***CHAPTER 9***

* Accommodation (354)
  + The process by which a new scheme is created, or an existing scheme is drastically altered to include new information that otherwise would not fit into the scheme.
* Assimilation (354)
  + The process by which new information is placed into an existing scheme.
* Attachment (347)
  + A strong, intimate, emotional connection between people to persists over time and across circumstances.
* Concrete operational stage (355)
  + the third stage in Piaget’s theory of cognitive development during this stage; children began to think about and understand logical operations, and they are no longer fooled by appearances.
* Conventional level (362)
  + Middle stage of moral development; at this level, strict adherence to societal rules and the approval of others determine what is moral.
* Developmental psychology (338)
  + the study of changes, over the life span, in physiology, cognition, emotion, and social behavior.
* Dynamic systems theory (343)
  + The view that development is a self-organizing process, in which new forms of behavior emerge through consistent interactions between a biological being and cultural and environmental contexts.
* Formal operational stage (356)
  + The final stage in Piaget’s theory of cognitive development; in this stage, people can think abstractly, and they can formulate and test hypotheses through deductive logic.
* Gender identity (366)
  + One’s sense of being male or female.
* Gender role (366)
  + A behavior that is typically associated with being male or female.
* Infantile amnesia (346)
  + The inability to remember events from early childhood.
* Insecure attachment (351)
  + The attachment styles for a minority of infants; they infant may exhibit insecure attachment through various behaviors, such as avoiding contact with the caregiver, or by alternating between approach and avoidance behaviors.
* Object permanence (354)
  + The understanding that an object continues to exist even when it cannot be seen.
* Post conventional level (362)
  + Highest stage of moral development; at this level, decisions about morality depend on abstract principles and the value of all life.
* Preconvention level (362)
  + Earliest level of moral development; at this level, self-interest and event outcomes determine what is moral.
* Preoperational stage (355)
  + The second stage in Piaget’s theory of cognitive development; during this stage, children think symbolically about objects, but they reason based on intuition and superficial appearance rather than logic.
* Puberty (363)
  + The beginning of adolescence marked by the onset of sexual maturity and thus the ability to reproduce.
* Secure attachment (350)
  + The attachment style for a majority of infants; the infant is confident enough to play in an unfamiliar environment as long as the caregiver is present and is readily comforted by the caregiver during times of distress.
* Sensorimotor stage (354)
  + The first stage in Piaget’s theory of cognitive development; during this stage, infants inquire information about the world though their senses and motor skills. Reflexive responses develop into more deliberate actions through the development and refinement of schemes.
* Social intuitionist model (362)
  + The idea that moral judgments reflect people’s initial and automatic emotional responses.
* Socioemotional selectivity theory (376)
  + As people grow older, they view time as limited and therefore shift their focus to meaningful events, experiences, and goals.
* Synaptic pruning (339)
  + The synaptic connections in the brain that are used are preserved, whereas those that are not used decay or disappear.
* Teratogens (340)
  + Agents that are the embryo or fetus.
* Theory of the mind (360)
  + The ability to understand that other people have mental states that influence their behavior.

***CHAPTER 10***

* Cannon-Bard theory of emotion (391)
  + Information about emotional stimuli is sent simultaneously to the cortex and the body and results in emotional experience and bodily reactions, reactively.
* Display rules (399)
  + Rules learned through socialization that dictate which emotions are suitable in given situations.
* Drive (403)
  + A psychological state that, by creating arousal, motivate an organism to satisfy a need.
* Emotion (384)
  + An immediate, specific negative or positive response to environmental events or internal thoughts.
* Extrinsic motivation (405)
  + Motivation to perform an activity because of the external goals toward which that activity is directed.
* Homeostasis (403)
  + The tendency for bodily functions to maintain equilibrium.
* Incentives (405)
  + External objects or external goals, rather than internal drives, that motivates behaviors.
* Intrinsic motivation (405)
  + Motivation to perform an activity because of the value or pleasure associated with that activity, rather than for an apparent external goal or purpose.
* James-Lange theory of emotion (391)
  + People perceived specific patterns of bodily responses, and as a result of that perception they feel emotion.
* Motivation (402)
  + A process that energizes, guides and maintains behavior towards a goal.
* Need (402)
  + A state of biological or social deficiency.
* Need hierarchy (402)
  + Maslow’s arrangements of needs, in which basic survival needs must be met before people can satisfy higher needs.
* Need to belong theory (410)
  + The theory that the need for interpersonal attachment is a fundamental motive that has evolved for adaptive purposes.
* Primary emotions (384)
  + Emotions that are innate, evolutionarily adaptive and universal (shared across cultures)
* Secondary emotions (384)
  + Blends of primary emotions.
* self-actualization (403)
  + A state that is achieved when one’s personal dreams and aspirations have been attained.
* Sexual response cycle (418)
  + A four-stage pattern of physical and psychological responses during sexual activity.
* Sexual strategies theory (420)
  + A theory that maintains that women and men have evolved distinct mating strategies because they faced different adaptive problems over the course of human history.
  + The strategies used by each sex maximizes their probability pf passing on their genes to the next generations.
* Two-factor theory of emotion (392)
  + A label applied to physiological arousal result in the experience of an emotion.
* Yerkes-Dodson law (404)
  + The psychological principle that performance on challenging tasks increases with arousal up to a moderate level. After that, additional arousal impairs performance.

CHAPTER 11

* anorexia nervosa (439)
  + an eating disorder characterized by excessive fear of becoming fat and therefore restricting energy intake to obtain a significantly low body weight.
* binge-eating disorder (440)
  + an eating disorder characterized by binge eating that causes significant distress.
* biopsychosocial model (430)
  + a model of health that integrates the effects of biological, behavioral, and social factors on health and illness.
* body mass index (BMI) (432)
  + a ration of body weight and height to measure obesity
* buffering hypothesis (461)
  + the idea that other people can provide direct emotional support in helping individuals cope with stressful events.
* bulimia nervosa (440)
  + an eating disorder characterized by the alternation of dieting, binge-eating and purging (self-induced vomiting)
* coping response (447)
  + any attempt made to avoid, escape from, or minimize a stressor
* emotion-focused coping (457)
  + a type of coping in which people try to prevent having an emotional response to a stressor.
* fight-or-flight response (451)
  + the physiological preparedness of animals to deal with danger by either fighting or fleeing,
* general adaptation syndrome (450)
  + a consistent pattern of responses to stress that consist of three stages alarm, resistance and exhaustion.
* health psychology (430)
  + A field that integrates research on health and on psychology ; it involves the application of psychological principles to promote health and well-being.
* hypothalamic-pituitary-adrenal (HPA) axis (449)
  + a body system involved in stress responses
* immune system (452)
  + the body’s mechanism for dealing with invading microorganisms, such as allergens, bacteria and viruses
* lymphocytes (453)
  + specialized white blood cells that make up the immune system, the three types are B cells, T-cells and natural killer cells.
* Oxytocin (452)
  + A hormone that is important for mothers in bonding with newborns and may encourage affiliation during social stress.
* primary appraisals (457)
  + part of the coping process that involves making decisions about whether a stimulus is stressful, benign, or irrelevant.
* problem-focused coping (457)
  + a type of coping in which people take direct steps to confront or minimize a stressor
* secondary appraisals (457)
  + part of the coping process during which people evaluate their response options and choose coping behaviors.
* Stress (447)
  + A type of response that typically involves unpleasant state, such as anxiety or tension
* Stressor (447)
  + Something in the environment that is perceived as threatening or demanding and therefore produces stress
* tend-and-befriend response (451)
  + Female’s tendency to protect and care for their offspring and form social alliances rather than fight flee in response to threat.
* Type A behavior pattern (455)
  + A pattern of behavior characterized by competitiveness, achievement orientation, aggressiveness, hostility, restlessness, impatience with others, and inability to relax.
* Type B behavior pattern (455)
  + A pattern of behavior characterized by noncompetitiveness, relaxed, easygoing, and accommodating behavior.
* well-being (430)
  + a positive state that includes striving for optimal health and life satisfaction

CHAPTER 12

* actor/observer discrepancy (498)
  + people focus on situations to explain their own behavior while focusing on dispositions to explain other people’s behavior.
* Aggression (482)
  + Any behavior that involves the intention to harm another
* Altruism (486)
  + Providing help when it is needed, without any apparent reward for doing so
* Attitudes (490)
  + People’s evaluation of objects, of events or of ideas
* Attributions (497)
  + People’s explanation for why events or actions occur
* bystander intervention effect (487)
  + the failure to offer help by those who observe someone in need when other people are present.
* cognitive dissonance (493)
  + an uncomfortable mental state resulting from a contradiction between two attitudes or between an attitude and a behavior
* companionate love (507)
  + A strong commitment based on friendship, trust, respect and intimacy
* Compliance (478)
  + The tendency to agree to do things requested by others
* Conformity (475)
  + The altering of one’s behavior and opinions to match those of other people or to match other people’s expectations.
* Deindividuation (474)
  + A state of reduced individuality, reduced self-awareness, and reduced attention to personal standards; this phenomenon may occur when people are part of a group
* Discrimination (500)
  + The inappropriate and unjustified treatment of people as a result of prejudice
* elaboration likelihood model (495)
  + the idea that persuasive messages lead to attitude changes in either of two ways; via the central route or via the peripheral route
* explicit attitudes (491)
  + attitudes that a person can report
* fundamental attribution error (497)
  + in explaining other people’s behavior, the tendency to overemphasize personality traits and underestimate situational factors
* group polarization (474)
  + the process by which initial attitudes of groups become more extreme over time
* groupthink (475)
  + the tendency of a group to make a bad decision as a result of preserving the group and maintaining its cohesiveness; especially likely when the group is under intense pressure, is facing external threats, and is biased in a direction.
* implicit attitudes (491)
  + attitudes that influence a person’s feelings and behavior at an unconscious level
* inclusive fitness (486)
  + an explanation for altruism that focuses on the adaptive benefit of transmitting genes, such as through kin selection, rather than focusing on individual survival.
* informational influence (476)
  + the tendency for people to conform when they assume that the behavior of others represents the correct way to respond
* ingroup favoritism (471)
  + the tendency for people to evaluate favorable and privilege members of the ingroup more than members of the outgroup
* mere exposure effect (490)
  + the idea that greater exposure to a stimulus leads to greater liking for it
* modern racism (501)
  + subtle forms of prejudice that coexist with the rejection of racist beliefs
* nonverbal behavior (496)
  + the facial expressions, gestures, mannerisms, and movements by which one communicates with others
* normative influence (476)
  + the tendency for people to conform in order to fit in with the group
* obedience (480)
  + when a person follows the orders of a person of authority
* outgroup homogeneity effect (471)
  + the tendency to view outgroup members as less varied than ingroup members
* passionate love (507)
  + a state of intense longing and desire
* personal attributions (497)
  + explanations of people’s behavior that refer to their internal characteristics, such as abilities, traits, moods, or efforts
* persuasion (494)
  + the active and conscious effort to change an attitude through the transmission of a message
* prejudice (500)
  + negative feelings, opinions, and beliefs associated with a stereotype
* prosocial behaviors (485)
  + actions that tend to benefit others, such as doing favors or helping
* situational attributions (497)
  + explanations of people’s behavior that refer to external events, such as the weather, luck, accidents, or other people’s actions
* social facilitation (473)
  + the idea that the presence of others generally enhances performance
* social identity theory (471)
  + the idea that ingroups consist of individuals who perceive themselves to be members of the same social category and experience pride through their group membership
* social loafing (475)
  + the tendency for people to work less hard in a group than when working alone
* social norms (476)
  + expected standards of conduct, which influence behavior
* “what is beautiful is good” stereotype (506)
  + The belief that attractive people are superior in most ways

CHAPTER 13

* behavioral approach system (BAS) (531)
  + the brain system involved in the pursuit of incentives or rewards
* behavioral inhibition system (BIS) (531)
  + the brain system that is sensitive to punishment and therefore inhibits behavior that might lead to danger or pain
* defense mechanisms, (523)
  + unconscious mental strategies that the mind uses to protect itself from anxiety
* ego (523)
  + in psychodynamic theory, the component of personality that tries to satisfy the wishes of the id while being responsive to the dictates of the superhero
* five-factor theory (528)
  + the idea that personality can be described using five factors; openness to experience, conscientiousness, extraversion, agreeable, and neuroticism
* humanistic approaches (526)
  + approaches to studying personality that emphasize how people seek to fulfill their potential through greater self-understanding
* id (522)
  + in psychodynamic theory, the component of personality that is completely submerged in the unconscious and operates according to the pleasure principle
* idiographic approaches (541)
  + person-centered approaches to assessing personality; they focus in individual lives and how various characteristics are integrated into unique persons
* interactionism (533)
  + the theory that behavior is determined jointly by situations and underlying dispositions
* locus of control (525)
  + personal beliefs about how much control people have over outcomes in their lives
* nomothetic approaches (541)
  + approaches to assessing personality that focus on how common characteristics vary from person to person
* personality (516)
  + a person’s characteristic thoughts, emotional responses, and behaviors
* personality trait (516)
  + a pattern of thought, emotion, and behavior that is relatively consistent over time and across situations
* projective measures (541)
  + personality tests that examine unconscious processes by having people interpret ambiguous stimuli
* psychodynamic theory (522)
  + the Freudian theory that unconscious forces determine behavior
* psychosexual stages (524)
  + according to Freud, developmental stages that correspond to distinct libidinal urges; progression through these stages profoundly affects personality
* reciprocal determinism (526)
  + the theory that how personality is expressed can be explained by the interaction of environment, person factors, and behavior itself.
* self-esteem (549)
  + the evaluate aspect of the self-concept in which people feel worthy or unworthy
* self-serving bias (553)
  + the tendency for people to take personal credit for success but blame failure on external factors
* situationism (532)
  + the theory that behavior is determined more by situations than by personality traits
* social comparison (553)
  + the tendency for people to evaluate their own actions, abilities and beliefs by contrasting them with other people
* sociometer (550)
  + an internal monitor of social acceptance or rejection
* superego (523)
  + in psychodynamic theory, the internalization of societal and parental standards of conduct
* temperaments (519)
  + biologically based tendencies to feel or act in certain ways
* trait approach (528)
  + an approach to studying personality that focuses on how individuals differ in personality dispositions

CHAPTER 14

* agoraphobia (576)
  + an anxiety disorder marked by fear of being in situations in which escape may be difficult or impossible
* antisocial personality disorder (APD) (599)
  + a personality disorder in which people engage in socially undesirable behavior, are hedonistic and impulsive, and lack empathy.
* anxiety disorders (574)
  + psychological disorders characterized by excessive fear and anxiety in the absence of true danger
* assessment (567)
  + in psychology, examination of a person’s cognitive, behavioral, or emotional functioning to diagnose possible psychological disorders
* attention-deficit/hyperactivity disorder (ADHD) (608)
  + a disorder characterized by relentless, inattentiveness, and impulsivity
* autism spectrum disorder (604)
  + a development disorder characterized by deficits in social interaction, by impaired communication, and by restricted interest
* bipolar I disorder (583)
  + a disorder characterized by extremely elevated moods during manic episodes and, frequently, depressive episodes as well.
* bipolar II disorder (583)
  + a disorder characterized by alternating periods of extremely depressed and mildly elevated moods
* borderline personality disorder (597)
  + a personality disorder characterized by disturbances in identity, in affect, and in impulse control
* cognitive-behavioral approach (570)
  + a diagnostic model that views psychopathology as the results of learned, maladaptive thoughts and beliefs.
* Delusions (590)
  + False beliefs based on incorrect inferences about reality
* diathesis-stress model (568)
  + a diagnostic model that proposes that a disorder may develop when an underlying vulnerability is coupled with a precipitating event
* disorganized behavior (592)
  + acting in strange or unusual ways, including strange movement of limbs, bizarre speech, and inappropriate self-care, such as failing to dress properly or bathe
* disorganized speech (591)
  + speaking in an incoherent fashion that involves frequently changing topics and saying and saying strange or inappropriate things
* dissociative disorders (586)
  + disorders that involve disruptions of identity, of memory, or of conscious awareness
* dissociative identity disorder (DID)(587)
  + the occurrence of two or more distinct identities in the same individual
* etiology (562)
  + factors that contribute to the development of a disorder
* family systems model (570)
  + a diagnostic model that considers problems within an individual as indicating problems within the family
* generalized anxiety disorder (GAD) (575)
  + a diffuse state of constant anxiety not associated with any specific object or event
* hallucinations (591)
  + False sensory perceptions that are experienced without an external source
* learned helplessness (582)
  + a cognitive model od depression in which people feel unable to control events in their lives
* major depressive disorder (579)
  + a disorder characterized by severe negative moods or a lack of interest in normally pleasurable activities
* negative symptoms (592)
  + symptoms of schizophrenia that are marked by deficits in functioning, such as apathy, lack of emotion, and slowed speech and movement
* obsessive-compulsive disorder (OCD) (577)
  + a disorder characterized by frequent intrusive thoughts and compulsive actions
* panic disorder (576)
  + an anxiety disorder that consists of sudden, overwhelming attacks of terror
* persistent depressive disorder (580)
  + a form of depression that is not severe enough to be diagnosed as major depressive disorder
* posttraumatic stress disorder (PTSD) (579)
  + a disorder that involves frequent nightmares, intrusive thoughts, and flashbacks related to an earlier trauma
* psychopathology (562)
  + sickness or disorder of the mind; psychological disorder
* Research Domain Criteria (RDoC), (566)
  + A method that defines basic aspects of functioning and considers them across multiple levels of analysis, from genes to brain systems to behavior
* Schizophrenia (589)
  + A psychological disorder characterized by altercations in thoughts, in perceptions, or in consciousness, resulting in psychosis.
* sociocultural model (570)
  + a diagnostic model that views psychopathology as the result of the interaction between individuals and their cultures

CHAPTER 15

* anti-anxiety drugs (623)
  + A class of psychotropic medications used for the treatment of anxiety
* Antidepressants (624)
  + A class of psychotropic medications used for the treatment of depression
* Antipsychotics (624)
  + A class of psychotropic medications used for the treatment of schizophrenia and other disorders that involve psychosis
* applied behavioral analysis (ABA) (657)
  + an intensive treatment for autism, based on operant conditioning
* behavior therapy (618)
  + treatment based on the premise that behavior is learned and therefore can be learned through the use of classical and operant conditioning
* biological therapies (616)
  + treatment of psychological disorders based on medical approaches to disease (what is wrong with the body) and to illness (what a person feels as a result)
* client-centered therapy (621)
  + an empathetic approach to therapy; it encourages people to fulfill their individual potentials for personal growth through greater self-understanding
* cognitive-behavioral therapy (CBT) (620)
  + a therapy that incorporates techniques from cognitive therapy and behavior therapy to correct faulty thinking and change maladaptive behaviors
* cognitive restructuring (619)
  + a therapy that strives to help clients recognize maladaptive thought patterns and replace them with ways of viewing the world that are more in tune with reality
* cognitive therapy (619)
  + treatment based on the idea that distorted thoughts produce maladaptive behaviors and emotions; treatment strategies attempt to modify these thought patterns
* dialectical behavior therapy (DBT) (651)
  + a form of therapy used to treat borderline personality disorder that combines elements of the behavioral and cognitive treatments with a mindfulness approach based on eastern meditative practices
* electroconvulsive therapy (ECT) (626)
  + a procedure that involves administering a strong electrical current to the person’s brain to produce a seizure; it is effective for some cases of severe depression
* exposure (619)
  + a behavioral therapy technique that involves repeated exposure to an anxiety-producing stimulus or situation
* expressed emotion (622)
  + a pattern of negative actions by a client’s family members; the pattern includes critical comments, hostility directed toward the person by family members, and emotional overinvolvement.
* Insight (617)
  + the sudden realization of a solution to a problem
  + the goal of psychoanalysis ; a client’s awareness of his own unconscious psychological processes and how these processes affect daily functioning
* placebo effect (628)
  + an improvement in physical or mental health following treatment with a placebo – that is, with a drug or treatment that has no active component on the disorder being treated
* psychodynamic therapy (618)
  + a form of therapy based in Freudian theory; it aims to help clients examine needs, defenses, and motives as a way of understanding distress.
* Psychotherapy (616)
  + the generic name to formal psychological treatment
* psychotropic medications (623)
  + drugs that affect mental processes