



First Canadian Edition

THE SCIENCE OF PSYCHOLOGY

AN APPRECIATIVE VIEW

KING | HOLDER | URBSZAT



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The Science of Psychology: An Appreciative View
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We would like to offer a special dedication to all of our students, past, present, and future.

About the Authors

LAURA KING



Laura King did her undergraduate work at Kenyon College, where, already an English major, she declared a second major in psychology during the second semester of her junior year. She completed her AB in English with high honours and distinction and in psychology with distinction in 1986. Laura then did graduate work at Michigan State University and the University of California, Davis, receiving her PhD in personality psychology in 1991.

Laura began her career at Southern Methodist University in Dallas, moving to the University of Missouri in 2001, where she is now a Curators' Professor of Psychological Science. In addition to seminars in the development of character, social psychology, and personality psychology, she has taught undergraduate lecture courses in introductory psychology, introduction to personality psychology, and social psychology. At SMU, she received six different teaching awards, including the "M" award for "sustained excellence" in 1999. At the University of Missouri, she received the Chancellor's Award for Outstanding Research and Creative Activity in 2004.

Her research, which has been funded by the National Institute of Mental Health and the National Science Foundation, has focused on a variety of topics relevant to the question of what it is that makes for a good life. She has studied goals, life stories, happiness, well-being, and meaning in life. In general, her work reflects an enduring interest in studying what is good and healthy in people. In 2001, she earned recognition for her research accomplishments with a Templeton Prize in Positive Psychology. In 2011, she received the Ed and Carol Diener Award for Distinguished Contributions to Personality Psychology. In

2015, she received the Society for Personality and Social Psychology Award for service to the field, in part for her efforts in bringing the science of psychology to students. Laura's research (often in collaboration with undergraduate and graduate students) has been published in *American Psychologist*, the *Journal of Personality and Social Psychology*, *Psychological Bulletin*, and *Psychological Science*.

Laura has held numerous editorial positions. Most recently she was editor-in-chief of the Personality and Individual Differences section of the *Journal of Research in Personality and Social Psychology*. She also served as editor-in-chief of the *Journal of Research in Personality* and associate editor for the *Journal of Personality and Social Psychology* and *Personality and Social Psychology Bulletin*, as well as on numerous grant panels. She has edited or co-edited special sections of the *Journal of Personality* and *American Psychologist*.

In "real life," Laura is an accomplished cook and enjoys hosting lavish dinner parties, listening to music (mostly jazz vocalists and singer-songwriters), running with her faithful dog, Bill, and swimming and debating with her son, Sam.

MARK HOLDER



Mark Holder completed two years of undergraduate studies at Douglas College and then earned his B.A. (honours) at Simon Fraser University. With the help of an NSERC scholarship, he completed his PhD at the University of California, Berkeley, where he learned to throw a Frisbee 11 different ways. He then worked as a research psychologist and adjunct professor at the University of California, Los Angeles, where he conducted behavioural neuroscience work, including brain transplants, in Dr. John Garcia's lab.

As an assistant and later an associate professor at Memorial University of Newfoundland, he studied natural pain-killing chemicals that were released in the brains of people who ate chocolate chip cookies. During this time he worked as a biological consultant with the NutraSweet Company to determine whether aspartame is safe for pregnant mothers and their offspring. He also spent a research sabbatical at the University of Hawaii swimming with dolphins in studies of language.

Dr. Holder is now an associate professor at the University of British Columbia, where he studies positive psychology. His research team has identified factors (e.g., spirituality and personality) that contribute to the happiness of vulnerable people, including children, people living in challenging regions of the world (e.g., Zambia and Northern India), and people with psychological challenges (e.g., psychopathy and alexithymia). His team is also investigating strategies to enhance happiness in adults through experiences with nature and promoting their belief that they can change their well-being.

Dr. Holder has published over 85 academic articles, which have been cited over 3000 times. He has given keynotes and invited talks on the science of happiness on his travels to over 50 countries.

In his real life, Mark has a deep relationship with his carbon fibre mountain bike and he is happiest travelling the world and being in nature.

DAX URBSZAT



Dax Urbszat began his post-secondary education by attaining a Bachelor of Science degree from the University of Toronto with a specialist in psychology and a major in crime, law and deviance. This undergraduate training led to a law degree from Osgoode Hall Law School

followed by a master's and doctoral degree in psychology from the University of Toronto in the areas of personality, social, abnormal, and forensic psychology.

Dr. Urbszat is currently an associate professor in the Department of Psychology at the University of Toronto and can be found teaching the huge Introduction to Psychology course as well as courses in social psychology, psychology and law, forensic psychology, and special topics in abnormal psychology. Dax believes strongly in providing an interactive learning environment and is known to make deliberate efforts to facilitate his students' learning experience through demonstrations, class participation, experiential learning, and active student engagement. As evidence of his strong dedication to interactive teaching, Dax has been nominated numerous times to the top 20 in TVOntario's Best Lecturer Competition, and has received many awards and commendations for teaching, including the student-voted Tri-campus Teaching Award of Excellence for the University of Toronto in 2008 and the Award of Excellence for Teaching at the University of Toronto at Mississauga in 2010.

Dr. Urbszat is also cross-appointed to the forensic science program at the University of Toronto, where he assists with the unique undergraduate forensic psychology specialist program and supervises research and internships focusing on areas where psychology and the legal system intersect, including jury selection and the challenge for cause, eyewitness identification, jury decision making, psychopathy, and psychopathology related to deviant and criminal behaviour. Dr. Urbszat also acts as a behavioural consultant for individuals, businesses, and the courts and legal system, and has been called as an expert witness in a high-profile homicide trial to testify on the issues of pretrial publicity and jury bias.

Away from campus, Dax is a long-time practitioner of martial arts, including Judo, Kung Fu, Muay Thai, and Qigong. Dr. Urbszat has also been a long-time advocate and student of various forms of meditation, including mindfulness meditation and a secular version of transcendental meditation that he refers to as Focused Breathing. Also an accomplished musician (guitar, piano, bass, harmonica), singer, songwriter, and performer, Dax lends his musical talents each year to help support local charities and the university's undergraduate psychology club, music club, and alumni association. Dax's other interests include lucid dreaming and scuba diving.

Brief Contents

Preface

- CHAPTER 1 What Is Psychology?
- CHAPTER 2 What Is the Scientific Method in Psychology?
- CHAPTER 3 What Are the Biological Foundations of Behaviour?
- CHAPTER 4 What Are Sensation and Perception?
- CHAPTER 5 What Is Consciousness?
- CHAPTER 6 What Is Learning?
- CHAPTER 7 What Is Memory?
- CHAPTER 8 What Are Thinking, Intelligence, and Language?
- CHAPTER 9 How Do Humans Develop?
- CHAPTER 10 What Are Motivation and Emotion?
- CHAPTER 11 Why Do Individual Differences, Such as Gender and Sex, Matter?
- CHAPTER 12 What Is Personality?
- CHAPTER 13 What Is Social Psychology?
- CHAPTER 14 What Are Psychological Disorders?
- CHAPTER 15 What Is Therapy?
- CHAPTER 16 What Is Health Psychology?

Contents

Preface



1 What Is Psychology?

1. What Is This Book About?

What Is Active Reading?

2. What Is the Definition of Psychology?

What Is the Psychological Frame of Mind?

Why Is Psychology the Science of All Human Behaviour?

CRITICAL CONTROVERSY Can Facebook Make You Miserable?

3. What Is the Historical Perspective of Psychology?

What Are Wundt's Structuralism and James's Functionalism?

What Is Darwin's Natural Selection?

PSYCHOLOGICAL INQUIRY Explore Evolution from Giraffes to Human Beings

4. What Are the Contemporary Approaches to Psychology?

What Is the Biological Approach?

What Is the Behavioural Approach?

What Is the Psychodynamic Approach?

What Is the Humanistic Approach?

What Is the Cognitive Approach?

What Is the Evolutionary Approach?

What Is the Sociocultural Approach?

How Do We Sum Up the Seven Contemporary Approaches?

5. What Do Psychologists Do?

What Are Some Careers in Psychology?

What Are the Different Areas of Specialization?

INTERSECTION Personality, Developmental, and Cross-Cultural Psychology: Why Do We Grow Up, Psychologically?

6. How Does the Science of Psychology Affect and Health and Wellness?

How Does the Mind Impact the Body?

How Does the Body Impact the Mind?

Summary

Key Terms



2 What Is the Scientific Method in Psychology?

1. What Is the Scientific Method?

Step 1. Observing Some Phenomenon

Step 2. Formulating Hypotheses and Predictions

Step 3. Testing Through Empirical Research

Step 4. Drawing Conclusions

Step 5. Evaluating the Theory

2. What Research Designs Are Used in Psychological Research?

What Is Descriptive Research?

PSYCHOLOGICAL INQUIRY Miserable but Helpful?

What Is Experimental Research?

INTERSECTION Can a Sense of Purpose Buffer Distress in the Face of Diversity?

How Can Psychologists Use Descriptive and Experimental Research?

3. Who and Where Do We Study?

How Do We Select Participants for Research?

How Do We Choose Where to Do Research?

PSYCHOLOGICAL INQUIRY Experimentation in a Natural Setting

4. How Do We Analyze and Interpret Data?

What Are Descriptive Statistics?

What Are Inferential Statistics?

5. How Do We Make Sure Our Research Is Ethical?

What Ethical Guidelines Must Psychology Researchers Follow?

CRITICAL CONTROVERSY Is It Ethical to Use Deception in Research?

What Are the Ethical Considerations of Animal Research?

6. How Do We Critically Evaluate Psychological Research?

1. Have I Avoided Overgeneralizing Based on Little Information?

2. Have I Distinguished Between Group Results and Individual Needs?

3. Have I Looked for Answers Beyond a Single Study?

4. Have I Avoided Attributing Causes Where None Have Been Found?

5. Have I Considered the Source of Psychological Information?

Page ix

7. Can Research Help Us Be Happier?

Summary

Key Terms



3 What Are the Biological Foundations of Behaviour?

1. What Is the Nervous System?

What Are the Characteristics of the Nervous System?

What Are the Pathways in the Nervous System?

What Are the Divisions of the Nervous System?

2. What Are Neurons and Glial Cells

What Is the Structure of a Neuron?

How Does Information Travel Inside a Neuron?

How Does Information Travel Between Neurons?

CRITICAL CONTROVERSY Does Oxytocin Make People More Trusting?

How Do Groups of Neurons Communicate?

3. What Are the Major Parts of the Brain and How Do We Study Them?

How Do Researchers Study the Brain and Nervous System?

INTERSECTION Environmental Psychology and Neuroscience: How Does Spending Time in Nature Affect the Brain?

How the Brain Is Organized?

PSYCHOLOGICAL INQUIRY The Brain in Different Species

What Is the Cerebral Cortex and What Does It Do?

What Is the Difference Between the Two Cerebral Hemispheres and How Does Split-Brain Research Help Us Understand This Difference?

How Do the Different Parts of the Brain Work Together?

4. What Is the Endocrine System?

5. How Can We Recover From Brain Damage?

What Is Brain Plasticity and the Brain's Capacity for Repair?

What Are Brain Tissue Implants?

6. What Does Genetics Have to Do With Psychology and Behaviour?

What Are Chromosomes, Genes, and DNA?

How Is Genetics Studied?

PSYCHOLOGICAL INQUIRY Identical Twins

Are We a Product of Genes or the Environment?

7. How Does Stress Impact Our Health and Wellness?

Summary

Key Terms



4 What Are Sensation and Perception?

1. How Do We Sense and Perceive the World?

What Are the Processes and Purposes of Sensation and Perception?

PSYCHOLOGICAL INQUIRY Old Woman or Young Woman?

How Are Sensory Receptors and the Brain Connected?

CRITICAL CONTROVERSY Can We Feel the Future?

What Are the Thresholds for Detecting Stimuli?

PSYCHOLOGICAL INQUIRY Subliminal Perception: Working Up a Thirst

What Is Signal Detection Theory?

What Factors Influence Our Perception?

What Is Sensory Adaptation?

2. What Is the Visual System?

How and What Does the Visual System See?

How Does the Brain Process Visual Information?

How Do We See Colour?

How Do We Perceive Shape, Depth, Motion, and Constancy?

3. What Is the Auditory System?

What Is Sound and How Do We Experience It?

What Are the Structures and Functions of the Ear?

What Theories Explain Hearing?

How Does the Brain Process Auditory Information?

How Can We Tell Where a Sound Come From?

4. What Are the Other Senses?

What Are the Skin Senses?

INTERSECTION Why Do Some People *Literally* Feel What Others Feel?

What Are the Chemical Senses?

What Are the Kinesthetic and Vestibular Senses?

5. How Do We Keep Our Sensation and Perception Systems Healthy?

Summary

Key Terms



5 What Is Consciousness?

1. What Is the Nature of Consciousness?

How Do We Define Consciousness?

Where Is Consciousness in the Brain?

What Are the Different Levels of Awareness?

CRITICAL CONTROVERSY Is Human Kindness Automatic?

2. Why Do We Sleep and Dream?

What Are Biological Rhythms and Sleep?

Why Do We Need Sleep?

What Are the Stages of Wakefulness and Sleep?

Does Sleep Change Throughout the Life Span?

How Does Sleep Affect Disease?

What Are Sleep Disorders?

What Are Dreams?

What Is Lucid Dreaming?

How Do I Have a Lucid Dream?

3. What Are Psychoactive Drugs?

What Are the Uses of Psychoactive Drugs?

What Are the Types of Psychoactive Drugs?

4. What Is Hypnosis?

What Is the Nature of Hypnosis?

How Do We Explain Hypnosis?

What Are the Uses of Hypnosis?

5. What Is Meditation?

What Is Mindfulness Meditation?

What Is Lovingkindness Meditation?

INTERSECTION Consciousness and Social Psychology: Can Lovingkindness Meditation Reduce Prejudice?

What Is the Meditative State of Mind?

How Does One Get Started with Meditation?

Summary

Key Terms



6 What Is Learning?

1. What Are the Types of Learning?

What Is Non-Associative Learning?

What Is Associative Learning?

2. What Is Classical Conditioning?

What Did We Learn from Pavlov's Studies?

PSYCHOLOGICAL INQUIRY From Acquisition to Extinction (to Spontaneous Recovery)

How Does Classical Conditioning Apply to Humans?

INTERSECTION Learning and Health Psychology: Can Classical Conditioning Be Used to Combat Obesity?

3. What Is Operant Conditioning?

How Do We Define Operant Conditioning?

What Is Thorndike's Law of Effect?

What Was Skinner's Approach to Operant Conditioning?

What Is Shaping?

What Are the Principles of Reinforcement?

PSYCHOLOGICAL INQUIRY Schedules of Reinforcement and Different Patterns of Responding

How Can We Use Operant Conditioning to Change Our Behaviours?

4. What Is Observational Learning?

5. Are Cognitive Factors Involved in Learning?

Does the Purpose of a Behaviour Matter?

Does Insight Play a Role in Learning?

6. What Are the Biological, Cultural, and Psychological Factors in Learning? Is Learning Constrained by Biology?

How Might Culture Influence Human Learning?

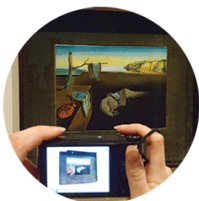
Does Psychology Constrain Learning?

CRITICAL CONTROVERSY Do Learning Styles Matter to Learning?

7. How Can Learning Improve Our Health and Wellness?

Summary

Key Terms



7 What Is Memory?

1. What Is the Nature of Memory?

2. What Is Memory Encoding?

What Is Attention?

CRITICAL CONTROVERSY Is the Pen Superior to the Keyboard?

What Are the Levels of Processing?

What Is Elaboration?

How Does Imagery Improve Memory?

3. What Is Memory Storage?

What Is Sensory Memory?

What Is Short-Term Memory?

PSYCHOLOGICAL INQUIRY The Inner Workings of Working Memory

What Is Long-Term Memory?

4. What Is Memory Retrieval?

What Is the Serial Position Effect?

PSYCHOLOGICAL INQUIRY The Serial Position Effect: Lost in Midstream

What Are Retrieval Cues and the Retrieval Task?

What Are Special Cases of Retrieval?

INTERSECTION Can Mindfulness Meditation Increase Susceptibility to False Memories?

5. Why Do We Forget?

What Is Encoding Failure?

What Is Retrieval Failure?

6. What Study Tips Can We Learn from the Science of Memory?

7. How Does Memory Contribute to Health and Wellness?

How Do We Keep Memory Sharp and Preserve Brain Function?

How Does Memory Shape Meaningful Experiences?

Summary

Key Terms



8 What Are Thinking, Intelligence, and Language?

1. What Is Cognition?

2. What Is Thinking?

What Are Concepts?

What Is Problem Solving?

PSYCHOLOGICAL INQUIRY Thinking Outside the Box

What Are Reasoning and Decision Making?

INTERSECTION Cognitive Psychology and Developmental Psychology: Do Children Engage in Wishful Thinking?

How Can We Think More Critically and Creatively?

3. What Is Intelligence?

How Do We Measure Intelligence?

PSYCHOLOGICAL INQUIRY The Normal Curve

What Are the Influences of Genetics and Environmental Factors on Intelligence?

What About Extremely High and Extremely Low Intelligence?

CRITICAL CONTROVERSY Do Teachers Have Stereotypes About Gifted Children?

Are There Multiple Intelligences?

4. What Is Language?

What Are the Basic Properties of Language?

What Is the Connection Between Language and Cognition?

How Do Biology and the Environment Influence Language?

How Does Language Develop Over the Life Span?

5. How Are Thinking and Problem Solving Related to Health and Wellness?

How Do We Think About Stress?

How Can We Reinterpret Stress?

Summary

Key Terms



9 How Do Humans Develop?

1. What Is Human Development?

What Are Cross-Sectional and Longitudinal Research Methods?

How Do Nature and Nurture Influence Development?

What Is Your Role in Your Development?

Are Early or Later Life Experiences More Important in Development?

2. What Do We Know About Child Development?

What Happens During Prenatal Development?

What Do We Know About Infant and Childhood Development?

CRITICAL CONTROVERSY Do “Sticky Mittens” Foster Reaching in Infants?

Cognitive Development in Infancy and Childhood

How Does Cognition Develop in Infancy and Childhood?

PSYCHOLOGICAL INQUIRY Thinking Critically About Object Permanence

What Underlies the Socioemotional Development of Infants and Children?

What Does Moral Development Look Like in Childhood?

Page xii

3. What Happens During Adolescence?

How Do Adolescents Develop Physically?

How Does Cognition Develop in Adolescence?

What Underlies the Socioemotional Development of Adolescents?

PSYCHOLOGICAL INQUIRY Exploring Identity Exploration

4. What Happens During Adult Development?

What Are the Main Features of Emerging Adulthood?

How Do We Physically Change During Adulthood?

How Does Cognition Develop in Adulthood?

What Underlies the Socioemotional Development of Adults?

INTERSECTION How Does the Emotional Work of Parenting Influence Well-Being?

5. What Is the Relationship Between Human Development and Health and Wellness?

How Does Coping Influence Adult Development?

What Is the Importance of Meaning in Development?

Summary

Key Terms



10 What Are Motivation and Emotion?

1. What Are the Theories of Motivation?

What Is the Evolutionary Approach?

What Is Drive Reduction Theory?

What Is Optimum Arousal Theory?

PSYCHOLOGICAL INQUIRY Obeying the (Yerkes–Dodson) Law

2. How Do We Explain Hunger, Obesity, and Eating Disorders?

What Is the Biology of Hunger?

What Are the Costs and Risks of Obesity?

What Is Disordered Eating?

3. What Is the Role of Motivation in Everyday Life?

What Is Maslow's Hierarchy of Human Needs?

What Is Self-Determination Theory?

What Are Intrinsic and Extrinsic Motivations?

What Are Self-Regulation and the Successful Pursuit of Goals?

CRITICAL CONTROVERSY Do Superstars Inspire or Discourage?

INTERSECTION Motivation and Behaviour Genetics: Why Do We Procrastinate?

4. What Is Emotion?

What Are the Biological Factors in Emotion?

What Are the Cognitive Factors in Emotion?

What Are the Behavioural Factors in Emotion?

What Are the Sociocultural Factors in Emotion?

How Do We Classify Emotions?

PSYCHOLOGICAL INQUIRY The Full Circle of Emotions

What Are the Adaptive Functions of Emotions?

5. How Do Motivation and Emotion Affect Health and Wellness

What Are the Biological Factors in Happiness?

What Are the Obstacles to the Pursuit of Happiness?

What Are Happiness Activities and Goal Striving?

Summary

Key Terms



11 Why Do Individual Differences, Such as Gender and Sex, Matter?

1. How Do Psychologists Define Sex and Gender?

What Are the Biological Components of Sex?

What Is Gender?

What Sets the Stage Early for Sex and Gender?

What Are Some Variances in Sexual Development?

What Happens When Genetic Sex and Gender Conflict?

2. What Are the Theories of Gender Development?

What Are the Biological Approaches to Gender Development?

How Does Evolutionary Psychology Explain Gender Differences?

How Do Social Cognitive Approaches Explain Gender Differences?

How Does Social Role Theory Explain Gender Differences?

CRITICAL CONTROVERSY Are Men Better Negotiators Than Women?

Is There a Single Best Theory of Gender Differences?

3. What Are Psychological Gender Differences?

Do the Genders Differ in Terms of Emotion, Empathy, and Helpfulness?

Are There Gender Differences in Cognitive Ability?

Do the Genders Differ in Levels of Aggression?

What Are the Gender Differences in Sexuality?

Page xiii

PSYCHOLOGICAL INQUIRY Sex and Casual Sex

How Should We Think About Gender Differences?

4. What Is Sexual Orientation?

How Do We Define Sexual Orientation?

How Common Are Different Sexual Orientations?

What Are the Origins of Sexual Orientation?

How Well Do Gay and Lesbian People Thrive?

5. How Do We Research Sexual Behaviours and Practices?

How Do We Define Sexual Behaviours?

In Terms of Sexual Practices, What Do We Do, and How Often?

PSYCHOLOGICAL INQUIRY How Often Do People Have Sex?

What Are the Three Stages of Our Sexual Response?

What Role Does Cognition Play in Sexual Behaviour?

INTERSECTION When Is a Person Psychologically “Ready” for Sex?

6. What Are Some Sexual Variations and Disorders?

What Are Fetishes?

What Are Paraphilic Disorders?

What Is a Pedophilic Disorder?

What Are the Common Disorders of Sexual Desire and Sexual Response?

7. How Do Individual Differences Impact Health and Wellness?

How Are Sexual Behaviour and Physical Health Linked?

Does Sexual Behaviour Influence Well-Being?

How Do Individual Differences Relate to Psychology?

Summary

Key Terms



12 What Is Personality?

1. What Are the Psychodynamic Perspectives?

What Is Freud's Psychoanalytic Theory?

What Do Psychodynamic Critics and Revisionists Say?

CRITICAL CONTROVERSY Does Birth Order Affect Personality?

Evaluating the Psychodynamic Perspectives

2. What Are the Humanistic Perspectives?

What Is Maslow's Approach?

What Is Rogers's Approach?

What Is the Evaluation of the Humanistic Perspectives?

3. What Are the Trait Perspectives?

What Are Trait Theories?

What Is the Five-Factor Model of Personality?

PSYCHOLOGICAL INQUIRY Your Personality Traits: Who Are You?

INTERSECTION Personality Psychology and Comparative Psychology: Do Life Experiences Influence Personality?

What Is HEXACO?

What Is the Evaluation of the Trait Perspectives?

4. What Are the Personological and Life Story Perspectives?

What Is Murray's Personological Approach?

What Is the Life Story Approach to Identity?

What Is the Evaluation of the Personological and Life Story Perspectives?

5. What Are the Social Cognitive Perspectives?

What Is Bandura's Social Cognitive Theory?

What Are Mischel's Contributions?

What Is the Evaluation of the Social Cognitive Perspectives?

6. What Are the Biological Perspectives?

How Is Personality Represented in the Brain?

What Is the Role of Behavioural Genetics?

What Is the Evaluation of the Biological Perspectives?

7. What Is Personality Assessment?

What Are Self-Report Tests?

What Are Projective Tests?

What Are Some Other Assessment Methods?

8. How Does Personality Affect Health and Wellness?

How Does Personality Affect Physical Health?

PSYCHOLOGICAL INQUIRY A Can-Do Attitude Means You Can Quit Smoking

How Does Personality Affect Psychological Well-Being?

Summary

Key Terms



13 What Is Social Psychology?

1. What Is Social Psychology?

What Are the Features of Social Psychology?

An Example: What Is the Bystander Effect?

2. What Is Social Cognition?

What Is Person Perception?

What Are Attributions?

How Do We See the Self as a Social Object?

What Are Attitudes?

INTERSECTION Social Psychology and Personality Psychology: Do Some People Just Hate Everything?

3. What Is Social Behaviour?

What Is Altruism?

What Is Aggression?

4. What Is Social Influence?

What Are Conformity and Obedience?

PSYCHOLOGICAL INQUIRY Obedience Then and Now

What Is Group Influence?

5. What Are Intergroup Relations?

What Is Group Identity?

CRITICAL CONTROVERSY Why Does a Cell Phone Look Like a Gun?

How Can We Improve Intergroup Relations?

PSYCHOLOGICAL INQUIRY Improving Group Relations Through Cooperative Activities

6. How Do We Understand Close Relationships?

What Creates Attraction?

What Can Social Psychology Tell Us About Love?

What Are Some Models of Close Relationships?

7. How Can Social Psychology Improve Health and Wellness?

Summary

Key Terms



14 What Are Psychological Disorders?

1. How Do We Define and Explain Abnormal Behaviour?

What Are the Theoretical Approaches to Psychological Disorders?

How Do We Classify Abnormal Behaviour?

CRITICAL CONTROVERSY Does *Everyone* Have ADHD?

2. What Are Anxiety and Anxiety-Related Disorders?

What Is Generalized Anxiety Disorder?

What Is Panic Disorder?

What Is Specific Phobia?

What Is Social Anxiety Disorder?

INTERSECTION Clinical Psychology and Social Psychology: Can Authentic Interactions Help Those with Social Anxiety?

What Is Obsessive-Compulsive Disorder?

What Is Post-Traumatic Stress Disorder?

3. What Are Disorders Involving Emotion and Mood?

What Are Depressive Disorders?

PSYCHOLOGICAL INQUIRY Depression Among Women and Men Across Cultures

What Is Bipolar Disorder?

4. What Are Dissociative Disorders?

What Is Dissociative Amnesia?

What Is Dissociative Identity Disorder?

5. What Is Schizophrenia?

What Are the Symptoms of Schizophrenia?

What Are the Causes of Schizophrenia?

PSYCHOLOGICAL INQUIRY The Association of Genes with Schizophrenia

6. What Are Personality Disorders?

What Is Antisocial Personality Disorder?

What Is Borderline Personality Disorder?

7. What Should We Know About Suicide?

What Are Biological Factors?

What Are the Psychological Factors?

What Are the Sociocultural Factors?

8. How Do Psychological Disorders Affect Health and Wellness?

What Are the Consequences of Stigma?

How Can We Overcome Stigma?

Summary

Key Terms



15 What Is Therapy?

1. What Are the Approaches to Treating Psychological Disorders?

What Is the Psychological Approach to Therapy?

What Is the Biological Approach to Therapy?

2. What Is Psychotherapy?

What Are the Central Issues in Psychotherapy?

PSYCHOLOGICAL INQUIRY Does Therapy Work?

What Are Psychodynamic Therapies?

What Are Humanistic Therapies?

What Are Behaviour Therapies?

PSYCHOLOGICAL INQUIRY Classical Conditioning: The Backbone of Aversive Conditioning

What Are Cognitive Therapies?