

**Nancy Blum, Ph.D. – PSY 150 Principles of Human Behavior**  
**Study Guide Final Exam Chapters 12 – 14 +**

**Chapter 12 – Psychological Disorders**

Explaining psychological disorders

Neurobiological model

Psychological / psychodynamic model

Humanistic / phenomenological model

Diathesis–stress explanation of psychological disorder

DSM–IV: what is it?

Anxiety Disorders

Obsessive–compulsive disorder

Panic disorder

Agoraphobia

Social phobia

Somatoform Disorders

Conversion disorder

Hypochondriasis

Somatization disorder

Pain disorder

Dissociative Disorders

Dissociative identity disorder (DID)

Mood Disorders

Major depressive disorder

Dysthymic disorder

Bipolar disorder

Suicide & Depression

Psychological & Social Factors in Mood Disorders (pp. 479-480)

Ruminative style

Distracting style

Schizophrenia

Ideas of reference

Word salad

Thought insertion

Thought broadcasting  
Personality Disorders  
Schizotypal  
Narcissistic  
Avoidant  
Antisocial

Psychological Disorders of Childhood  
Externalizing disorders  
Attention deficit hyperactivity disorder (ADHD)  
Separation anxiety disorder  
Autistic disorder

Mental illness & the law  
Mentally incompetent to stand trial  
Not guilty by reason of insanity  
Guilty but mentally ill

## **Chapter 13 – Treatment of Psychological Disorders**

Classical psychoanalysis  
Transference

Humanistic psychotherapy  
Know the four assumptions

Client-centered therapy  
Reflection  
Congruence

Gestalt therapy

Behavior therapy  
Systematic desensitization  
Modeling  
Positive reinforcement  
Token economy  
Extinction  
Flooding  
Aversion therapy  
Punishment

Cognitive-behavior therapy  
Rational-emotional (behavior) therapy

Sociocultural factors in therapy

Rule & rights in the therapeutic relationship  
Confidentiality & exceptions to confidentiality

Electroconvulsive Therapy (ECT)

Psychoactive drugs  
Neuroleptics  
Tardive dyskinesia (TD)  
Lithium & anticonvulsants

Community psychology

## **Chapter 14 – Social Psychology**

Social comparison  
Reference groups  
Relative deprivation

Schemas

First impressions  
Forming impressions  
Lasting impressions  
Self-fulfilling prophecy

Biases in attribution  
Fundamental attribution error  
Ultimate attribution error  
Actor-observer bias  
Self-serving bias

Attitudes  
3 components: cognitive, affective, & behavioral

Elaboration likelihood model of attitude change  
Peripheral route  
Central route

Cognitive dissonance theory

Theories of prejudice formation  
Motivational  
Cognitive  
Learning

Reducing Prejudice

Contact hypothesis

Jigsaw technique

Equal status

Keys to interpersonal attraction

Mere-exposure effect

Physical attractiveness – matching hypothesis

Social norms

Deindividuation

Conformity & compliance (definitions)

Creating compliance

Foot-in-the-door technique

Door-in-the-face procedure

Low-ball approach

Milgram's experiments of obedience

Generalized arousal & excitation transfer (pp. 571-572)

Bystander effect

Social dilemmas

Performance in the presence of others

Social facilitation

Social impairment

Social loafing

Task-oriented leaders vs. person-oriented leaders

Groupthink

## **Chapter 1 – Introduction to the Science of Psychology**

Subfields of psychology, especially:

Personality psychology

Developmental psychology

Community psychology

Clinical psychology

Statistical analysis

## **Chapter 2 – Biology and Behavior**

Cells of the nervous system  
Neurons, axon, dendrite

Synapses & neurotransmitters

Peripheral nervous system: somatic nervous system, autonomic nervous system,  
sympathetic nervous system, parasympathetic nervous system

## **Chapter 3 – Sensation and Perception**

Structure & function of the eye

Deafness (conduction deafness & nerve deafness)

## **Chapter 4 – Consciousness**

Meditation

Substance abuse (psychological dependence, physical dependence, addiction,  
withdrawal, tolerance)

## **Chapter 5 – Learning**

Classical Conditioning — Pavlov's Discovery:

Unconditioned stimulus (US)  
Unconditioned response (UR)  
Conditioned stimulus (CS)  
Conditioned response (CR)

Operant conditioning:

Positive reinforcers  
Negative reinforcers  
Punishment  
Discriminative stimuli

## **Chapter 6 – Memory**

Types of Memory:

- Episodic memory
- Semantic memory
- Procedural memory

Primacy effect

## **Chapter 7 – Thought, Language, and Intelligence**

Propositions

Scripts

Cognitive maps

Evaluating tests including intelligence tests:

- Standardization
- Reliability
- Validity

## **Chapter 8 – Motivation and Emotion**

Theories of motivation:

- Drive reduction theory
- Optimal arousal theory
- Incentive theory

Maslow's hierarchy

## **Chapter 9 – Human Development**

Piaget's theory

Periods of cognitive development

Sensorimotor

Object permanence

Preoperational

Conservation

Concrete operational

Formal operational

Kohlberg's Stages of Moral Reasoning

Preconventional

Conventional

Postconventional

## **Chapter 10 – Health, Stress, and Coping**

Selye's General Adaptation Syndrome (GAS)

Alarm

Resistance

Exhaustion

Cognitive Changes as Stress Responses

Ruminative thinking

Catastrophizing

Mental sets

Functional fixedness

Stress, illness, & the cardiovascular system

Role of hostility

## **Chapter 11 – Personality**

The Psychodynamic Approach

Defense mechanisms

Rationalization

Displacement

Reaction formation

The Big-Five Model of Personality

Openness

Conscientiousness

Extraversion

Agreeableness

Neuroticism