

AP Psychology – Unit 10 Assignment

Abnormal Psychology & Therapies

Big Questions: Where should we draw the line between normality and disorder? What type of psychotherapy works best?

Abnormal Psychology & Therapies Objectives:

- Identify the criteria for judging whether behavior is psychologically disordered
- Describe the medical model of psychological disorders
- Describe DSM-IV and explain the reason for its development
- Describe the symptoms of generalized anxiety, phobic, and obsessive-compulsive Disorders
- Discuss the psychoanalytic, learning theory, and biological explanations of anxiety disorders
- Distinguish between a conversion disorder and hypochondriasis
- Describe the characteristics and possible causes of amnesia, fugue, and multiple personality
- Describe major depression and bipolar disorder
- Explain the causes of mood disorders from the psychoanalytic, biological, and social-cognitive perspectives
- Describe the various forms and symptoms of schizophrenic disorder and discuss research on the causes of schizophrenia
- Describe the nature of personality disorders and the specific characteristics of the antisocial personality disorder
- Discuss the controversy surrounding the use of diagnostic labels
- Discuss the aims and methods of psychoanalysis and explain the critics' concerns with this form of therapy
- Identify the basic themes of humanistic therapies and describe Rogers' person-centered approach
- Describe Perls' Gestalt therapy and discuss the application of humanistic principles in group therapies
- Identify the basic assumptions of behavior therapy and discuss the classical conditioning techniques of systematic desensitization and aversive conditioning
- Describe behavior modification and explain the critic's concerns with this therapeutic approach
- Describe the assumptions, goals, and techniques of ration-emotive therapy and of the cognitive therapies for depression
- Discuss the findings regarding the effectiveness of the psychotherapies
- Discuss the commonalities among the psychotherapies
- Identify the common forms of drug therapy
- Describe the use of electroconvulsive therapy and psychosurgery in the treatment of psychological disorders
- Explain the rationale of preventive mental health programs

Abnormal Psychology & Therapies Overview

Although there is no clear-cut line between normal and abnormal behavior, we can characterize as abnormal those behaviors that are atypical, disturbing, maladaptive, and unjustifiable. This unit discusses types of anxiety, dissociative, mood, schizophrenia, and personality disorders, as classified by the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV). Although this classification system follows a medical model, in which disorders are viewed as illnesses, the unit discusses psychological as well as physiological factors, as advocated by the current bio-psychosocial perspective. Thus, psychoanalytic theory, learning theory, social-cognitive theory, and other psychological perspectives are drawn on when relevant. The unit concludes with a discussion of the incidence of serious psychological disorders in society today. Your major task in this unit is to learn about psychological disorders, their various subtypes and characteristics, and their possible causes.

Major psychotherapies and biomedical therapies for maladaptive behaviors will also be examined. The various psychotherapies all derive from the perspectives on personality discussed earlier, namely, the psychoanalytic, humanistic, behavioral, and cognitive perspectives. The unit groups the therapies by perspective but also emphasizes the common threads that run through them. In evaluating the therapies, the unit points out that, although people who are untreated often improve, those receiving psychotherapy tend to improve somewhat more, regardless of the type of therapy they receive.

The biomedical therapies discussed are drug therapies; electroconvulsive therapy; and psychosurgery, which is seldom used. By far the most important of the biomedical therapies, drug therapies are being used in the treatment of psychotic, anxiety, and mood disorders.

Unit 10 Reading Assignments:

Find your textbook listed below and read the pages listed; there may be a pop quiz that follows the reading. You are responsible for it!

- **OpenStax Psychology Textbook:** Chapters 15 & 16 (Posted on Class Website)

AP Psychology – Unit 11 Assignment

Social Psychology

Big Questions: How do we explain people's behaviors? How do we influence each other?

Social Psychology Objectives

- Describe the importance of attribution in social behavior and the dangers of the fundamental attribution error.
- Identify the conditions under which attitudes have a strong impact on actions.
- Explain the foot-in-the-door phenomenon and the effect of role playing on attitudes in terms of cognitive dissonance theory.
- Discuss the results of experiments on conformity and distinguish between normative and informational social influence.
- Describe Milgram's controversial experiments on obedience and discuss their implications for understanding our susceptibility to social influence.
- Describe conditions in which the presence of others is likely to result in social facilitation, social loafing, or deindividuation.
- Discuss how group interaction can facilitate group polarization and groupthink and explain how a minority can influence the majority in a group.
- Discuss how cultural differences in social norms and gender roles influence individual behavior.
- Describe the social, emotional, and cognitive factors that contribute to the persistence of cultural, ethnic, and gender prejudice and discrimination.
- Describe the impact of biological factors, aversive events, and learning experiences on aggressive behavior.
- Discuss the effects of observing filmed violence and pornography on social attitudes and relationships.
- Explain how social traps and mirror-image perceptions fuel social conflict.
- Describe the influence of proximity, physical attractiveness, and similarity on interpersonal attraction.
- Explain the impact of physical arousal on passionate love and discuss how companionate love is nurtured by equity and self-disclosure.
- Describe and explain the bystander effect and explain altruistic behavior in terms of social exchange theory and social norms.
- Discuss effective ways of encouraging peaceful cooperation and reducing social conflict.

Social Psychology Overview

This unit demonstrates the powerful influences of social situations on the behavior of individuals. Central to this topic are research studies on attitudes and actions, conformity, compliance, and cultural influences. The social principles that emerge help us to understand how individuals are influenced by advertising, political candidates, and the various groups to which they belong. Although social influences are powerful, it is important to remember the significant role of individuals in choosing and creating the social situations that influence them.

The unit also discusses how people relate to one another, from the negative—developing prejudice, behaving aggressively, and provoking conflict—to the positive—being attracted to people who are nearby and/or similar and behaving altruistically. The unit concludes with a discussion of techniques that have been shown to promote conflict resolution.

Although there is some terminology for you to learn in this unit, your primary task is to absorb the findings of the many research studies discussed. In addition, you might, for each main topic (conformity, aggression, group influence, etc), ask yourself the question "What situational factors promote this phenomenon?" The research findings can then form the basis for your answers.

Unit 11 Reading Assignments:

Find your textbook listed below and read the pages listed; there may be a pop quiz that follows the reading. You are responsible for it!

- **OpenStax Psychology Textbook:** Chapter 12 (Posted on Class Website)

Units 10 & 11 Vocabulary Terms/Flip Book

Psychology is a term heavy course; you are responsible for the terms below. You will have a vocabulary quiz every other unit. For the quiz I will pull terms from the Unit vocabulary lists.

Flip Book: Each term should be on its own card. Each card will have the term on the front and definition in your own words written on the back. Each card will be taped into a manila folder, numbered, and turned in the day of the unit test.

Unit 10

1. Psychological Disorder
2. DSM-V
3. Anxiety Disorders
4. Generalized Anxiety Disorder
5. Panic Disorder
6. Phobia
7. Obsessive-Compulsive Disorder (OCD)
8. Post-Traumatic Stress Disorder (PTSD)
9. Somatoform Disorder
10. Conversion Disorder
11. Hypochondriasis
12. Dissociative Disorders
13. Dissociative Identity Disorder (DID)
14. Mood Disorders
15. Major Depressive Disorder
16. Mania
17. Bipolar Disorder
18. Schizophrenia
19. Delusions
20. Personality Disorders
21. Antisocial Personality Disorder
22. Psychotherapy
23. Psychodynamic Therapy
24. Insight Therapies
25. Client-Centered Therapy
26. Active Listening
27. Behavior Therapy
28. Counterconditioning
29. Exposure Therapies
30. Systemic Desensitization
31. Cognitive Therapy
32. Cognitive-Behavioral Therapy
33. Family Therapy
34. Biomedical Therapy
35. Antipsychotic Drugs
36. Antidepressant Drugs

Unit 11

1. Social Psychology
2. Attribution Theory
3. Fundamental Attribution Error
4. Attitude
5. "Foot In The Door" Phenomenon
6. "Door In The Face" Phenomenon
7. Roles
8. Cognitive Dissonance Theory
9. Conformity
10. Normative Social Influence
11. Information Social Influence
12. Social Facilitation
13. Social Loafing
14. Deindividuation
15. Group Polarization
16. Groupthink
17. Culture
18. Norm
19. Prejudice
20. Stereotypes
21. Discrimination
22. Social Identities
23. Ingroup
24. Outgroup
25. Scapegoat Theory
26. Just World Phenomenon
27. Hindsight Bias
28. Aggression
29. Attraction
30. Mere Exposure Effect
31. Theory of Attraction
32. Altruism
33. Bystander Effect
34. Social Exchange Theory
35. Reciprocity
36. Zimbardo/Stanford Experiment
37. Milgram Teacher/Student Experiment
38. Asch Conformity Experiment

Part II - AP Questions

Directions: Thoroughly answer the following questions. All answers must be handwritten in complete sentences and in your own words.

1. In order for behavior to be considered abnormal, it must be unusual, maladaptive, disturbing, and distressful. Pick any disorder of your choice and explain how each of these would apply.
 2. Lara is paranoid that a stranger is going to come into her house at any given moment. She always locks the door seventeen times before going to bed so that her mind can be put at ease. In this example, what psychological disorder would Lara likely be diagnosed with? Break down the disorder into its two parts.
 3. Kenny has an immense fear of cats. How could Kenny overcome this fear utilizing the behavior therapy of systematic desensitization?
 4. Give an example of when you have fallen prey to the fundamental attribution error. Make sure to explain and apply the concept to your example. Think of school, sports, or social events for ideas...
 5. Pick any two of the group influences discussed in class and give examples from your life or people close to you where that group influence has been exhibited. Describe them.
 6. What would you consider your ingroup AND your outgroup? Make sure you example and apply each term to your examples.
 7. In the next year or two, you may find yourself living in a college dormitory for the first time. What type of cognitive dissonance do you think first-year college students experience? (Feel free to be creative... the question may seem hard but there are thousands of possibilities)