A.P. Psychology Crib Notes

People:
Wundt- "Father of Psychology": Introspection
Wertheimer- Gestalt Psychology
Titchner- Structuralism
James- Functionalism
Watson- Behaviorism; "Little Albert Study"
Freud- Psychoanalytic; dream analysis; free association; structure of personality; stages of development; defense mechanisms
Milgram- Obedience; Ethics
Broca- left frontal lobe: associated with expressive language
Wernick- left frontal lobe: receptive language
Pavlov- Classical conditioning: dogs
Thorndike- Instrumental learning: cats; law of effect
Skinner- Operant conditioning: rats and pigeons; Behaviorist
Tolman- Latent learning; cognitive maps
Bandura- Observational learning: Bobo Dolls, Social-Cognitive Theory
Ebbinghaus- Forgetting; Decay Model
Chorinsky- (Native Theorist) Inherent Existence of sets of cognitive structures
Whorf- Linguistic Relativity Hypothesis
Washoe, Sara and Koko- Ape language studies
Jung- Collective unconscious; archetypes; Psychoanalytic
Horney- Basic childhood anxiety; Psychoanalytic
Erickson- Life crisis; psycho-social development; Psychoanalytic
Adler- Inferiority Complex; Psychoanalytic
Piaget- Stages of Cognitive Development; Cognitive theorist

Source: Mr. B’s World of Psychology:
http://teachers.bcps.org/teachers_sec/jbillingsleap.html
Rogers- Client-centered; unconditional positive regard; transactional Analysis
Albert Ellis- Rational Emotive Therapy; Cognitive Theorist
Abraham Maslow- Hierarchy of Needs; Humanistic
Sheldon- Somatotyping; endomorph, mesomorph, ectomorph
Binet- I.Q.
Eysenck- Biological model of Personality; Trait-type hierarchy
Harlow- Monkey Studies; Attachment
Lorenz- "Survival of the Fittest Theory" and imprinting
Phineus Gage- Railroad spike; damaged (limbic system),
emotions/motivational control center
Aaron Beck- Cognitive therapy treating depression
Murray- Need to achieve; TAT
Allport- Trait Approach-cardinal, central, secondary
Cattell- Crystallized Fluid Intelligence
Kelley- Personal Construct Theory
Mishel- Social-learning theory
Gilligan- examined moral differences between boys and girls based
on social rules and on ethic of caring and responsibility (turtle and Hare scenario)

Approaches:
General:
    Behaviorism- Environmental: learning; nurture
    Biological- Physiology; genetics; nature
    Cognitive- Mental Processes
    Psychoanalytical- Unconscious, childhood
    Humanistic- Freewill; basis goodness
    Multicultural- Sociocultural; role of structure
    Gestalt- Emphasizes the organization process in behavior.
    Focuses on problem of perception

Source: Mr. B’s World of Psychology:
Personality:
Psychoanalytic- People are driven by instincts, largely sexual
Behaviorist- Behavior is personality; determined by history of reinforcement
Humanistic- People are inherently good, society ruins them, people strive to satisfy a hierarchy of motives toward self-actualization
Cognitive- People are rational and want to predict and control their world, personal constructs help in this process
Biological- Biological factors such as body type or genetics

Abnormal:
Psychoanalytic- Emerge from initial psychological conflicts that are unconscious, often arising from childhood trauma
Biomedical- Traceable to physical abnormalities, biochemistry, structural defects
Cognitive- Results from unusual ways of thinking, inappropriate belief system
Behavioral- Results from faulty contingencies of reinforcement contexts contribute to the development of psychological disorders
Cultural- Variables such as social class, gender and rural-urban contexts contribute to the development of psychological disorders
Humanistic/Existential Model- Results from Failure to fulfill ones potential

Treatment:
Biomedical a) ECT
   b) Psychosurgery; ablation

Source: Mr. B’s World of Psychology:
c) Chemotherapy
d) Intensive light therapy (S.A.D.)

Psychoanalytic Therapy - Alleviate unconscious conflicts
a) Free association
b) Dream analysis
c) Transference
d) Symptom substitution

Behavior Therapy - application of learning principles
a) Systematic desensitization
   1) In vivo desensitization
   2) Counter Conditioning
b) Flooding - real event
c) Implosive therapy - imagine the event
d) Aversion therapy

Cognitive-Behavior Therapy - thoughts and behavior
a) modeling and role play
b) Rational-emotive therapy - forces a more realistic look in the evaluating circumstances
c) Stress - inoculation therapy - retractor inappropriate thinking
d) Cognitive therapy - used for depression; requires the restructuring of persons invalid perceptions of self, future and the world or experience

Humanistic - focuses on getting the person to accept the responsibility for their improvement
a) Rogers' client-centered therapy
   1) unconditioned positive regard
b) Frankl's existential analysis - treatment attempts to help client gain sense of purpose and meaning
c) Gestalt therapy - client comes into contact with the whole self
Gestalt- focuses on integrating the whole person
a) Developed by Fritz Perls
b) Utilizes role playing and acting out
c) Focuses on the "now" experience

Biomedical Treatment- includes medical procedures and medication that can help alleviate symptoms of psychological disorders
1) Psycho-surgery (ablation)
   -Surgical destruction of involved brain tissue
   -Obsessive-compulsive disorder
2) Electroconvulsive therapy (ECT)
   -Major depression
3) Psychopharmacological treatment
   A) Neroleptics (antischotics) i.e. Thorine, Holdol, Clozeril
   B) Antidepressants i.e. Tricylis compounds, selective serotonin reuptuke inhibitors, Prozac
   C) Lithium Carbonate (treat bipolar disorder)
   D) Anxiolytics (anti anxiety) such as Valium or other benzodiazepines

The Experiment:
1. Two variables are studied for cause and effect
   a. Independent variable-manipulated
   b. Dependent variable- the response to be manipulated; measured
   c. Confounding variable- other variables hat may influence results
   d. Experiment group- exposed to manipulation of independent variable
   e. Control group- an unaffected comparison group

Source: Mr. B’s World of Psychology:
f. Subject bias - a subject's behavior changes due to believed expectations of experiment

h. Double-blind technique - control for bias by keeping placement of subject secret

i. Placebo - inactive substance unknowingly given in place of drug

j. Null hypothesis - negatively expressed hypothesis; X will not change Y

Theories:

Piaget's Cognitive-Development Theory:

a) Sensory Motor - Schema assimilation and accommodation
   Circular reaction
   Object permanence

b) Preoperational - egocentrism
   Animism
   Artificalism

c) Concrete - Operational-reversibility
   Conservative problems

d) Formal - Operational-personal fable

Kohlberg's Moral Judgment:

a) Preconventional - good and bad, right and wrong

b) Conventional - social rules

Kohlberg's Moral Judgment:

c) Postconventional - universal principles

Erickson's Psychosocial Development:

INFACNY   a) trust vs. mistrust

b) Autonomy vs. shame and doubt

c) initiative vs. guilt

d) Industry vs. territory

Source: Mr. B’s World of Psychology:
ADOLESCENCE  e) identity vs. role confusion

ADULTHOOD  f) intimacy vs. isolation
          g) Generality vs. stagnation
                     h) Ego integrity vs. despair

**Kubler-Ross' Stages of Death**

1) denial
2) anger
3) bargaining
4) depression
5) acceptance

**Theories:**

*Weber's law* - just noticeable difference

*Young-Helmholtz Color Theory* - (trichromatic theory) - color
determined by the relative activity in red, blue, or green sensitive
cones

*Opponent-Process Color Theory* - Color information is organized
into 3 antagonistic pairs

*Place Theory* - relates perceived pitch to region

*Frequency Theory* - related pitch to the frequency of sound waves and
frequency of neuron firing

*Facial Feedback hypothesis* - sensations from the face provide cues to
the brain that help us determine what emotion we are feeling
(Ekman)

*Statistical Significance* - .05 chance accounts for results less then 5%
of the time

*Template-Matching Theory* - stored copies

Source: Mr. B’s World of Psychology:
Prototype-Matching Theory-recognition involves comparison
Feature-Analysis Theory-patterns are represented and recognized by distinctive features
Restorative Theory-We sleep in order to replenish
Adaptive Nonresponding Theory-sleep and inactivity have survived value
Activation-Synthesis hypothesis-dreams are products of spontaneous neural activity
Thorndike's Law of effect-reward and punishment encourages and discourages responding; Thorndike
Premack principle-states that any high-probability behavior can be used as a reward for any lower-probability behavior
Continuity vs. Discontinuity-theories of development, nature vs. nurture
Serial position phenomenon-sequence influences recall
Primacy effect-enhanced memory for items presented earlier
Recency effect-enhanced memory for items presented last
Decay theory-forgetting caused by learning similar materials
  a) proactive-initially
  b) retroactive-previously
Linguistic relativity hypothesis-person's language determines and limits a person's experiences
Hull's drive-reduction model-motivation arises out of need
Cognitive consistency theory-cognitive inconsistencies create tension and thus motivate the organism
Festinger's Cognitive dissonance theory-reconcile cognitive discrepancies
Arousal Theories-we all have optimal levels of stimulation that we try to maintain
Yerkes-Dodson law-arousal will increase performances up to a point, then further increases will impair performance; inverted U function

Source: Mr. B’s World of Psychology:
Incentive theory - behavior is pulled rather than pushed
James-Lange theory - emotion is caused by bodily changes
Cannon-Bard's Thalamic theory - emotional expression caused by simultaneous changing bodily event thoughts and feelings
Schachter's Cognitive-Physiological Theory - bodily changes, current stimuli, events, and memories combine to determine behavior
Attribution theory - explains how people make inferences about the causes of behavior; personal or situational; self-serving bias
Deindividuation - loss of self-restraint that occurs out of anonymity
Contact theory - proposes that equal-status contact between antagonistic groups should lower tension and bring harmony
Selye's General Adaptation Syndrome (GAS) - emergency reaction to stressful situations Alarm reaction, resistance and exhaustion
Lazarus's Cognitive-Psychological Model - emphasizes the process of appraisal (primary and secondary) as the primary determinant of stress
Twin Studies - allows a researcher to test influence of heredity v. environment
Personal Construct Theory - unique system of reality
Deinstitutionalization - occurred because of changes in political policy and development of new drug therapies
Ainsworth's Strange Situation - looked at attachment in young children to their parents

Social Psychology Studies:
Zimbardo's Prison Study - effect of roles
Hawthorne Effect - people change their behavior when they thing that they're being observed
Dailey and Latane's Bystander effect - diffusion of responsibility (Kitty Genovese Case Study)
Asche Conformity Study - Lines of different lengths 75% at least once
Milgram's Obedience Study - Shocking the confederate 65% delivered full range
Sherif - "Autokinetic phenomenon", conformity studies. Social Psychologist

**Social Pressure:**
1. Conformity - occurs when individuals adopt the attitudes or behavior of others because of real or imagined pressure
2. Social Norms - shared standards of behavior
3. Reciprocity norm - people tend to treat others as they have been treated
4. Compliance - to get along with a request made of you from a person who does not have authority over you, techniques include:
   a. Foot in the door technique - if a small request is made first a larger request will be easier to fill later
   b. Door in the face technique - making a larger request first then making a smaller one which will seem more reasonable
   c. Low balling - getting agreement first, then adding specifics later
5. Obedience - compliance with someone who has authority

**Altruism:** Self concern for others

1. Bystander intervention - will individuals intervene in a harmful situation to another
2. Bystander effect - people are less likely to help when several people witness an emergency due to diffusion of responsibility, thinking that someone else can be responsible
3. Social facilitation - tendency to do better on well-learned tasks when another person is present
4. Social loafing-reduction in effort by individuals when they work in groups compared to by themselves
5. Risky shift-groups often arrive at riskier decisions than do individuals
6. Deindividuation-loss of identity as a result of being part of a group
7. Groupthink-members of a cohesive group emphasize agreement at the expense of critical thinking