

PSY 100 - Exam 4

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April 2018

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Abnormal/Clinical Psychology or Psychopathology

- what most people think **psychologists** do
- largest *subfield*
- 52 different subfields in psychology
- study of abnormal behavior and mental disorders
- Diagnostic and Statistical Manual of Mental Disorders - 5th edition
- prevalence
 - currently - 10-30% of people with active mental disorder
 - lifetime - 30-50% of people over their lifetimes will have active mental disorder and should seek help
- who to see
 - counseling psychologist

- deals with everyday problems of patients
 - front lines
- clinical psychologist
 - deals with mental disorders
 - may be referred to from counseling psychologist
 - give you diagnosis
 - give you treatment plan
- psychiatrist
 - medical doctor with two years of psych training
 - works for clinical psychologist
 - handles medications
 - can prescribe medications
 - does little to no therapy
 - basically just does meds
- therapist
 - specializes in treatment for a specific disorder
- criteria for mental disorder
 - is strange within culture
 - causes distress
 - causes danger to self or others
 - is maladaptive
 - interfering quality of life
 - meet all 4 of these at a high level, they have a disorder, 3 probably

Insanity

- not guilty by reason of insanity if, at the time of the crime, the person could not know right from wrong
 - a few mental disorders interfere with your ability to know what you are doing
 - does not include drug use
- insanity is a legal term

Anxiety Disorders

Generalized Anxiety Disorder

- disorders characterized by anxiety and avoidance behaviors
- don't have sufficient reason to be stressed out

Panic Disorder

- has panic attacks

Phobias

- irrational fear
- specific phobia
 - irrational fear of single event or object
- most common form of anxiety disorder
- social anxiety
 - irrational fear of
 - being humiliated
 - public bathrooms
 - giving speeches
- agoraphobia
 - fear of leaving home or some safe place
 - not uncommon to be source of panic attacks

Post Traumatic Stress Disorder

- person goes through a trauma and then starts having flashbacks

Obsessive Compulsive Disorders

Obsessive Compulsive Disorder

- obsessions
 - unwanted thoughts
- compulsions
 - rituals

Hoarding Disorder

- keeping things with no predictable or sentimental value

Body Dysmorphic Disorder

- “body wrong shape” disorder

- you believe an aspect of your body and image is not right and causes all your problems

Somatic Disorders

- disorders characterized by physical symptoms that are psychological in origin
 - mind decides that you are physically ill

Somatic Symptom Disorder

- you believe you have a disease despite evidence that you do not
- used to be called hypochondriasis

Conversion Disorder

- loss of function
- some part of body stops working
- most of the time, person does not seem to care
 - “doctor, it’s nothing”
 - because it does a job
 - e.g. war, people dying, hysterical blindness is good +> don’t see dead people
 - brain shuts out the signals and shit
 - triggered by some kind of psychological thing

Dissociative Disorders

- disorders characterized by the disruption of a person’s memory, identity, or consciousness

Dissociative Amnesia

- lose access to your memory
- usually going to be for a single event for a repressed memory
- dissociative fugue
 - forget who you are, go somewhere else, become a new person
 - your life has become so horrible that amnesia is not enough
 - hard to treat, because you have to find them

Dissociative Identity Disorder

- distinct identity shows up in the wrong place
 - e.g. party self shows up at work
- rare
 - suspect this happens due to hypnotherapists

Psychotic Disorders

- when a person has a break from reality
- person is no longer functioning in reality

Schizophrenia

- positive symptoms
 - something the average person does not possess
 - inappropriate affect
 - affect -> emotion
 - emotion does not match the situation
 - grossly disorganized behavior/movement
 - hallucinations
 - might hear voices
 - could be drugs though
- delusions
 - fixed false belief
 - not just matter of opinion
 - something demonstrably false
 - persecution
 - “they’re out to get me”
 - grandeur
 - “i am an important person”
 - will believe they are someone else, in extreme cases
 - sin & guilt
 - “i’ve done something horrible”
 - hypochondriacal
 - believe they have a bizarre disease
 - control
 - “they’re controlling my thoughts”
 - reference
 - “they’re talking about me”
 - thought broadcasting
 - “people can hear my thoughts”
 - thought withdrawal

- “they’re stealing my thoughts”
- thought insertion
 - “they’re putting thoughts in my brain”
- nihilistic
 - belief that part of the world is unreal
- disorders of language
 - neologism
 - a new word
 - word salad / loose associations
 - going off topic
 - clanging
 - rhyming
 - poverty of content
 - have nothing to tell you, so they will tell you in great detail
- negative symptoms
 - flat affect
 - lack of emotion
 - limited speech
 - social withdrawal
 - scared of people, don’t know who to trust

Depressive Disorders

Depression

- clinical depression
- depressed mood for a long time
 - between 6 months and 2 years
- anhedonia
 - loss of pleasure
 - no more pleasure in things you used to take pleasure in
 - all things you used to take pleasure in
- cognitions
 - thoughts depressed
 - negative thoughts about self
 - “i am worthless”
 - negative thoughts about others
 - “no one cares”
 - negative thoughts about future
 - sense of hopelessness
 - “it’s never gonna get any better”

Bipolar and Related Disorders

Mania

- polar opposite of depression
- 7 weeks to 7 months
- elevated mood
- impulsive
 - career impulsive
 - sexually impulsive
- treated with medications for whole life

Therapy

Psychotherapy

- no one path, multiple ways of doing talk therapy
- “talk therapy”
- more important one

Psychoanalytic Therapy (Freud)

- repressed
 - source of problems is repressed
- insight
 - figure out why you are the way you are
 - finding source of problem
- free association
 - let it all out, just talk talk talk
 - word pairing exercise
 - dream interpretation
 - write dream diary
- resistance
 - person pushes back as therapy approaches source of problem (scary place)
 - people want to quit therapy
 - therapy only works to the degree you trust the therapist
- transference
 - treat therapist as source of problems

Short-Term Dynamic Therapy

- object relations
 - people are objects
 - objects must fulfill their function
 - much more direct than Freudian style therapy

Humanistic Therapy

- trying to focus on positive aspects of the client's life

Client-Centered Therapy (Rogers)

- client is the boss
- genuineness/congruence
 - no curtain between client and therapist
- unconditional positive regard
 - care about you no matter what
- empathetic understanding
 - understand your pain

Gestalt Therapy (Perls)

- german word for “whole”
- you have to make sense as one whole thing
 - thoughts, feelings, and actions need to fit together
- listen and talk and figure out what pieces are not making sense

Behavior Therapy

- focuses simply on changing people's behaviors

Classical Conditioning

- aversive conditioning
 - make a good thing bad
 - e.g. smoking
- counterconditioning
 - make a bad thing good
- systematic desensitization
 - treatment for fear
 - step 1 is to teach client how to relax
 - then create fear hierarchy

Operant Conditioning

- token economy
 - involves institutional setting
 - person in facility
 - if person behaves, they get a token
 - with enough tokens, person can redeem tokens for prizes
 - used to bring someone to a level so you can start some kind of therapy

Modeling

- observational learning
- assertiveness training
 - teach client how to get what they want without aggression
 - sometimes used for couples to teach them how to resolve conflicts

Cognitive Therapy

- work on the way you think
- does psychotherapy work?
 - study found it works no better than talking with your friends
 - study was flawed
 - it does work, but you have to use the right therapy

Rational Emotive Therapy (Ellis)

- if your thoughts are rational, so will be your emotions
- when thoughts lead to wrong emotion
- activating event
 - what sets you off, triggers
- beliefs
 - who you think you should be
- consequences
 - what happens when you're not who you should be

Cognitive Therapy (Beck)

- distorted thinking/logic
- false beliefs
- goal of therapy is beliefs and logic
- do not need to find the triggers
 - when your thinking is distorted, you will always find a trigger
- used a lot for depression
 - “okay, you're worthless, so what?”

Cognitive Behavioral Therapy

- have client prove themselves wrong

Group Therapy

- people who suffer from same thing
- family and couple therapy
 - broken family
 - couple therapy sometimes court ordered

Biomedical

- “drug therapy”
- should always be a supplement, not a replacement

Antipsychotics

Anxiolytics

- anti-anxiety

Lithium

- bi-polar

Antidepressants

- sometimes also used to treat anxiety (side effect)
 - and vice versa

Electroconvulsive Therapy

- electric shock therapy
- muscle relaxants
- for severe depression
 - seizure induced by shock resets mood center
 - found this from people with insulin problems
 - insulin induced seizure
- some short-term memory loss

What to Expect from Therapy

- you will work
 - keeping diary
 - read books
 - do homework
 - download apps
- relief is not a cure
 - simply feeling better does not mean you are better
- understanding is not a cure
- you will change
- don't sleep with your therapist

Social Psychology

- small findings
- the study of how people think about, influence, and relate to one another
 - intersection of sociology and psychology

Social Influence

- what are other people going to make us do

Conformity

- a change in behavior or belief as a result of real or imagined group pressure
- far easier to change someone's behavior than their beliefs
- peer pressure
 - usually does not change beliefs
- norms
 - rules of social behavior
 - when we succumb to peer pressure
- Asch
 - standard study of conformity
 - study a line
 - study other lines
 - which line of the other lines is closest to the original line
 - add people who were wrong
 - study found you will conform with strangers from 3 to 7 strangers
 - conformity goes to 40% with strangers
 - study found a quarter of people would never conform
- conformity also increases when

- people are unsure of the answer
 - lack information
- behavior is in public

Compliance

- changing one's behavior because of a request
- norm in society to do what you are asked to do
- compliance techniques
 - foot in the door
 - initial small request, then follow it up
 - defense
 - say no
 - have a partner
 - door in the face
 - initial large request
 - get turned down
 - follow up with more reasonable request
 - low ball
 - don't tell them all of the price

Obedience

- doing what an authority figure has told you to do
- Milgram
 - post-WWII
 - researched why soldiers did what they were ordered to
 - Milgram gets quizzed while strapped to electric chair
 - every wrong question, intensity of electric shock goes up
 - it is study participant administering electric shock
 - gets ordered to administer shock
 - if subject refused 4 times, experiment was over
 - maximum of 450 volts (death)
 - 65% of people obeyed to 450 volts
 - distant
 - victim in another room
 - 40% obeyed to 450v
 - immediate
 - victim in the same room
 - 30% obeyed to 450v
 - contact
 - subject holds victim's hand with insulated glove
 - 25% obeyed to 450v
 - voice on phone administering instructions to subject

- one group that never obeyed in all of Milgram's studies was 5 year olds

Receiving Help in an Emergency

- notice event
 - someone has to see the emergency
- interpret as emergency
 - people have to see that you are in an emergency
- feel responsible
 - someone has to feel responsible for helping you
- know how to help
 - someone has to know how to help
- be allowed to help
 - possible safety hazard when trying to help?

Diffusion of Responsibility

- as there are more people present, each person feels less responsible
- we obey because authority figures can diffuse all of our responsibility
- obey law, avoid responsibility
- blind obedience occurs because of diffusion of responsibility

Kitty's Tale

- some lady Kitty
- nice lady, bar manager
- gets killed with 38 witnesses
- no one calls for help until some other witness finally does much later
- she got help
 - two people called police, one person yelled
 - not a demonstration of diffusion of responsibility

Group Process

- how do we function in groups
- social facilitation
 - when you're being watched, you perform better or worse
 - good at something -> audience makes you better
 - bad at something -> audience makes you worse
- social loafing
 - people are lazy

- people in groups are even lazier
- oldest finding in social psychology (1898)
 - horses lazy to pull cart
- have to avoid diffusion of responsibility to overcome social loafing
 - assign specific roles that the supervisor knows who's doing what

Attributions

- deciding why somebody did something
- dispositional
 - person did it because that is the kind of person they are
 - pre-disposed
- situational
 - person did it because situation forced them

Attributional Biases

	others	self	
failure	disposition	situation	actor-observer effect
success	disposition	disposition	self-serving bias
	fundamental attribution error		

- fundamental attribution error
 - looking at others, we don't consider all the possible factors that could situationally affect their outcomes
- actor-observer effect
 - over-analyzing situation when looking at your own outcomes
- self-serving bias
 - attributing success to one's self too much

Interpersonal Attraction

- how to win friends and influence people
- how to get people interested in you
- physical attractiveness
 - people are attracted to attractive people
- proximity (/convenience -> internet)
 - more likely to like someone who is close by
- similarity
 - surface similarity
 - something small, shallow
 - e.g. common interests

- reciprocal liking
 - we like people that like us
 - pre-emptively like people
 - there's also reciprocal disliking
- liking through association
 - associated with something happy, we like them, even if they didn't do anything in particular
 - being around when something good happens, makes people think of you good

Self vs Other

- stereotype
 - beliefs about the members of a group
- prejudice
 - stereotype plus emotion
 - love x
 - hate x
 - fear x
 - people tend to prejudice only on things they care about
 - millions of stereotypes, only a handful of prejudices
- discrimination
 - treating people differently based on group membership
 - makes sense if based on an accurate stereotype

In-Group vs Out-Group

- “us and them”
- us is better, a lot more them
- leads to destructive discriminations and prejudices
- to reduce us vs them, we must find a way to make them us
 - find commonality
 - food, music