Psychology | Table of Contents

Chapter 1: Introduction to Psychology

1.1 What Is Psychology?
   Introduction to Psychology
   • Discuss the scientific nature of psychology.
   • Describe the benefits of studying psychology.

1.2 History of Psychology
   Psychology’s Early Pioneers
   • Describe the contributions of Wundt and James.
   • Explain the importance of Freud’s contributions to psychoanalytic theory.
   • Describe Gestalt psychology.
   Behaviorism and Humanism
   • Discuss Pavlov’s, Watson’s, and Skinner’s contributions to behaviorism.
   • Describe Maslow’s and Rogers’ roles in the development of humanism.

Psychology as a Discipline
   • Describe the cognitive revolution.
   • Explain culture’s effects on psychology.
   • Describe the gender bias that has existed throughout psychology’s development.

1.3 Contemporary Psychology
   Psychology’s Professional Organizations
   • Identify major professional organizations that represent psychologists.
   • Describe the functions of these professional organizations.
   Sub-fields of Psychology
   • Describe what biological psychologists study.
   • Explain the advantages and the drawbacks of evolutionary psychology.
   • Describe the interdisciplinary nature of sensation and perception.
   • Describe cognitive psychology and developmental psychology.
   • Explain personality psychology and social psychology.
   • Identify topics of study in industrial-organizational (I-O) psychology, health psychology, and sports and exercise psychology.
   • Define clinical psychology, counseling psychology, and forensic psychology.

1.4 Careers in Psychology
   Careers in Psychology
   • Identify psychology-related careers available in academia.
   • Identify psychology-related careers available outside of academia.

Chapter 2: Psychological Research

2.1 Why Is Research Important?
   The Importance of Research
   • Explain the importance of research.
   • Describe the ways in which research is used.
   Prominent Researchers and Their Processes
   • Identify notable researchers whose contributions have advanced psychology as a science.
   • Explain the process of scientific research.

2.2 Approaches to Research
Clinical Studies and Observational Studies
- Describe the nature of clinical, or case, studies.
- Describe the nature of observational research.

Surveys, Archival Research, and Longitudinal Research
- Explain how psychologists use surveys to obtain data.
- Describe how archival research is distinct from other research methods.
- Differentiate between longitudinal research and cross-sectional research.

2.3 Analyzing Findings
Correlation versus Causation
- Interpret the relationships between correlated variables.
- Explain the difference between correlation and causation.

Experimental Research and Causation
- Explain experimental research’s purpose and design.
- Differentiate between independent and dependent variables.
- Describe the selection of research participants and issues researchers must consider.

Interpreting and Reporting Findings
- Explain how psychologists interpret and report their research findings.
- Describe the importance of reliability and validity.

2.4 Ethics
Ethics in Psychological Research
- Explain ethical considerations in research involving human participants.
- Summarize ethical considerations in research involving animal subjects.

Chapter 3: Biopsychology
3.1 Human Genetics
Genes and Genetic Variation
- Discuss why the theory of evolution by natural selection is important to psychological researchers.
- Differentiate between evolutionary psychology and behavioral genetics.
- Explain how genes contribute to determining physical traits.

Gene-Environment Interaction
- Explain the concepts of range of reaction and genetic environmental correlation.
- Describe the field of epigenetics.
- Explain the relationship between genes and behavioral characteristics.

3.2 Cells of the Nervous System
- Neurons and Glial Cells
  - Distinguish between the nervous system’s two basic cell types.
  - Describe the neuron’s structural elements and their functions.

- Neuronal Communication
  - Describe the electrical processes involved in neuronal communication.
  - Explain the chemical processes involved in neuronal communication.
  - Understand the effect drugs have on neurotransmitters.

3.3 Parts of the Nervous System
- The Peripheral Nervous System
  - Explain the relationship between the central nervous system (CNS) and the peripheral nervous system (PNS).
  - Describe the function of the somatic nervous system.
• Explain how the sympathetic and the parasympathetic nervous systems work together as part of the automatic nervous system.

3.4 The Brain and Spinal Cord: The Central Nervous System

The Spinal Cord and Neuroplasticity
• Describe the spinal cord and its function.
• Explain the concept of neuroplasticity.

Brain Structures and Their Functions
• Describe the lateralized nature of the cerebral cortex.
• Describe the functions of the four lobes of the cerebral cortex.
• Explain the roles of the thalamus and the limbic system.
• Describe the structures and functions of the midbrain and the hindbrain.

Brain Imaging
• Describe imaging techniques that use radiation.
• Describe imaging techniques that use magnetic fields and electrical activity.

3.5 The Endocrine System

Hormones and Major Glands of the Endocrine System
• Differentiate between hormones and neurotransmitters.
• Identify the endocrine system’s major glands and the hormones they secrete.

Chapter 4: States of Consciousness

4.1 What Is Consciousness?
Sleep, Wakefulness, and Biological Rhythms
• Understand sleep and wakefulness.
• Describe biological rhythms.

Problems with Circadian Rhythms
• Describe the role of the limbic system in sleep regulation.
• Identify disruptions of normal sleep.
• Explain the consequences of insufficient sleep.

4.2 Sleep and Why We Sleep
Sleep and Reasons for Sleep
• Describe what occurs in the brain during sleep.
• Explain the theories behind why humans sleep.

4.3 Stages of Sleep
Sleep Stages and Dream Theories
• Differentiate between rapid eye movement (REM) sleep and non-REM (NREM) sleep.
• Describe dream theories posited by Freud, Jung, Cartwright, and Hobson.

4.4 Sleep Problems and Disorders
Insomnia and Its Treatments
• Describe insomnia.
• Identify the treatment options for insomnia.

Parasomnias
• Describe four examples of parasomnias: sleepwalking, REM sleep behavior disorder (RSBD), restless leg syndrome, and night terrors.
• Describe sleep apnea.
• Explain sudden infant death syndrome (SIDS) and recommendations to prevent it.
• Describe narcolepsy.
4.5 Substance Use and Abuse

Characteristics of Substance Use Disorders
- Identify the criteria for substance (drug) use disorders.
- Differentiate between physical dependence and psychological dependence.

Categories of Drugs
- Describe the effects of alcohol and other depressants on the central nervous system.
- Provide examples of stimulants and their effects on the dopamine neurotransmitter system.
- Describe the effects of opioids heroin, methadone, and codeine on the endogenous opioid system.
- Define hallucinogens.

4.6 Other States of Consciousness

Hypnosis and Meditation
- Describe hypnosis and its applications.
- Explain how hypnosis works.
- Identify the components of mediation.

Chapter 5: Sensation and Perception

5.1 Sensation versus Perception

Sensation
- Describe sensation and transduction.
- Differentiate between the absolute threshold and the just noticeable difference (JND), or difference, threshold.

Perception
- Describe how bottom-up processing and top-down processing are involved in perception.
- Explain how sensory adaptation, attention, and motivation affect perception.
- Describe the role of culture in perception.

5.2 Waves and Wavelengths

Physical Characteristics of Waves
- Identify the form of visual and auditory stimuli.
- Describe the physical characteristics of waves.

Light Waves and Sound Waves
- Explain how light waves are associated to humans’ perception of color.
- Distinguish between pitch and loudness.

5.3 Vision

Structures of the Eye and Color Vision
- Describe the structures of the eye and their functions.
- Explain two theories of color vision: trichromatic theory of color vision and opponent-process theory.
- Distinguish between binocular cues and monocular cues.

5.4 Hearing

Structures of the Ear and Hearing Loss
- Describe the structures of the ear and their functions.
- Understand the temporal theory of pitch and the place theory of pitch.
- Explain how monaural cues and binaural cues work together to localize sound.
• Define deafness, conductive hearing loss, and sensorineural hearing loss.

5.5 The Other Senses
Taste and Smell
• Identify the two chemical senses: taste and smell.
• Explain the process of taste and the process of smell.

Touch and Pain
• Describe the roles of receptors and nerve endings in detecting touch-related sensory information.
• Describe pain and its two types: inflammatory pain and neuropathic pain.
• Explain congenital insensitivity to pain (congenital analgesia) and its consequences.

Balance, Position, and Movement
• Describe the structures involved in balance and their functions.
• Explain how proprioception and kinesthesia interact with information from the vestibular system.

5.6 Gestalt Principles of Perception
Gestalt Principles of Perception
• Identify Gestalt psychology.
• Describe the Gestalt principle of figure-ground relationship.
• Describe the Gestalt principles of proximity and similarity.
• Understand how the law of continuity (or good continuation) and the principle of closure contribute to pattern perception.

Chapter 6: Learning
6.1 What Is Learning?
The Basics of Learning
• Explain how learning differs from reflexes and instincts.
• Describe associative learning.

6.2 Classical Conditioning
Classical Conditioning
• Explain how classical conditioning occurs.
• Summarize the general processes in classical conditioning.
• Describe Watson’s contributions to our understanding of classical conditioning.

6.3 Operant Conditioning
Operant Conditioning
• Differentiate between classical conditioning and operant conditioning.
• Explain Skinner’s contributions to our understanding of operant conditioning
Reinforcement, Punishment, and Shaping
• Compare reinforcement and punishment.
• Describe how behaviors are learned by shaping.
Reinforcement and Reinforcement Schedules
• Define primary reinforcer and secondary reinforcer.
• Distinguish between continuous reinforcement and partial reinforcement.
• Describe reinforcement schedules.
• Explain extinction in the context of operant conditioning.
• Describe latent learning.

6.4 Observational Learning (Modeling)
Observational Learning and Behaviorism
• Define observational learning.
• Describe Bandura’s social learning theory.
• Explain the implications of Bandura’s research on modeling.

Chapter 7: Thinking and Intelligence
7.1 What Is Cognition?
Cognition and Cognitive Psychology
• Define cognition.
• Describe cognitive psychology.
Concepts and Prototypes
• Explain the nervous system’s role in information collection and processing.
• Describe how abstract concepts, concrete concepts, and prototypes contribute to organizing information.
Concepts and Schema
• Explain the differences between natural concepts and artificial concepts.
• Describe how schema are constructed and organized.

7.2 Language
Language Components
• Define language.
• Identify the components of language.
Language Development
• Identify different psychological approaches to language learning.
• Describe communication capabilities that occur at each stage of language development.
Language and Thought
• Identify relevant research into language’s relationship to thought.
• Understand language’s influence on perceptual phenomena.

7.3 Problem Solving
Problem-Solving Strategies
• Identify problem-solving strategies and their respective benefits and challenges.
• Explain how functional fixedness develops.
• Describe how biased thinking affects decision-making.

7.4 What Are Intelligence and Creativity?
Intelligence and Its Theories
• Describe Spearman’s and Cattell’s theories of intelligence.
• Describe Sternberg’s triarchic theory of intelligence.
Multiple Intelligence and Emotional Intelligence
• Identify the components of Gardner’s Multiple Intelligences Theory.
• Understand emotional intelligence.
• Describe the Cattell-Horn-Carroll (CHC) theory of intelligence.
The Intelligences and Creativity
• Describe cultural intelligence.
• Describe creativity and the types of thinking it involves.
7.5 Measures of Intelligence
Measuring Intelligence
- Explain IQ and the uses of IQ tests.
- Describe the standardization and norming of the Stanford-Binet Intelligence Scale.
- Describe the Wechsler Intelligence Scales.
- Explain the Flynn Effect and the question of validity in intelligence testing.

The Bell Curve
- Understand how to interpret IQ scores using the bell curve.
- Describe the extremes of intelligence.
- Explain the value of IQ testing.

7.6 The Source of Intelligence
High Intelligence
- Explain how genetic and environmental factors contribute to high intelligence.
- Describe challenges to identifying the source of high intelligence.
- Identify debates surrounding high intelligence.

Learning Disabilities
- Explain the differences between learning disabilities and intellectual or developmental disabilities.
- Describe three common learning disabilities: dysgraphia, dyslexia, and dyscalculia.

Chapter 8: Memory
8.1 How Memory Functions
Memory and Encoding
- Identify the processes involved in memory.
- Differentiate between automatic processing and effortful processing in encoding.
- Describe the three types of encoding: semantic, visual, and acoustic.
- Explain the contributions of Craik and Tulving to encoding.

Storage and Retrieval
- Explain the Atkinson-Shiffrin and the Baddeley-Hitch models of storage.
- Describe sensory memory, short-term memory (STM), and long-term memory (LTM).
- Identify the components of explicit memories and implicit memories.
- Describe the three ways to retrieve information from long-term memory (LTM).

8.2 Parts of the Brain Involved with Memory
The Brain and Memory
- Explain Lashley’s contributions to storage of memories in the brain.
- Describe the structures of the brain involved in memory and their functions.
- Explain the role neurotransmitters play in memory.

8.3 Problems with Memory
Amnesia and Memory Construction
- Describe amnesia and its two types: anterograde amnesia and retrograde amnesia.
Differentiate between memory construction and reconstruction.

Explain how suggestibility and eyewitness misidentification can lead to false memories.

Describe Loftus’ contributions to the study of memory.

Understand how encoding failure causes forgetting.

Describe Schacter’s Seven Sins of Memory.

Distinguish between proactive interference and retroactive interference.

8.4 Ways to Enhance Memory

Memory-Enhancing and Study Strategies

Describe types of memory-enhancing strategies.

Describe strategies for effective studying.

Chapter 9: Lifespan Development

9.1 What Is Lifespan Development?

Lifespan Development and Its Issues

Identify the three developmental domains: physical, cognitive, and psychosocial.

Describe the normative approach and developmental milestones.

Differentiate between continuous and discontinuous theories of development.

Describe the debates over courses of development and over nature versus nurture in development.

9.2 Lifespan Theories

Psychosexual and Psychosocial Development Theories

Describe Freud’s psychosexual development theory.

Explain the eight stages of Erikson’s psychosocial development theory.

Cognitive Development Theory

Describe how schemata, assimilation, and accommodation contribute to Piaget’s theory of cognitive development.

Describe the four stages of cognitive development in Piaget’s theory.

Explain the criticisms to Piaget’s cognitive development theory.

Sociocultural and Moral Development Theories

Identify the factors that contribute to Vygotsky’s sociocultural development theory.

Explain Kohlberg’s stages of moral reasoning.

Describe the criticisms to Kohlberg’s moral development theory.

9.3 Stages of Development

Prenatal Development

Describe the three stages of prenatal development.

Explain the importance of prenatal care.

Describe the effects of teratogens on an embryo or a fetus.

Infancy Through Childhood: Physical and Cognitive Milestones

Explain how newborn reflexes promote an infant’s survival.

Describe the physical changes that occur in infancy, toddlerhood, and
childhood.

- Describe the cognitive milestones that occur in infancy, toddlerhood, and childhood.
- Describe language development in infancy, toddlerhood, and childhood.

**Infancy Through Childhood: Psychosocial Milestones**

- Identify Harlow’s, Bowlby’s, and Ainsworth’s contributions to the study of attachment.
- Explain the characteristics of a child with positive self-concept.
- Describe Baumrind’s four parenting styles and their potential outcomes.

**Adolescence**

- Describe the physical changes that occur during adolescence.
- Identify complex-thinking abilities that emerge in adolescence.
- Discuss how adolescents form their identities.
- Describe how culture affects emerging adulthood.

**Adulthood**

- Describe the physical changes that occur during early, middle, and late adulthood.
- Explain the implications of decreased cognitive abilities in late adulthood.
- Identify aspects of positive aging.

**9.4 Death and Dying**

- Describe hospice care.
- Differentiate between Kübler-Ross’ model of grief and a model using positive emotions.
- Identify end-of-life directives.

**Chapter 10: Emotion and Motivation**

**10.1 Motivation**

- Differentiate between intrinsic and extrinsic motivation.
- Identify the factors that affect motivation.

**Biological Theories of Motivation**

- Explain James’ theory of instinct-driven behavior.
- Describe the role of homeostasis in the drive theory of motivation.
- Describe how arousal levels contribute to motivation.

**Individual and Social Theories of Motivation**

- Describe how self-efficacy and social motives influence behavior.
- Explain Maslow’s hierarchy of needs.

**10.2 Hunger and Eating**

- Identify the physiological mechanisms involved in hunger and satiation.
- Explain how metabolic rate affects body weight.
- Describe set-point theory and its limitations.
• Define overweight, obese, and morbidly obese.
• Identify the risk factors and the causes of being overweight or obese.
• Describe how bariatric surgery can assist in weight reduction.
• Describe the symptoms and consequences of bulimia nervosa, binge eating disorder, and anorexia nervosa.

10.3 Sexual Behavior
Sexual Behavior and Its Theories
• Identify the physiological mechanisms that motivate sexual behavior.
• Describe Kinsey’s contributions to the study of sex.
• Explain Masters and Johnson’s sexual response cycle and research on anatomy.

Sexual Orientation and Gender Identity
• Describe the factors that contribute to sexual orientation.
• Identify the criticisms of gay conversion therapy.
• Describe gender identity and gender dysphoria.
• Explain the role of culture in sexual orientation and gender identity.

10.4 Emotion
Emotion
• Differentiate between emotion and mood.
• Identify the components of emotion.

Theories of Emotion
• Describe the James-Lange theory of emotion and the Cannon-Bard theory of emotion.
• Explain how cognitive appraisal contributes to the Schachter-Singer two-factor theory of emotion.
• Differentiate between Lazarus’ cognitive-mediational theory of emotion and Mauss’ cognitive theory.
• Describe Barrett’s, Zajonc’s, and LeDoux’s theories of emotion.

Biology of Emotion and Cultural Considerations
• Describe the structures of the limbic system involved in emotion and their functions.
• Explain how cultural display rules and gender differences contribute to displays of emotion.
• Explain Ekman’s and Darwin’s ideas about universal emotional expressions.
• Identify how individuals convey emotions.

Chapter 11: Personality
11.1 What Is Personality?
Historical Perspectives of Personality
• Define personality.
• Describe Hippocrates’, Galen’s, and Gall’s contributions to the study of personality.
• Explain how Kant and Wundt expanded upon Galen’s perspective of personality.
• Explain Freud’s psychodynamic perspective of personality.
11.2 Freud and the Psychodynamic Perspective
The Psychodynamic Perspective of Personality
- Differentiate between the conscious mind and the unconscious mind.
- Explain how the id, the ego, and the superego contribute to personality.
- Describe Freud’s defense mechanisms.
- Describe Freud’s five psychosexual stages of development.

11.3 Neo-Freudians: Adler, Erikson, Jung, and Horney
Neo-Freudian Perspectives of Personality
- Describe Adler’s concept of the inferiority complex and how it shapes personality.
- Explain how Erikson’s psychosocial theory of development applies to personality.
- Describe the components of Jung’s analytical psychology and how they contribute to personality.
- Explain how Horney’s three styles of coping affect personality.

11.4 Learning Approaches
Learning Approaches to Personality
- Explain Skinner’s behavioral approach to personality.
- Describe how reciprocal determinism, observational learning, and self-efficacy contribute to Bandura’s social-cognitive theory of personality.
- Explain Rotter’s locus of control and its two types.
- Describe the person–situation debate and Mischel’s research on self-regulation.

11.5 Humanistic Approaches
Humanistic Approaches to Personality
- Describe how Maslow’s hierarchy of needs plays a role in personality.
- Explain Rogers’ theory of self-concept and the two categories of self.

11.6 Biological Approaches
Biological Approaches to Personality
- Identify the theories of evolutionary psychology relative to personality.
- Describe the role of heritability in behavioral genetics.
- Explain how temperament contributes to personality.

11.7 Trait Theorists
Trait Approaches to Personality
- Describe Allport’s and Cattell’s contributions to trait theory of personality.
- Explain how the Eysencks’ theory of personality focuses on temperament.
- Describe the Five Factor Model of personality and the HEXACO model of personality.

11.8 Cultural Understandings of Personality
Culture and Personality
- Describe culture’s role in shaping personality.
- Explain personality differences in regions of the United States.
- Explain how the values of individualistic cultures and collectivist cultures influence personality.
- Explain the three approaches to studying personality in a cultural context.
11.9 Personality Assessment
Self-Report Inventories
• Describe self-report inventories.
• Explain the roles of clinical, validity, and reliability scales in the Minnesota Multiphasic Personality Inventory (MMPI).

Projective Tests
• Define projective testing.
• Describe the Rorschach Inkblot Test, the Thematic Apperception Test (TAT), and the Rotter Incomplete Sentence Blank (RISB).
• Describe two culturally specific projective tests: the Contemporized-Themes Concerning Blacks Test (C-TCB) and the TEMAS Multicultural Thematic Apperception Test.

Chapter 12: Social Psychology
12.1 What is Social Psychology?
Social Psychology
• Describe social psychology.
• Explain the fundamental attribution error.
• Describe the influence of culture on the fundamental attribution error.

Biases
• Describe actor-observer bias.
• Describe self-serving bias.
• Explain the just-world hypothesis.

12.2 Self-presentation
Social Roles
• Describe social roles and how they influence behavior.
• Define social norms and scripts.
• Describe the findings of Zimbardo’s Stanford Prison Experiment.

12.3 Attitudes and Persuasion
Attitudes
• Define attitude.
• Explain how attitudes are internally changed through cognitive dissonance.

Models of Persuasion
• Describe the Yale attitude change approach.
• Describe the elaboration likelihood model.
• Describe the foot-in-the-door technique.

12.4 Conformity, Compliance, and Obedience
Conformity and Compliance
• Explain the Asch effect on conformity and compliance.
• Describe normative social influence and informational social influence.

Obedience and Group Dynamics
• Describe Milgram’s obedience experiment and its implications.
• Define groupthink and group polarization.
• Describe social loafing and deindividuation.

12.5 Prejudice and Discrimination
What are Prejudice and Discrimination?
- Distinguish among prejudice, discrimination, and stereotypes.
- Describe types of prejudice and discrimination: racism, sexism, ageism, and homophobia.

Factors Contributing to Prejudice and Discrimination
- Describe how social learning and social norms contribute to prejudice and discrimination.
- Explain how the self-fulfilling prophecy and confirmation bias reinforce stereotypes.
- Describe in-groups, out-groups, and scapegoating.

12.6 Aggression
Understanding Aggression
- Define aggression (Aggression).
- Describe bullying and cyberbullying.
- Explain the bystander effect and diffusion of responsibility.

12.7 Prosocial Behavior
Prosocial Behavior and Altruism
- Describe prosocial behavior and altruism.
- Describe conditions that influence the formation of relationships.

Attraction and Love
- Identify what attracts people to each other.
- Describe the triangular theory of love.
- Explain social exchange theory in relationships.

Chapter 13: Industrial-Organizational Psychology
13.1 What Is Industrial and Organizational Psychology?
Industrial-Organizational Psychology
- Describe industrial-organizational psychology.
- Identify the subfields of I-O psychology and typical jobs within each field.

History and Development of I-O Psychology
- Summarize the origins of I-O Psychology.
- Describe the development and early contributions of organizational psychology.
- Explain how I-O psychology benefits both the organization and the individual.
- Describe developments in I-O psychology following World War II.

13.2 Industrial Psychology: Selecting and Evaluating Employees
Employee Selection
- Describe job analysis.
- Describe candidate identification and hiring.

Employee Training and Evaluation
- Identify the types of employee training.
- Explain employee evaluation from an I-O psychology perspective.

Hiring Practices
- Summarize bias and protections in the hiring process.
13.3 Organizational Psychology: The Social Dimension of Work

Job Satisfaction
- Describe how job satisfaction is measured.
- Explain how job stress, downsizing, and mergers affect job satisfaction.
- Recognize the issues involved in work-family balance.

Management and Organizational Structure
- Distinguish among theories of management styles.
- Summarize approaches to leadership.
- Explain the characteristics of the leader-follower relationship.
- Describe the purpose and structures of a work team approach.

Organizational Culture
- Explain the significance of organizational culture and the need for diversity training in a global marketplace.
- Describe ways in which companies manage generational differences.
- Define sexual harassment.
- Identify targets and triggers of workplace violence.

13.4 Human Factors Psychology and Workplace Design

Human Factors Psychology and Workplace Design
- Describe the field of human factors psychology.
- Explain the role of human factors psychology in safety and productivity.

Chapter 14: Stress, Lifestyle, and Health

14.1 What Is Stress?

Stress and Our Reactions to It
- Differentiate between stimulus-based and response-based definitions of stress.
- Describe primary appraisal and secondary appraisal of stressors.

Health Psychology and Stress
- Distinguish between eustress and distress.
- Explain the role of health psychology in studying stress.

The Physiology of Stress
- Recognize Cannon’s contribution to our understanding of the fight-or-flight response.
- Describe Selye’s general adaptation syndrome.
- Summarize the physiological mechanisms of stress.

14.2 Stressors

Types of Stressors
- Explain the importance of traumatic events and life changes as potential stressors.
- Describe the impact of daily hassles, social media, and close relationships on stress.
- Summarize the sources and consequences of occupation-related stressors.
14.3 Stress and Illness

Stress and the Body
- Explain the nature of psychophysiological disorders.
- Describe how stress influences the immune system.

Stress and Cardiovascular Disorders
- Describe the influence of stress on heart disease and hypertension.
- Recognize the relationship between Type-A/Type-B behavior patterns and cardiovascular disorders.
- Describe the link between depression and heart disease.

Stress and Other Disorders
- Elaborate on the role psychological factors play in triggering asthma.
- Recognize the relationship between stress and headaches.

14.4 Regulation of Stress

Coping and Control
- Compare problem-focused and emotion-focused approaches to coping with stress.
- Examine the role of perceived control in coping with stress.

Mitigation, Exacerbation, and Reduction of Stress
- Elaborate on the role of social support in maintaining mental and physical health.
- Recognize discrimination as a stressor.
- Describe techniques for reducing stress.

14.5 The Pursuit of Happiness

What is Happiness?
- Define happiness.
- Describe factors connected to happiness.
- Explain the relationships between happiness and life events.

Positive Psychology and Flow
- Describe the field of positive psychology.
- Characterize positive affect and optimism.
- Describe the concept of flow and its relationship to happiness and fulfillment.

Chapter 15: Psychological Disorders

15.1 What Are Psychological Disorders?

Disorders and Psychopathology
- Define psychopathology, psychological disorder, and etiology.
- Explain the importance of culture in identifying psychological disorders.
- Describe the compassionate view of mental illness.

Harmful Dysfunction
- Define harmful dysfunction.
- Recognize the APA’s definition of psychological disorder.

15.2 Diagnosing and Classifying Psychological Disorders

Diagnosis, the DSM, and the ICD
15.3 Perspectives on Psychological Disorders
Perspectives on Psychological Disorders
- Recognize supernatural perspectives on the origins of psychological disorders.
- Describe the biological perspectives of psychological disorders.
- Explain the diathesis-stress model of psychological disorders.

15.4 Anxiety Disorders
Anxiety and Phobias
- Differentiate between normal anxiety and anxiety disorders.
- Describe the nature and acquisition of specific phobia.

Other Anxiety Disorders
- Describe the symptoms and risk factors for social anxiety disorder.
- Distinguish between panic disorder and panic attack.
- Characterize generalized anxiety disorder.

15.5 Obsessive-Compulsive and Related Disorders
OCD and Related Disorders
- Describe the symptoms of obsessive-compulsive disorder (OCD).
- Identify the key features of body dysmorphic disorder and hoarding disorder.

Causes of OCD
- Identify biological contributors to OCD.
- Explain the role of conditioning in OCD.

15.6 Post-Traumatic Stress Disorder
Post-Traumatic Stress Disorder
- Define posttraumatic stress disorder (PTSD).
- Identify risk factors and support for PTSD.
- Explain the role of learning in the development of PTSD.

15.7 Mood and Related Disorders
Mood Disorders
- Define mood disorders, depression, and mania.
- Describe the symptoms, consequences, and risk factors for major depressive disorder.
- Differentiate subtypes of depression: seasonal pattern, peripartum onset, and persistent depressive disorder.
- Describe the symptoms and risk factors for bipolar disorder.

What Causes Mood Disorders?
- Explain the biological basis of mood disorders.
- Apply the diathesis-stress model to depressive disorders.
- Describe cognitive theories of depression.

Suicide
- Describe the nature and rates of suicide in the United States.
- Identify risk factors for suicide.

15.8 Schizophrenia

- Describe the basic features of the DSM-5.
- Describe the International Classification of Diseases (ICD).
Schizophrenia

- Recognize the symptoms of schizophrenia.
- Describe the causes and early warning signs of schizophrenia.

15.9 Dissociative Disorders

Dissociative Disorders

- Describe the characteristics of dissociative disorders, including dissociative amnesia, dissociative fugue, and depersonalization/derealization disorder.
- Explain the controversial nature of dissociative identity disorder.

15.10 Disorders in Childhood

Attention Deficit/Hyperactivity Disorder

- Describe the symptoms and consequences of attention deficit/hyperactivity disorder (ADHD.)
- Explain the causes and increasing prevalence of ADHD.

Autism Spectrum Disorder

- Describe the symptoms and consequences of autism spectrum disorder.
- Identify causes of autism spectrum disorder.

15.11 Personality Disorders

Personality Disorders

- Distinguish among the three clusters of personality disorders.
- Identify the symptoms and causal factors in borderline personality disorder.
- Describe the characteristics and risk factors for antisocial personality disorder.

Chapter 16: Therapy and Treatment

16.1 Mental Health Treatment: Past and Present

Mental Health Treatment in the Past

- Describe mental health treatment from medieval times through the 17th century.
- Describe mental health treatment in the 18th through the 20th centuries.

Mental Health Treatment in the Present

- Discuss the current state of mental health treatment.
- Identify reasons why people seek treatment.
- Describe the availability and accessibility of mental health treatment.

16.2 Types of Treatment

Psychotherapy

- Describe psychoanalytic techniques, including free association, dream analysis, transference, and play therapy.
- Identify techniques used in behavior therapy, including counterconditioning, aversive conditioning, exposure therapy and systematic desensitization.
- Distinguish the types and characteristics of cognitive therapy and cognitive-behavioral therapy (CBT).
- Describe the key aspects of humanistic therapy, including unconditional positive regard.
- Evaluate the effectiveness of psychotherapies.

Biomedical Therapy
• Identify psychotropic medications and the conditions they treat.
• Describe other forms of biomedical therapies, including electroconvulsive therapy (ECT) and transcranial magnetic stimulation (TMS).

16.3 Treatment Modalities

The Basics of Treatment
• Describe the intake process.
• Compare individual therapy and group therapy.

Treatment for Special Relationships
• Describe couple’s therapy.
• Describe family therapy.

16.4 Substance-Related and Addictive Disorders: A Special Case

Addiction and Treatment
• Recognize the nature and goals of substance-related treatment.
• Describe specific factors in the effective treatment of substance-related and addictive disorders.
• Define comorbid disorders.

16.5 The Sociocultural Model and Therapy Utilization

Therapy and Culture
• Describe the sociocultural model and the importance of cultural competence in therapy.
• Recognize barriers to treatment.