. Behavior-oriented
      1. Approaches
         a. Classical/associative
         b. Operant
      2. Applications
         a. Phobias
         b. OCD
   iii. Cognitive
      1. Mood, cognitions, and behavior
      2. Automatic thoughts
      3. Rational responses
   iv. Individual Vs. Group therapy (or family therapy)
   v. Eclectic

d. Drug therapy
   i. Classes of meds
      1. Antipsychotics
         a. Phenothiazines
         b. Atypical antipsychotics
      2. Antidepressants
         a. Tricyclics
         b. SSRIs
      3. Anti-anxiety agents
   ii. Meds and psychotherapy-comparable effectiveness

e. Other biological approaches
   i. Deep brain Stimulation
   ii. Electro-shock therapy
iii. Transcranial Magnetic stimulation

Chapter 13 Key Terms (From Textbook)

antidepressant medication,
behavior therapy,
biopsychosocial approach,
brief therapy,
cognitive behavioral therapy (CBT),
cognitive restructuring,
counseling,
couples therapy,
deep brain stimulation,
electroconvulsive therapy (ECT),
family therapy,
free association,
group therapy,
humanistic therapy,
insight therapy,
neurofeedback,
person-centered therapy,
psychiatrist,
psychoanalysis,
psychosurgery,
psychotherapist,
psychotherapy,
resistance,
tardive dyskinesia,
transference,