

Nancy Blum, Ph.D. – PSY 310 Behavior Disorders
Study Guide Exam 2 Chapters 8–11

Chapter 8 Eating and Sleep Disorders

Eating disorders

Chief characteristic of anorexia and bulimia

Geographical trends in eating disorders

Diagnostic criteria for anorexia, bulimia (Restricting type & binge-eating/purging type), and binge-eating disorder

Dietary restraint

Psychological dimensions of eating disorders

Treatment of anorexia

Maladaptive eating patterns in obesity

Sleep disorders

Sleep efficiency

Causes of insomnia

Narcolepsy

Medical treatments of sleep disorders

Parasomnias

Nightmares

Sleep terrors

Sleepwalking

Chapter 9 Physical Disorders and Health Psychology

Dean Ornish (this is not in the book; if you didn't come to class that day, research this on your own)

Historical analysis of factors that influence health

The physiology of stress

The effects of stress on the immune system

The role of chronic negative emotions in coronary heart disease (CHD)

Chronic pain

Psychological and social aspects

Biological aspects

Psychosocial treatment of physical disorders

Biofeedback, hypnosis, relaxation, meditation

Barlow's comprehensive stress- and pain-reduction program

Chapter 10 Sexual and Gender Identity Disorders

- Gender differences in sexuality
- Cultural differences in sexuality
- The development of sexual orientation
- Diagnosis and treatment of Gender Identity Disorders
- Sexual dysfunction
 - Sexual desire disorders
 - Sexual arousal disorders
 - Orgasm disorders
 - Sexual pain disorders
- Biological contributions to sexual dysfunction
- Psychosocial treatment of sexual dysfunction
- Paraphilias (Causes & clinical descriptions)
 - Fetishism
 - Voyeurism
 - Exhibitionism
 - Transvestic fetishism
 - Sexual sadism & sexual masochism

Chapter 11 Substance-Related Disorders

- Levels of involvement with substances
 - Substance use
 - Intoxication
 - Substance abuse
 - Substance dependence
- Addictiveness of various drugs
- Effects of alcohol ingestion and long-term heavy drinking
- Sedative, hypnotic, & anxiolytic substance use disorders
- Amphetamine use disorders
- Caffeine use disorders
- LSD and other hallucinogens
- Alcoholics Anonymous