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