10.1 Psychology

behaviourism	سلوكية
Cognitive	ذهني
Concept	فكرة أو مفهوم
diagnose	تشخيص
Disappeared	زالت وتلاشت
examines	يفحص
Forensic	طب شرعي
Fulfilling	وفاء
functionalism	وظيفية
In late	في أواخر
investigate	تحقيق
Motivates	تحفيز
Perception	ادراك
psychiatric	طب نفسي
Psychoanalytic	التحليل النفسي
psychology	علم النفس
Sensation	احساس
Separate	يفصل
similar	مشابه
Structuralism	بنيوية
thought	معتقد
Unconscious	لاواعي
Universe/ Scientist	عالم

Psychology : the study of the mind & human behaviour

psych --> mind   **o** --> combining vowel   **logy** --> the study of

psychologists: who researching the human mind emotions and behavior

Philosophy is a link between human thoughts and the universe

founder of psychology (in late 1800): Wilhelm Wundt from Germany

father of early modern medicine: Ibn Sina, famous Muslim philosopher scientist and doctor

WILHELM WUNDT

Ibn Sina

groups that beliefs a similar opinion "schools of thoughts"

Most important schools of thought :

Structuralism and functionalism school of thought

first school of thought in psychology most basic mental process

Behaviourism psychology (تتأثر جميع السلوكيات بالبيئة المحيطة بنا بدلاً من العوامل الوراثية)

all behaviours are influenced by the environment around us rather than genetics

Psychoanalytic school of thought (يمكن أن يؤثر العقل اللاواعي على سلوكنا)

unconscious mind can influence our behaviour - founder Sigmund Freud

Humanistic school of thought (most famous school) (النمو والإنجاز الفردي يساعد الناس على تحقيق إمكاناتهم)

individual growth and achievement helping people achieve their potential

in present: used in help people live happier and more fulfilling lives

Gestalt school of thought (دراسة تجارب الانسان بشكل عام)

the humans experience things as a whole

doesn't separate between mind behaviour or emotion

Cognitive school of thought (دراسة كيف يفكر الانسان ويتذكر ويفهم)

processes of how people think remember and understand things

during **20th** century schools of thought disappeared

Types of psychology

Clinical : diagnose and treat mental illnesses

Cognitive : process of brain (thinking , learning , memory , language)

Development : examines how people learn, develop & change their behaviour throughout their lifespan

Forensic : work to investigate criminal cases where they apply their knowledge of human behaviour

Health : examines why people behave the way they do in relation to their health

Personality : how people behave their personality & motivations

Sensation/ perception

Social : examines how people interact with others & how this affects them

**Sports** : examines how psychology can affect performances in sports

perception : the way you think or understand someone or something.

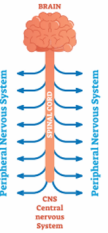## 10.2 Basic cognitive processes

balance	توازن
Cell	خلية
Conscious, preconscious, unconscious	واعي, لاوعي, غير واعي
interprets	يفسر, يترجم
Nerves	أعصاب
pressure	ضغط
Pupils	بؤبؤ العين
Senses	حواس
sensory receptors	مستقبلات حسية
Spinal cord	الحبل الشوكي

cognitive : refers to thinking conscious mental processes

nervous system : made of nerves, cell, brain, spinal cord ; send messages to & from brain
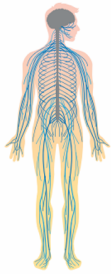
| Peripheral Nervous System (PNS)' جهاز عصبي محيطي	Central Nervous System (CNS) جهاز عصبي مركزي
Peripheral nerves "from the Centre of body to arms and legs	brain & spinal cord
takes messages and send it to CNS	brain interprets the messages and send it back to tell the body how to react

brain controls breathing, balance, thinking, behaviour, muscles, ...   left = منطق   right = ابداع
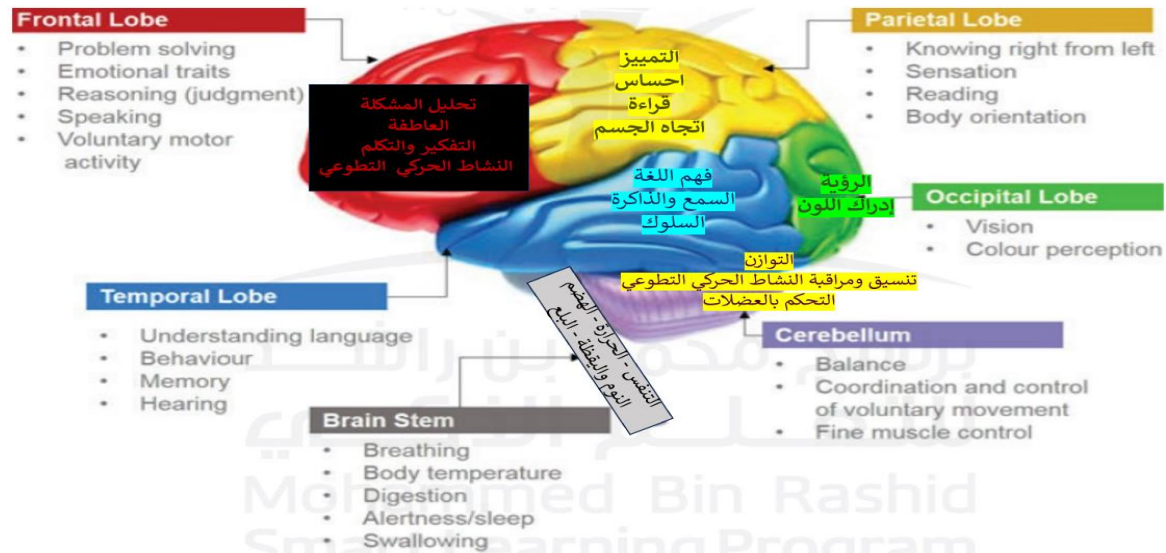
Basic cognitive processes:

Sensation allows brain to take in information from our five senses

five senses (Sight, hear, smell, taste, touch)   ,   Sensory receptor (eyes, ears, nose, mouth, skin)
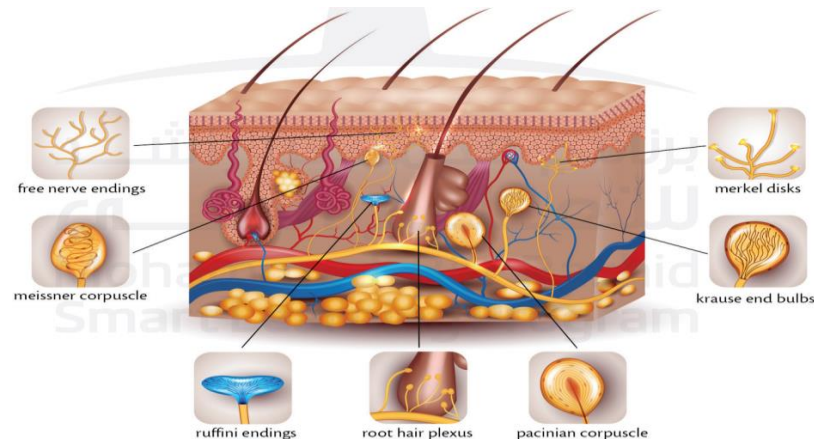
Sensory receptor in skin :	
Free nerve endings	identifying cold, heat, pain, touch
Krause end blubs	identify touch, pressure
Meissner corpuscle	dentify touch, vibration
Merkel disks	identifying shapes & edges of objects against the skin
Pacinian corpuscle	identifying pressure or vibration " located deep in the dermis
Root hair plexus	identify when hair moves
Ruffini endings	identify touch, pressure, vibration, stretch of the skin

| pupils bigger in the dark and it's hard to see	pupils smaller in the bright and it's easy to see
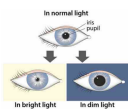
Perception process of getting & selecting & organising information from the 5 senses

memory and **past experiences** play apart in perception

Consciousness : your own awareness of your thoughts, memories, feelings, sensations, and environment.

Types of consciousness (conscious, preconscious, unconscious)
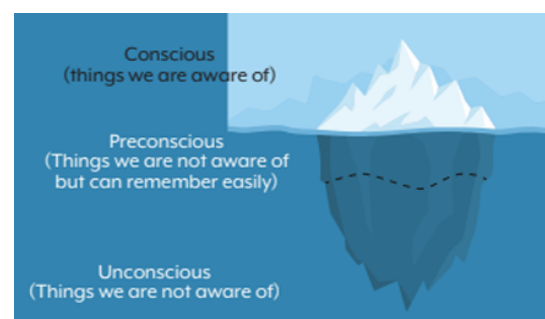
10.3 Higher cognitive processes

intelligence	ذكاء
Non-verbal	غير لفظي
Self-esteem	احترام الذات

Higher cognitive processes : (it helps people to develop)

Intelligence (skills & abilities)

 mental ability to learn from experience, adapt to new things, understand thoughts & ideas, use knowledge

Analytical intelligence "ability to solve problems"	Verbal intelligence "skilled in languages"
Interpersonal intelligence "Good with people"	Practical intelligence "ability to adapt to new things"

Learning (How gain knowledge) * depends on memory & thinking & intelligence

Language (How communicate) * written - verbal - non-verbal

Memory (How remember things)

Sensory memory	forget in **few seconds**
Short-term memory	remember a small details around **30 seconds to a few days**
Long- term memory	remember something happened between a **few weeks ago to many years ago**

Thinking

left side of brain "logical thinking" helps make decisions & judgement & problem-solving & reasoning

right side of brain "creative thought, awareness, imagination

emotional intelligence: kind of thinking affects your feeling & mood & motivation & self-esteem

adapt : to become used to new conditions.

verbal : spoken language, relating to or consisting of words.

10.4 Lifespan psychology and developmental theories

adopt	يتخذ
Cognition	الادراك
Grasping	استيعاب
health intervention	تدخل صحي
Imitating	التقليد
implement	ينفذ
Intellectual	فكري
Lifespan	طول العمر
theory	نظرية

Main stages of the human life cycle:

1.Birth	2.Infancy	3.Childhood	4.Adolescene	5.Adulthood	6.Old age
ولادة	رضيع	طفولة	مرحلة المراهقة	مرحلة البلوغ	كبار بالسن

Cognitive theories

Developmental theory: " used to explain human's behaviour & development"

Theory of cognitive development

Cognition develops as people learn and experience new things throughout their lifespan.

develops in physical, social, intellectual

- As people get older, their cognitive processes change. (Memory, thinking, learning)

- changes are mostly seen during childhood.

Stages of cognitive development that Jean Piaget created :		
Sensorimotor	0-2 years	build understanding by touching, grasping, watching, listening
Pre-operational	2-7 years	develop language skills and begin play, draw, talk about past, understand name & uses of objects
Concrete operational	7-11 years	Learn height, weight, volume of object , understand conversations & feelings of others
Formal operational	11+ years	critically analyse situations, use reasoning, understand abstract ideas

social cognitive theory by albert bandura

Bandura's theory explains how people learn & develop their behaviour & skills through watching, imitating & copying other people
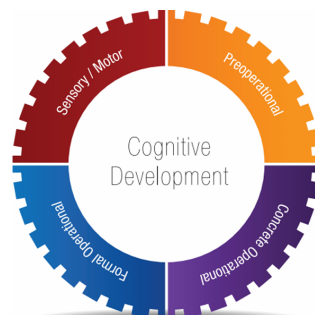
Types of things that people learn from one to another

- basic practical skills   - communication skills   - more complicated skills   - morals

- how to behave in different situations   - how to build relationships with other people

Health intervention change people's behavior to reduce their risk developing a disease or illness

Intervention based on theories are more likely to have a good result

Why is it important for healthcare to understand the theory of cognitive development & social learning theory?

to know & understand how behviour change works

understand what motivates people to adopt healthy behaviour

ability to develop & implement health interventions

understand children's behaviour

ability to identify if a child not developing correctly

10.5 Stress and coping mechanisms

aches	الاوجاع
Adapt	يتكيف
Aggressive	عنيف
anxious	قلق
Common	شائع
depress	اكتئاب
Digestive system	جهاز هضمي
Irritable	سريع الانفعال
nausea	غثيان
Palpitations	خفقان
response	استجابة
Stress	توتر
Sweating	التعرق
toxic	سلبي او سام

stress : response to pressure & trying something new, threatening, unexpected, no control

when you feel stressed, your body produces "stress hormones" & you act quickly it's a natural action
then your body prepares to **face the situation (fight)** or **leave the situation (flight)**

Signs of stress :

-anxious   - afraid   - angry or aggressive   - sad   - irritable   -depressed

Body might experience if you feel stressed :

-change in heartbeat (palpitations)   - headaches (pain in head)   - sweating

- breathing problems(quickly)   - sleeping problems   - aches and pains

- digestive problems (not going or going a lot to toilet)   - nausea

Stress affect how person behaves and they might :

- stop seeing friends or family   - have problems with eating, by eating a lot or little

- exercise less or nothing at all   - consume toxic substance like smoke

==coping mechanism :== Ways people use to deal with stress

it helps the person adapt to stressful events & still feel good mentally & physically & will also avoid doing harmful behaves.

Questions to deal with stress : (if you understand yourself better you will find a way to cope with stress)	
-	What makes me stressed?
-	Can I change or find easy solutions to the things that stress me?
-	How does stress show in my body?
-	How do I feel when I'm stressed?
-	Am I kind to myself? what i do to take care of myself?
-	Do I give myself time to relax & do my hobbies?
-	Who from my family & friends can help me & give me advice?

Types of personality:

Average (most common) : sociable and friendly - like routines & feeling of stability , emotionally

Reserved : sociable but prefer smaller group of good friends, good listener, pay attention to feelings & emotions - feel less emotions than average

Role model (more common as we grow up) likes new ideas changes suggestions - nice to work with, adapts easily

Self-centered (common in younger * usually change when grow up): most sociable, friendly, easy to laugh with, not very open with other's suggestions or ideas, not very good listeners, not pay attention to how others feel

10.6 Scientific report writing

<mark>scientific :</mark> information about research done by author(writer) of the report

Parts of scientific report :

1. Hypothesis	الفكرة التي تحاول دراستها واثباتها	7. Research design	شكل التصميم
2. Title	اجعل العنوان مثيرًا للاهتمام	8. Result	اسند النتائج على الحقائق وليس رأيك
3. Abstract	ملخص قصير للتقرير. يتضمن معلومات حول ما فعلته ولماذا والمشكلة ، والنتائج ومقترحاتك	9. Discussion	شرح النتائج التي توصلت إليها من بحثك وقيم مدى ثبات فرضيتك
4. Authors	المؤلفون الذين عملوا على التقرير والنتيجة	10. Conclusion	ملخص لتقريرك
5. Introduction	معلومات حول موضوع التقرير وأسباب إعداده وأهدافه	11. Recommendations	تقديم مقترحات للأشخاص بناءً على نتائج بحثك
6. Methods	تفاصيل حول العملية الدقيقة التي اتبعت لإجراء التقرير	12. Referencing	سجل لمصادر المعلومات أو نص استخدمته في تقريرك العلمي (مهم) حتى لا تكون سارق للمعلومات

<mark>plagiarise:</mark>when the work of someone is copied by someone else & it isn't referenced (لم تشير للكاتب الاصلي)

Example of Hypothesis:

People who eat fast food every day are more likely to be overweight and have heart disease in the future.