

Chapter 21 Respondent Conditioning

Unconditioned stimulus (US)

Unconditioned response (UR)

Conditioned stimulus (CS)

Conditioned response (CR)

Conditioned emotional response (CER) - is mainly an emotion, such as an anger or fear.

Phobias is an intense and irrational fear of something specific, and anxiety as a fear that has vague or unspecified source.

Positive reinforcement- Taking substances usually produces pleasant mood states that provide positive reinforcement for the behavior.

Negative reinforcement- When people stop taking a substance after having taken it for a while, they typically experience unpleasant ‘withdrawal’ –such as anxiety, headache, and tremors- which go away quickly by taking the substance again.

Respondent conditioning is involved in substance use in 2 principal ways.

-First, it *develop CS* (eg. smoker’s seeing a cigarette and lighter which produce internal CRs like the unconditioned reactions of actually using the substance) These internal CRs include physiological reactions (eg. The nicotine in cigarette smoke arouses the body, increasing the person’s heart rate, blood pressure, and alertness)

-Second, the body adapts to a substance, requiring more and more of it to achieve the same effect-phenomenon called *tolerance*. Respondent conditioning contributes to increased substance use because the addict associate CSs, such as room in which they use it, with the physiological reactions (the URs) that occur with and protect the body from the increased amounts of the substances (USs).

Learned food aversion- taste aversion learning: A food becomes distasteful because the person associates it as a CS with the US of becoming sick.

Anticipatory nausea- in which the drug is the US and nausea is the UR and CR.

Overshadowing- the most prominent stimulus will probably become the strongest CS, having the greatest control in eliciting the CR.

Blocking- the phenomenon in which an existing CS prevents other stimuli from becoming effective signals of the US. It occurs because the individual pays attention only to the established CS or because the other stimuli are redundant.

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Latent inhibition- makes later respondent conditioning involving that stimulus more difficult. (eg. Children who have pleasant experience with potentially fearful situations-in this case, deep water- are less likely to develop fears of that situations if they have aversive encounters with it later)

First-order conditioning- when conditioning occurs with a true US.

Second-order conditioning (higher-order conditioning)- a new stimulus becomes a CS, eliciting the CR, by being paired with a CS that can function as a US to elicit that respondent behavior.

please do not confuse with second-order conditioning and blocking

: **Blocking-** established CS is paired with a potential CS *in the presence of the US*, and the potential CS *does not* develop the ability to elicit the CR.

Second-order conditioning- a strongly established CS and a potential CS are paired *without the original US*, and the potential CS *does* develop the ability to elicit the CR.

In respondent conditioning, as in operant conditioning, the term **extinction** has 2 meanings.

: 1. *A procedure of condition* in which a Cs is presented repeatedly *without the US* it has been paired with during conditioning

2. *A process* in which the likelihood and vigor of the CR decrease when the US no longer occurs with the CS.

Behavioral approach test (behavioral avoidance test) - direct method of measuring fear by using the record of its frequency, duration, magnitude.

Indirect assessment methods- use self reports, others' reports, or physiological measures of the person's reactions to the CS. These methods can be measured by frequency, duration, and magnitude of CR.

: 1. *Physiological measures* assess internal events, such as heart rate

2. *Rating scales* assess the person's subjective feelings of fear when in the fearful situation.

Subjective units of discomfort scale(SUDS) is common rating scale to assess fear. This is subjective ratings.