

Subject Index

A

- AA, *see* Alcoholics Anonymous (AA)
- Absenteeism, 454
- Abstinence, 364–365
- Acceptance stage of dying, 262
- Acculturation, 78, 104
- Acetaminophen, 141
- Acquired immunodeficiency syndrome, 362. *See also* HIV/AIDS
- Acrophobia, 374
- ACTH, *see* Adrenocorticotrophic hormone (ACTH)
- Active Minds, 422
- Actor–observer effect, 206–207
- Acupuncture, 92
- Acute stress disorder, 377
- Adaptive thermogenesis, 164–165
- Adipose tissue, 163–164
- Adjustment
- behavior therapy and, 408–411
 - clinical approach vs. healthy-personality approach on, 7
 - critical thinking and, 11–16
 - defined, 6
 - disorders in, 372
 - diversity and, 9–11
 - divorce and, 325
 - happiness and, 7–8
 - how psychologists study, 16–24
 - of LGBT individuals, 291–293
 - nature vs. nurture in, 6–7
 - personal growth and, 6
 - positive psychology and, 7–8
 - in the workplace, 451–458
- Adrenaline, 99
- Adrenal medulla, 99
- Adrenocorticotrophic hormone (ACTH), 99
- Adultery, 323
- Adulthood, 239–265
- cognitive development in, 256–257
 - death and dying, 260–264
 - early, 243–247
 - emerging, 240–242
 - late, 254–260
 - middle, 247–254
 - physical development in, 247–250, 254–255
 - self-esteem in, 191, 193
- Advertising, sex used in, 219–220
- Aerobic exercise, 174
- Affirmative consent, 357
- African Americans
- demographics of, 10
 - eating disorders in, 173
 - health of, 122–124
 - insomnia among, 180
 - LGBT, 287
 - meditation and heart attacks in, 115
 - physical attractiveness and, 301–302
 - physical self of, 186
 - psychotherapy and, 426
 - stereotypes about, 212–213
 - suicide among, 388
- Age homogamy, 304, 321
- Ageism, 213
- Aggression. *See also* Rape
- alcohol and, 23–24
 - assertiveness vs., 234
 - coping with stress and, 106
 - gender differences in, 276–277
 - hot temperatures and, 95–96
 - relational, 277
- Aging, successful, 258–259
- Aging population, 10, 254
- Agoraphobia, 374
- Agreeableness, 73, 74, 465–466
- Air pollution, 96
- Alarm stage, 97–99
- Alcohol, 136–139
- aggression and, 23–24
 - binge drinking, 120, 137
 - Muslims and, 198
 - prevalence of use, 134
 - rape and, 356, 357, 358, 360
- Alcoholics Anonymous (AA), 138–139, 423
- Alcohol use disorder (AUD), 135, 136
- self-assessment for, 138
 - treating, 138–139
- Aldehyde dehydrogenase, 135, 136
- Alligators, sex determination in, 269
- Alpha waves, 115
- Altruism, 230–232
- Alzheimer’s disease (AD), 256–257, 260
- Amenorrhea, 249
- American Association of Suicidology, 391
- American Foundation for Suicide Prevention, 391
- American Psychological Association, 391
- Amino acids, 158
- Amnesia, dissociative, 381
- Amphetamines, 145
- Anaerobic exercise, 174
- Anal-expulsive traits, 54
- Analgesic drugs, 90
- Anal intercourse, 346–348, 364
- Anal-retentive traits, 54
- Anal stage, 54
- Analytical psychology, 55–56
- Androgen-insensitivity syndrome, 269
- Androgens, 278
- Androgyny, 282
- Andropause, 250
- Anger management, 415–417
- Anger stage of dying, 261, 262
- Anorexia nervosa, 169, 170–171
- Antianxiety drugs, 429
- Antibodies, 100
- Antidepressants, 385–386, 429–430
- eating disorders and, 173–174
 - evaluating, 431–432
 - in treating substance abuse, 139
- Antigens, 100
- Antipsychotic drugs, 429
- Antisocial personality disorder, 396–397
- Anxiety
- cognitive therapy for, 414–415
 - in college students, 3, 4–5
 - coronary heart disease and, 129
 - definition of, 373
 - over tests, 3, 40–43, 274
- Anxiety-related disorders, 372–380
- drugs for, 429
 - generalized anxiety, 375
 - hoarding, 375–376
 - illness anxiety disorder, 377–378
 - obsessive-compulsive, 375, 379
 - origins of, 378–380
 - panic, 374, 379
 - social anxiety, 374
 - specific phobic, 373–374, 378–379
 - stress, 376–377, 379–380
- Approach–approach conflict, 93
- Approach–avoidance conflict, 94
- Apps
- Calm, 114
 - calorie-counting, 169
 - dating, 292, 313
 - MenoPro, 250
 - on ovulation, 350
- Archetypes, 55–56
- Artistic individuals, 466
- Asch study on conformity, 227–228
- Asian Americans, 76
- alcohol metabolization in, 135, 136
 - demographics of, 10
 - LGBT, 287
 - personal space, 96
 - psychotherapy and, 426–427
 - self-serving bias and, 208
 - stereotypes about, 212–213
- Assembly lines, 453–454
- Assertiveness, 233–237
- self-assessment of, 233
 - sexism and, 271
- Astrology, 13–15
- Attitudes, attraction and, 304–305
- Attraction, 301–306
- attitudes and, 304–305
 - the color red and, 303
 - nonphysical traits in, 304
 - physical attractiveness and, 301–304
 - reciprocity in, 305
 - similarity hypothesis on, 304, 305
- Attraction-similarity hypothesis, 304, 305
- Attractiveness
- the color red and, 303
 - names and, 187
 - physical, 301–304
- Attribution, 205–208, 327
- Attributional styles, 387–388, 452
- Attribution process, 205–206
- AUD, *see* Alcohol use disorder (AUD)
- Authority
- obedience to, 223–227
 - perception of legitimate, 226
- Autonomic nervous system, 98–99, 379
- Aversive conditioning, 410
- Avoidance–avoidance conflict, 93
- ## B
- Bacterial vaginosis, 363
- Bait-and-switch tactic, 222–223
- Balance sheets, 463–464
- Barbie dolls, 172–173
- Barbiturates, 140–141
- Bargaining stage of dying, 261, 262
- Barnum effect, 14
- Bates, A. K., 87
- Bathroom laws, 284
- Behaviorism, 59–63
- classical conditioning, 60–61
 - operant conditioning, 61–63
 - social cognitive theory, 63–65
- Behavior modification, *see* Behavior therapy
- Behavior rehearsal, 236–237
- Behavior therapy, 408–411
- aversive conditioning, 410
 - fear-reduction methods in, 408–409
 - operant conditioning in, 410–411
- Bereavement, 262–264
- BFT, *see* Biofeedback training (BFT)
- Biases. *See also* Prejudice
- self-serving, 207–208
 - social desirability, 18, 19
 - volunteer, 20
 - in workers’ performance appraisals, 453
- Biculturalism, 78
- Big Five personality model, 73–74, 201, 253
- antisocial personality disorder and, 397

- finding a career and, 465–466
gender differences in, 276
job satisfaction and, 454
personality disorders and, 398
- Binge drinking, 120, 137
- Binge eating, 171, 173–174
- Biofeedback training (BFT), 91, 127, 410–411
- Biological perspectives, on sexual orientation, 289
- Biomedical therapies, 428–432
electroconvulsive therapy, 430–431
evaluating, 431–432
medications, 429–430
psychosurgery, 431
- Biopsychosocial model of schizophrenia, 394
- Biphobia, 294
- Bipolar disorder, 384, 430
- Biracial people, identity formation in, 198
- Birth rate, 245
- Bisexual, 286, 287, 293
- Blessings, 8
- Blind studies, 23–24
- Blood pressure, 122, 123, 129, 312
- BMI, *see* Body mass index (BMI)
- Body dissatisfaction, 172
- Body language, 204–205
- Body mass index (BMI), 162, 163, 346
- Body transcendence vs. body preoccupation, 257
- Bone mass, loss of, 250
- Booty-call relationships, 310–312
- Borderline personality disorder, 397
- Brain, in schizophrenia, 393–394, 398
- Brain organization, gender differences in, 278, 280
- Breathing
diaphragmatic, 43
stress management and, 116
- Budgeting, 44–45, 46
- Buffers, 226–227
- Bulimia nervosa, 3, 169, 171, 173–174
- Burnout, 456–458
- Bystander effect, 230–231
- C**
- CAH, *see* Congenital adrenal hyperplasia (CAH)
- Calm app, 114
- Calorie-counting apps, 169
- Calories, 164, 166–167
- Cancer, 130–134
as cause of death, 261
ethnicity and, 123–124
lifetime risk of, 132
prevention of/coping with, 133
psychological treatment of patients with, 133
risk factors for, 132–133
- Candid Camera*, 227
- Candidiasis, 363
- Carcinogenic genes, 132
- Cardiovascular fitness, 176
- Career changes, 439–440
- Career development, 436–446
developmental tasks in, 445–446
getting a job and, 440–445
motives for working and, 437–438
social cognitive career theory and, 436–437
stages of, 438–440
- Caring, 314
- Case study method, 18
- Castration anxiety, 290
- Catastrophic thinking, 42–43, 380
- Catastrophizing, 108–110
- Catatonic behavior, 392
- CBT, *see* Cognitive behavioral therapy (CBT)
- Celibacy, 310
- Cellphone zombies, 35
- Central nervous system (CNS), 136
- Central route, persuasion and, 217
- Cervix, 339–340
- CHD, *see* Coronary heart disease (CHD)
- Childcare, 458, 459–460, 462
- Chlamydia, 361, 362
- Cholesterol, 129, 130, 162
exercise and, 176
in middle adulthood, 250
sexual problems and, 353
- Chromosomes, 6. *See also* Genetics
- Circle of 6, 360
- Cisgender, 284
- Civil Rights Act of 1964, 461
- Civil rights movement, 291
- Classical conditioning, 60–61
- Claustrophobia, 374
- Client-centered therapy, 70, 406–407
- Climacteric, 249
- Climate change, 447
- Clinical approach, 7
- Clitoridectomy, 339
- Clitoris, 337, 338
- CNS, *see* Central nervous system (CNS)
- Cocaine, 145–146
- Cognitive anchors, 203, 213–214
- Cognitive behavioral therapy (CBT), 411, 414
- Cognitive functioning, 251–252, 256–257
gender differences in, 273–276
successful aging and, 259
- Cognitive psychotherapy, 411–419
- Cognitive restructuring, 106–109
- Cognitive therapies, 411–419
for anxiety, anger, depression, 414–419, 432
correcting errors in thinking with, 411–413
definition of, 411
eclectic, 414
rational emotive behavior therapy, 413–414
- Cognitive triad, 388, 412
- Cohabitation, 309, 316–318
- Collective unconscious, 55–56
- Collectivism, 77
- Collectivist cultures, 77, 208
- College Life Stress Inventory, 89
- College students
adjustment disorders among, 372
alcohol use among, 137–138
challenges facing, 3–4, 27–48
contraception among, 350
exercise among, 174–175
insomnia in, 180
mental health of, 4–5
mental health treatment for, 422
money and, 44–47
nutrition for, 159
psychological disorders among, 371
rape on campus and, 356–357
reasons for seeking counseling, 5
safe social networking for, 316
sleep among, 179
stress in entering, 87
stress self-assessment for, 89
studying, 28–31
substance abuse among, 134
suicide among, 388
tests, 36–43
time management, 31–36
weight perceptions among, 173
- Coming out, 293
- Commitment, love and, 307–308
- Communication skills, 329–333, 443–445
- Commuting, 92, 447
- Companionate love, 307
- Competencies, 64, 65
self-esteem and, 193
- Conditional positive regard, 70
- Conditioned response (CR), 60
- Conditioned stimulus (CS), 60
- Conditions of worth, 70
- Condoms, 349, 350, 365
- Conflict, stress from, 93–94
- Conflict resolution, 326–333
communication skills and, 329–333
couple therapy and, 420–421
exchange contracting in, 328
increasing pleasurable interactions and, 328–329
irrational expectations and, 326–328
negotiating differences in, 328
- Conformity, 227–229
- Congenital adrenal hyperplasia (CAH), 269
- Conscientiousness, 73, 74, 465–466
- Conscious, 51
- Consensual adultery, 323
- Constructive criticism, 452–453
- Consummate love, 307, 308
- Contraception, 348–351
- Control, 104
- Conventional adultery, 323
- Conventional individuals, 466
- Coping, 105–117. *See also* Adjustment
with cancer, 133
cognitive restructuring and, 106–110
with death and dying, 262–264
with distractions, 33–35
exercise and, 113–114
less effective ways of, 105–106
by managing emotional responses, 113–117
with menstrual discomfort, 128
by problem solving, 110–113
with stress on the job, 456–457
at work, 445–446
- Coronary heart disease (CHD), 128–130
deaths from, 261
ethnicity and, 122–123
exercise and, 176
gender and, 124–125
obesity and, 162
- Correlation, 17
- Correlational method, 21–22
- Correlation coefficient, 21
- Corticosteroids, 99, 102
- Counterconditioning, 409
- Couple therapy, 420–421
- Cover letters, 64, 443, 444
- Creative self, 56, 58
- Creativity, 256
- Critical thinking, 11–16
about fake news, 220
about persuasive communication, 218–220
about pseudosciences, 13–15
definition of, 11
features of, 12–13
- Criticism
constructive, 452–453
how to deliver, 331–332
how to receive, 332
at work, 452–453
- Crowding, 96
- Crystallized intelligence, 251–252
- Cuddling, 344
- Cultural differences, 75–77
- Cunnilingus, 345
- Cyberbullying, 277
- Cybersex addiction, 347
- D**
- Daily hassles, 87–88, 446
- Dark triad, 397
- Date rape, 359
- Dating, online, 300–301
- Dating apps, 292, 313
- Death and dying, 260–264
causes of, 260–261
with dignity, 262
grief, bereavement, and, 262–264
stages of, 261–262
- Deaths, preventable, 122
- Defense mechanisms, 52–53, 67, 106
- Deindividuation, 229
- Delirium tremens (DTs), 135
- Delta-9-tetrahydrocannabinol (THC), 147
- Delusions, 385, 392

- Dementia, 256–257
- Demographics, 10, 254, 287–288
- Denial, 52, 105–106
of death, 260
as stage of dying, 261, 262
- Dental anxiety, 373
- Dependent variables, 22
- Depersonalization/derealization disorder, 382–383
- Depressants, 136–141
alcohol, 136–139
barbiturates, 140–141
definition of, 136
opioids and opioids, 139–140
sexual problems and, 353
- Depression, 3. *See also*
Antidepressants
biological factors in, 385–386
bipolar disorder and, 384
burnout and, 456–458
cognitive therapy for, 417–419
in college students, 4, 5
coronary heart disease and, 129
exercise and, 113–114, 177
hookups and, 312
major depressive disorder, 385
self-assessment of, 413
social media and, 389
as stage of dying, 262
suicide and, 389–390
- Diabetes, 122, 353
gestational, 250
- Día de los Muertos*, 263
- Diagnostic and Statistical Manual of Mental Disorders* (APA), 371
- Diaphragmatic breathing, 43, 116
- Diet, health and, 124
cancer, 132
heart disease, 129, 130
nutrition and, 157–161
- Diffusion of responsibility, 229
- Dildo, 344
- Direct inner awareness, 189
- Discrimination, 212–216
combating, 214–215
definition of, 213
earning gap and, 461–462
homophobia and, 293–294
sexism, 270–272
sources of, 213–214
- Diseases of adaptation, 100
- Disorientation, 135
- Displacement, 52
- Dispositional attributions, 206
- Dissociative amnesia, 381
- Dissociative disorders, 380–383
amnesia, 381
depersonalization/derealization, 382–383
identity, 381–382
origins of, 383
- Dissociative fugue, 381
- Dissociative identity disorder, 381–382
- Distractions
in pain management, 91
time management and, 33–35
- Diversity
adjustment and, 9–11
ethnic, 9–10
five-factor personality model and, 73–74
gender, 10–11
other meanings of, 11
psychotherapy and, 425–428
sociocultural theory on, 76–79
- Divorce, 310, 324–325
cohabitation and, 317
suicide and, 389
- Dizygotic (DZ) twins, 289, 378
- Domestic violence, 421
- Dopamine hypothesis of schizophrenia, 393
- Double-blind studies, 23–24
- Dream, the, 244
- Dream analysis, 405
- Drive for superiority, 56
- Driving, distracted, 35
- DTs (delirium tremens), 135
- E**
- Eating disorders, 169–174
anorexia nervosa, 169, 170–171
bulimia nervosa, 169, 171
why people develop, 172–174
- Eclectic therapy, 414
- Ecstasy, 145
- ECT, *see* Electroconvulsive therapy (ECT)
- Education
divorce and, 325
income and, 44
obesity and, 161
sexism and, 272
sexual expression and, 347
women in, 460
- Edwards Personal Preference Schedule (EPPS), 464–465
- EEG (electroencephalograph), 411
- Ego, 52–53, 58, 404
- Ego analysts, 405
- Ego differentiation vs. work-role preoccupation, 257
- Ego identity, 57, 196
- Ego integrity vs. despair, 257
- Ego transcendence vs. ego preoccupation, 257
- Elaboration likelihood model (ELM), 216–218
- Electra complex, 54, 280, 290, 340
- Electroconvulsive therapy (ECT), 430–431
- Electroencephalograph (EEG), 411
- Electromyograph (EMG), 410
- ELM, *see* Elaboration likelihood model (ELM)
- EMG (electromyograph), 410
- Emotional appeals, 218–219
- Emotional responses
managing, 113–117
in schizophrenia, 392
- Emotional support, stress response and, 104
- Emotions
gender differences in, 276–277
grief, 262–264
prejudice and, 213
sharing to prevent burnout, 457
successful aging and, 259
- Empathic understanding, 406–407
- Employee recruitment and placement, 452
- Employee turnover, 454
- Empty love, 307–308
- Empty-nest syndrome, 252, 253
- Encoding, 64, 66
- Endocrine system, 97–99, 164–165
- Endometriosis, 340
- Endometrium, 340
- Endorphins, 90
- Enterprising individuals, 466
- Environmental stressors, 94–95
air pollution, 96
crowding, 96
hot temperatures, 95–96
personal space, 96
schizophrenia and, 394
terrorism, 95
work conditions, 454–455
- EPPS, *see* Edwards Personal Preference Schedule (EPPS)
- Equal Pay Act of 1963, 461
- Erotic plasticity, 287
- Esketamine, 430
- Essay questions, 39–40
- Esteem needs, 69
- Estrogen, 101, 340
- Ethics, 190
- Ethnic groups. *See also*
Discrimination; Prejudice;
Specific ethnic groups
adjustment and, 9–10
altruism and, 232
attraction-similarity hypothesis and, 304
body language and, 204–205
cancer mortality and, 131
defined, 9
diet and, 124
eating disorders and, 173
health and, 122–125
identity formation in, 197–198
LGBT individuals in, 291
opioid abuse in, 139
personal space and, 96
self-esteem among, 186
sociocultural theory on, 76–79
time management and, 31
- Ethnic identity, 186
- Eustress, 86
- Euthanasia, 262
- Evolutionary perspective
on anxiety-related disorders, 378–379
on gender differences, 278
on infidelity, 323
on jealousy, 315
on physical attractiveness, 302
on rape, 358
- Exchange contracting, 328
- Excitement phase, 341
- Exercise, 113–114, 174–178
aerobic, 174
anaerobic, 174
cancer and, 133
depression and, 419
effects of, 175–176
heart disease and, 130
physical health and, 176–177
- physiological functioning and, 177
- Exhaustion stage, 99–100
- Existentialism, 67
- Expectancies, 64–65, 66
- Expectations, irrational, 326–328
- Experimental groups, 23
- Experimental method, 22–24
- Extinction, 60–61, 408
- Extramarital sex, 323
- Extraversion, 201, 454, 465–466
- Extrinsic factors, 464
- Extrinsic motives, 437–438
- Eye contact, 204, 205, 220, 444
- F**
- Facebook, *see* Social media
- Fake news, 220
- Fallopian tubes, 339–340
- Family therapy, 421–422
- Fantasy
in pain management, 91
sleep and, 181
- Fantasy stage of career development, 438–439
- Fat cells, 163–164
- Fats, 158–159
- Fat shaming, 164
- Fatuous love, 307
- Fear
classical conditioning of, 60–61
cognitive therapies for, 414–415
- Fear-reduction methods, 408–409
- Fellatio, 344–345
- Female genital mutilation (FGM), 339
- Feminist psychotherapy, 428
- Fentanyl, 140
- Fertility, 246, 302
- Fiber, 158
- Fiddler on the Roof*, 320
- Fight-or-flight reaction, 97–98, 101
- Fill-in-the-blank questions, 38–39
- First impressions, 203–204
- Fitbit, 177
- Fitness, 174–178
- Five-factor model, 73–74
- Fixation, 54
- Flashbacks, 147
- Flexitime, 454
- Flight of ideas, 384
- Flooding, 61, 408
- Fluid intelligence, 251–252, 256
- Flushing, 136
- Foot-in-the-door technique, 221–222, 226
- Frames of reference, 70
- Frankie & Alice*, 382
- Free association, 58, 404–405
- Free radicals, 160
- Friends with benefits, 310–312
- Friends with Benefits*, 299, 311
- Frustration, stress from, 92–93
- Fundamental attribution error, 206
- G**
- GABA (gamma-aminobutyric acid), 127
- GAD (generalized anxiety disorder), 375

- Gamma-aminobutyric acid (GABA), 127
- GAS, *see* General adaptation syndrome (GAS)
- Gate theory of pain, 92
- Gay liberation movement, 291
- Gay men, 286. *See also* LGBT people
- Gazing, 205
- Gender, 267–285
 - actor–observer attributions and, 208
 - alcohol metabolization and, 135, 136
 - altruism and, 231–232
 - assertiveness and, 235–236
 - cancer mortality and, 130, 131
 - definition of, 10, 268
 - depression and, 386
 - differences, 273–283
 - dual-earner family parents and, 245–246
 - earnings gap and, 458, 461–462
 - fat shaming and, 164
 - health and, 124–125
 - identity, 196, 197, 268–270
 - online self-presentation and, 201
 - pain rates and, 88
 - prejudice based on, 213
 - psychoanalytic theory on, 56
 - PTSD and, 376–377
 - roles and stereotypes, 270–272
 - seasons of life and, 244
 - seeking psychological help and, 113
 - socialization and, 281
 - stress responses and, 101
 - suicide and, 388
 - test anxiety and, 274
 - transgender, 283–285
 - weight perceptions and, 172–173
- Gender assignment, 268
- Gender confirmation surgery, 284–285
- Gender identity, 268–269
- Gender roles, 270–272
 - family therapy and, 422
 - nonphysical traits in attraction and, 304
- Gender schema theory, 281–282
- General adaptation syndrome (GAS), 97–100
- Generalize, 20
- Generalized anxiety disorder (GAD), 375
- Generativity vs. stagnation, 252, 257
- Genes, 6
- Genetics
 - adjustment and, 6–7
 - in anxiety-related disorders, 378
 - cancer and, 132
 - in eating disorders, 173–174
 - gender differences and, 277–280
 - gender identity and, 268–269
 - happiness and, 8, 259
 - job satisfaction and, 452
 - mood disorders and, 386
 - in overweight/obesity, 162–164
 - in personality disorders, 398
 - personality traits and, 75
 - in schizophrenia, 393–394
 - in sexual orientation, 289
 - in substance abuse and dependence, 135–136
 - suicide and, 390
- Genital herpes, 361, 363
- Genital stage, 55
- Genuineness, 406, 407
- Gestational diabetes, 250
- Glans, 338
- Goals
 - preventing burnout and, 457
 - realistic, self-esteem and, 195
 - setting work, 453
 - successful aging and, 259
- Gonorrhea, 361, 362
- Gradual exposure, 402, 408–409
- Gratitude visits, 8
- Grief, 262–264
- Grindr, 292
- Group therapy, 420–423
 - couple therapy, 420–421
 - family therapy, 421–422
 - self-help and support groups, 422–423
- H**
- Hallucinations, 370
- Hallucinogens, 146–148
 - LSD, 147
 - marijuana, 146–147
- Happiness
 - job satisfaction and, 451–454
 - marriage and, 324
 - parenthood and, 245
 - positive psychology and, 7–8
 - social media and, 389
 - successful aging and, 259
 - time of day and, 21
- Hashish, 147
- HDL (good) cholesterol, 162. *See also* Cholesterol
- Headaches, 90
 - psychological factors in, 126–127
 - treatment of, 127
- Health, 119–155
 - becoming an active health-care consumer and, 150–153
 - burnout and, 458
 - cancer, 130–134
 - eating disorders and, 171–174
 - fitness and, 174–178
 - gender and, 124–125
 - headaches, 126–127
 - in late adulthood, 254–255, 258–259
 - LGBT, 292
 - loneliness and, 312–313
 - menstrual problems, 127–128
 - multifactorial model of, 120–121
 - nutrition and, 157–161
 - obesity and, 162
 - psychological factors in, 125–134
 - sexual problems and, 353
 - sleep and, 178–182
 - substance abuse and, 134–136
- Health care jobs, 448–449
- Healthy-personality approach, 7
- Heart disease, *see* Coronary heart disease (CHD)
- Helicopter parenting, 243
- Helping, 230–232
- Helplessness, 107–108
- Hepatitis, 363
- Heroin, 139–140
- Heterosexual, 286
- Hierarchy of needs, 68–69
- HIV/AIDS, 361, 362–365
 - anal sex and, 347
 - deaths from, 260–261
 - homophobia and, 294
 - LGBT people and, 291, 292
- Hoarding disorder, 375–376
- Holland's career types, 466, 467
- Homogamy, 304, 321
- Homophobia, 293–294
- Homosexual, 286. *See also* Sexual orientation
- Honesty, 314, 440
- Hookups, 310–312
- Hormone replacement therapy (HRT), 249–250
- Hostility, Type A behavior and, 131
- Housework, 459–460
- HPA, *see* Hypothalamus–pituitary–adrenal (HPA) axis
- HPV, *see* Human papilloma virus (HPV)
- HRT, *see* Hormone replacement therapy (HRT)
- Human immunodeficiency virus, 362. *See also* HIV/AIDS
- Humanism, 67
- Humanistic theories, 67–71
 - evaluation of, 71
 - healthy personality in, 71
 - Maslow's, 68–69
 - Rogers's, 69–70
- Human papilloma virus (HPV), 345, 361, 363
- Human services jobs, 448–449
- Humor, 103, 114, 200
- Hurricane Florence, 85
- Hypertension, 122, 123, 129, 130, 162, 312
- Hypnosis, 91, 404
- Hypochondriasis, 377–378
- Hypothalamus, 99
- Hypothalamus–pituitary–adrenal (HPA) axis, 99
- Hypothesis, 17
- I**
- Ibuprofen, 141
- Id, 52, 404
- Ideal selves, 191, 192, 199
- Ideas of persecution, 370
- Identification, 53
- Identity
 - ethnic, 186
 - exploration in emerging adulthood, 241
 - gender, 196, 197, 268–270
 - inner, 189
 - self-, 195–199
 - statuses, 196–199
 - work and, 436
- Identity achievement, 196–197, 198
- Identity crisis, 57, 195, 199
- Identity diffusion, 196, 197
- Identity foreclosure, 196, 197
- Identity moratorium, 196, 197
- Illness
 - cancer, 130–134
 - coronary heart disease, 128–130
 - human diversity and, 120–125
 - multifactorial model of, 120–121
 - psychological factors in, 125–134
- Illness anxiety disorder, 377–378, 380
- Immune system, 100–102
- Impasses, coping with, 332–333
- Income
 - divorce and, 324, 325
 - in dual-earner families, 245–246
 - education level and, 44
 - ethnicity, health, and, 122
 - happiness and, 7–8
 - health and, 122, 125
 - job satisfaction and, 453
 - in middle adulthood, 252–253
 - retirement and, 258
 - of women vs. men, 458, 461–462
- Independent variables, 23
- Individualism, 77
- Individualistic cultures, 77, 208
- Individual psychology, 56
- Individuation, 243
- Infatuation, 306
- Inferiority complex, 56
- Infidelity, 322–324
- Inflammation, 100
- Information processing, 213–214
- Insomnia, 180–181, 411
- Intelligence, 251–252, 256
- Intelligence tests, 464
- Interactionism, 75–76
- Intergroup contact, 214–215
- Internal locus of control, 103
- Internet addiction, 148
- Interpretation, in psychoanalysis, 405
- Intersex people, 268–269
- Interviews, job, 443–445
- Intimacy, 307, 314
- Intimacy vs. isolation, 244
- Intrinsic factors, 464
- Intrinsic motives, 438
- Introversion–extroversion, 72–73, 201, 465–466
- Investigative individuals, 466
- Irrational beliefs, 107–110
 - assertiveness and, 235–236
 - rational emotive behavior therapy and, 413–414
 - sexual problems and, 354
- Irrational expectations, 326–328
- Irrational thinking, 42–43
 - anger and, 416
 - in depression, 417–418
 - self-esteem and, 193–194

J

Jealousy, 315
 Job interviews, 443–445
 Job satisfaction, 451–454
 Job searches, 440–445
 résumé writing for, 440–443

L

Labia, 337, 338
 Lamotrigine, 174
 Latency, 54–55
 Latent content, 405
 Latin Americans
 bicultural, 78
 Día de los Muertos, 263
 health of, 122–123, 124
 insomnia among, 180
 LGBT, 287
 physical attractiveness and,
 301–302
 psychotherapy and, 426
 suicide among, 388
 in U.S. demographics, 10
 LDL (bad) cholesterol, 162.
 See also Cholesterol
 Learned helplessness, 386–388
 Learning, lifelong, 450
 Learning theories, 59–67
 on anxiety-related disorders,
 378
 behaviorism, 59–63
 classical conditioning, 60–61
 evaluation of, 66–67
 healthy personality in, 65–66
 operant conditioning, 61–63
 on personality disorders, 398
 social cognitive theory, 63–65
 Lesbians, 286. See also LGBT
 people
 Leukocytes, 100
 LGBT people, 285–290
 adjustment and, 291–293
 coming out and, 293
 homophobia and, 293–294
 household task negotiation
 and, 328
 jealousy and, 315
 physical attractiveness and, 302
 relationship satisfaction and,
 322
 same-sex marriage and, 286,
 288, 291, 293, 294–296
 Libido, 53
 Life changes
 positive vs. negative, 106–107
 stress from, 88
 Life expectancy, 122, 124, 162,
 254, 255
 Lifelong learning, 447, 450
 Life review, 257
 Life structure, 244
 Liking, 307
 Limits, setting, 457
 Listening, 329–330
 Lithium, 430
 Living arrangements, aging and,
 258
 Lobotomy, 431
 Locus of control, 103
 Loneliness, 312–313

Love, 305–309
 healthy personality and, 57–58
 in hierarchy of needs, 68
 infatuation vs. true, 306
 infidelity and, 322–323
 romantic, 306
 triangular theory of, 307–308
 Low-balling, 222
 LSD, 147
 Lynching, 229

M

Machiavellianism, 397
 Maintenance stage of career
 development, 439
 Major depressive disorder, 385
 Major lips, 337, 338
 Manic phase, 384
 Manifest content, 405
 Menopause, 250
 MAO inhibitors, see Monoamine
 oxidase (MAO) inhibitors
 Marijuana, 134, 146–147
 Marital therapy, 420–421
 Marriage, 240, 244–245, 318–326.
 See also Parents and
 parenthood
 cohabitation and, 316–318
 divorce and, 310, 317, 324–325
 history of, 317, 318
 infidelity and, 322–324
 mate selection and, 320–321
 median age at, 309–310
 reasons for, 319–320
 same-sex, 286, 288, 291, 293,
 294–296, 319
 satisfaction in, 321–322
 statistics on, 318–319
 types of, 320
 Masturbation, 343–344
 Mate selection, 320–321
 Mate-swapping, 323
 Mathematical abilities, 274–276
 Meditation, 114–116
 Melanin, 254
 Memory, 251
 dissociative amnesia and, 381
 prospective, 256
 Menopause, 248–249
 MenoPro app, 250
 Menstrual problems, 127–128
 Menstruation, 340
 Mentors, 445
 Mescaline, 147
 Meta-analysis, 292, 423
 Methadone, 139–140
 MeToo movement, 355
 Midlife crisis, 252–253
 Midlife transition, 252
 Migraine headaches, 90, 126
 Milgram studies on conformity,
 224–225, 226–227
 Mindfulness meditation, 114–115
 Minerals, 160
 Minnesota Multiphasic Personality
 Inventory (MMPI), 79–80
 Minor lips, 337, 338
 Miss America, 172
 MMPI, see Minnesota Multiphasic
 Personality Inventory (MMPI)

Mob actions, 229
 Modeling, 63–64, 236, 409
 Money
 happiness and, 7–8
 managing, 44–47
 out-of-control spending, 45–46
 stress over, 86
 Monoamine oxidase (MAO)
 inhibitors, 430
 Monogamy, 320, 324, 365
 Monozygotic (MZ) twins, 289, 378,
 385
 Mons veneris, 337–338
 Mood disorders, 384–391
 bipolar, 384
 major depressive disorder, 385
 origins of, 385–388
 suicide and, 388–391
 Mood stabilizers, 430
 Morphine, 139–140
 Motives for working, 437–438
 Mourning, 262–263
 Multifactorial model, 120–121
 Multiple approach–avoidance
 conflict, 94
 Multiple-choice questions, 37–38
 Multitasking, 34–35
 Muscle-tension headaches, 126
 Muslims
 alcohol and, 198
 female genital mutilation
 among, 339
 stereotypes about, 213
 Myotonia, 341

N

Naltrexone, 139
 Name calling, 387
 Names, 187–189
 Narcissism, 201, 397
 social media and, 73
 Narcissistic personality disorder,
 395–396
 Narcotics, 139–140
 National Marriage Project, 322
 National Suicide Prevention
 Lifeline, 391
 Native Americans
 demographics of, 10
 psychotherapy and, 427–428
 suicide among, 388–389
 Natural disasters, 85, 94–95
 Naturalistic observation method,
 20–21
 Nature vs. nurture, 6–7. See also
 Genetics
 Needle sharing, 363
 Needs, hierarchy of, 68–69
 Negative correlation, 21–22
 Negative reinforcers, 62
 Negotiating differences, 328
 Networking, professional, 462
 Neuroticism, 73, 74, 398, 465–466
 Neurotransmitters, 90
 antidepressants and, 429–430
 in migraines, 126
 suicide and, 390
 Nicknames, 187–188
 Nicotine, 141–144
 Nicotine patch, 139

“No,” just saying, 33
 Nongonococcal urethritis, 362
 Noradrenaline, 99
 Norepinephrine, 430
 North American Menopause
 Society (NAMS), 250
 Note taking, 30
 Nurture, 465
 Nutrients
 carbohydrates, 158–159
 fats, 158–159
 proteins, 158
 vitamins and minerals, 160
 Nutrition, 157–161
 maternal, schizophrenia and,
 394
 nutrients, 158–161

O

Obedience to authority, 223–227
 Obesity, see Overweight and
 obesity
 Objective personality tests, 79–80
 Observational learning, 63–64,
 236, 409
 Obsessional jealousy, 315
 Obsessive-compulsive disorder
 (OCD), 375, 379
 Occupations, fastest growing,
 446–449
 OCD, see Obsessive-compulsive
 disorder (OCD)
 Oedipus complex, 54, 280, 290
 Online dating, 300–301, 313
 Openness to experience, 73, 74,
 465–466
 Operant conditioning, 61–63,
 410–411
 Opiates, 139–140
 Opioid epidemic, 134, 140–141
 Opioids, 139–140
 Optimism, 107, 108
 Oral herpes, 363
 Oral sex, 344–346, 365
 Oral stage, 53–54
 Orgasmic phase, 342
 Osteoporosis, 160, 176, 249
 Outcome expectancies, 64–65
 Outercourse, 364–365
 Ovaries, 340
 Overweight and obesity, 122, 123,
 129, 161–169
 biological factors in, 162–165
 exercise and, 176–177
 fat shaming and, 164
 heart disease and, 130
 prevalence of, 161
 psychosocial factors in, 165–166
 setting weight-loss goals and,
 166–168
 sexual problems and, 353
 weight control and, 168–169
 Ovulation, 302, 340, 350
 Ovum, 340
 Oxytocin, 101, 323

P

Pain
 biofeedback training for, 411

- gate theory of, 92
 management of, 90–92
 opioid use for, 140–141
 relaxation and, 116
 sense of control and, 104
 stress from, 88–92
- Panic disorder, 374, 379
- Paranoid, 392
- Paranoid personality disorder, 397–398
- Paraphrasing, 330, 332
- Parasympathetic nervous system, 98
- Parents and parenthood, 244–247
 age of, 246
 cohabitation and, 317
 in dual-earner families, 245–246
 empty-nest syndrome and, 252, 253
 flextime and, 454
 gender differences and socialization by, 281
 helicopter, 243
 LGBT, 293
 reproductive options and, 348–351
 role overload and, 245
 schizophrenia and, 393
 self-esteem and, 191
 single, 310
 websites on, 247
 women in the workplace and, 458–461
- Passion, 307–308
- Pathogens, 100
- PCP (phencyclidine), 147
- Pediculosis, 363
- Peer counseling, 422
- Penis, 340
- Penis envy, 340
- Performance anxiety, 41, 354
- Performance appraisals, 453
- Perimenopause, 249
- Peripheral route, persuasion and, 217–218
- Persecution, ideas of, 370, 392
- Personal growth, 6, 76–79
- Personality
 assessing, 79–81
 definition of, 50
 development in milife, 252–253
 finding a career that fits, 463–467
 Freud's theory of, 18
 gender differences in, 276
 health and, 121
 healthy, 57–58, 65–66, 71, 74–75
 healthy-personality approach and, 7
 hooking up and, 311–312
 humanistic theories on, 67–71
 job satisfaction and, 451–452
 in late adulthood, 257
 learning theories on, 59–67
 psychodynamic theories on, 50–59
 structure of, 52–53
 trait theories on, 72–76
- Personality disorders, 395–398
 antisocial, 396–397
 borderline, 397
 narcissistic, 395–396
 origins of, 398
 paranoid, 397–398
- Personal learners, 450
- Personal self, 189–190
- Personal space, 96, 205
- Person schemas, 203
- Person variables, 64
- Persuasion, 216–223
 context and, 221
 elaboration likelihood model and, 216–218
 message types and, 218–219
 resistance/susceptibility to, 221
 sales tactics, 221–223
 trust and, 219–220
- Pessimism, 107, 108, 313
- Phallic stage, 54
- Phallic symbols, 405
- Phencyclidine (PCP), 147
- Phobias, 373–374, 378–379
 treatment for, 402
- Physical attractiveness, 301–304
- Physical development, 247–250, 254–255
- Physical self, 186
- Pituitary gland, 99
- Placebos, 23
- Plan B, 350
- Planning, in time management, 32
- Plateau phase, 341–342
- Platonic relationships, 308
- Pleasurable activities, depression and, 418–419
- Pleasure principle, 52
- PMS, *see* Premenstrual syndrome (PMS)
- Political identity, 196
- Polyandry, 320
- Polygamy, 320
- Polygyny, 320
- Pornography, 347
- Positive correlation, 21, 22
- Positive psychology, 7–8
- Positive regard, 70
- Positive reinforcers, 62
- Posttraumatic stress disorder (PTSD), 85, 95, 376–377
 origins of, 379–380
- Preconscious, 51
- Predictability, 103–104
- Prefrontal lobotomy, 431
- Prejudice, 212–216
 combating, 214–215
 definition of, 212
 ethnic, 9
 gender-based, 11
 sources of, 213–214
- Premenstrual syndrome (PMS), 127–128, 340
- PrEP (pre-exposure prophylaxis), 364
- Prepubescence, 172
- Primacy effect, 203
- Primary reinforcers, 62
- Problem solving, 110–113
- Problem-solving therapy, 110–111
- Productivity, flextime and, 454
- Professional learners, 450
- Progesterone, 340
- Projection, 52
- Projective personality tests, 80–81
- Propaganda, 223, 225, 226
- Prospective memory, 256
- Prostaglandins, 90, 127
- Prostate gland, 340–341
- Proteins, 158
- Pseudosciences, 13–15
- Psychedelics, 146–148
- Psychoanalysis, 51, 403–405
- Psychoanalytic theory
 on gender differences, 280
 on sexual orientation, 289–290
- Psychodynamic theories, 50–59
 Adler's, 56
 Erikson's, 56–57
 evaluation of, 58
 Freud's, 50–55
 healthy personality in, 57–58
 Horney's, 56
 Jung's, 55–56
- Psychodynamic therapies, 403–406
- Psychological androgyny, 282
- Psychological barriers, 92–93
- Psychological disorders, 368–400
 adjustment, 372
 anxiety-related, 372–380
 definition and prevalence of, 370–371
 dissociative, 380–383
 mood, 384–391
 personality, 395–398
 schizophrenia, 369–370, 392–395
- Psychological hardiness, 103
- Psychological perspectives, on sexual orientation, 289–290
- Psychological tests, 464–465
- Psychological therapy, 113
- Psychology
 adjustment and, 5–9
 clinical approach vs. the healthy-personality approach, 7
 defined, 5
 doctoral recipients in, by gender, 11
 on gender differences, 280–282
 nature vs. nurture in, 6–7
- Psychomotor retardation, 385
- Psychopaths, 396–397
- Psychopathy, 397
- Psychosexual development, 53–55
- Psychosocial development, 56–57
- Psychosurgery, 431
- Psychotherapy, 401–434
 behavior, 408–411
 biomedical therapies and, 428–432
 client-centered, 406–407
 cognitive, 411–419
 definition of, 403
 diversity and, 425–428
 effectiveness of, 423–425
 empirically supported treatments in, 425
 feminist, 428
- group, 420–423
 key issues in, 423–428
 psychodynamic, 403–406
 seeking, 113
 telepsychology, 427
- Psychotic disorders, 370
- Psychotic thought processes, 385
- Psychotropic drugs, 429–430
- PTSD, *see* Posttraumatic stress disorder (PTSD)
- Pudendum, 337–338
- Punishment, 62–63

R

- Racism, 213
- Random assignment, 23
- Random sampling, 20
- Rape, 356–361
 on campus, 356–357
 cultura myths about, 359
 preventing, 359–360
 reasons behind, 357–359
- Rapid flight of ideas, 384
- Rapid smoking, 410
- Rational emotive behavior therapy, 413–414
- Rationalization, 52
- Rational thoughts, 109–110
 depression and, 417–418
- Reaction formation, 52
- Realistic choice stage of career development, 439
- Realistic individuals, 466
- Reality principle, 52
- Rebound anxiety, 429
- Recency effect, 203
- Reciprocal determinism, 63
- Reciprocity, 305
- Reciting, in study, 29–30
- Red color, sexual attraction and, 303
- References, 443
- Reflection, in studying, 30
- Reformulated helplessness theory, 387–388
- Refractory period, 342
- Regression, 52
- Rehearsal, behavior, 236–237
- Reinforcement, 61–62
- Reinforcers, 62
- Relational aggression, 277
- Relationships, 299–334
 attraction and, 301–305
 beginning, 299–301
 being single and, 309–318
 cohabitation, 316–318
 conflict resolution and, 326–333
 establishing intimate, 244, 314
 gender roles and, 272
 hookups, friends with benefits, and booty calls, 310–312
 jealousy and, 315
 LGBT, 292–293
 loneliness and, 312–313
 love and, 305–309
 making a commitment in, 314
 marriage, 318–326
 in preventing burnout, 457
 risk factors for stability of, 326
 self-disclosure and, 200

- social networking and, 316
at work, 445
- Relaxation
headaches and, 127
meditation, 114–116
pain management and, 91
stress management and, 116
techniques, 42–43
- Repression, 51, 52
- Reproductive options, 348–351
- Requests, how to make, 331
- Research methods, 17–24
case study, 18
correlational, 21–22
experimental, 22–24
naturalistic observation, 20–21
scientific method, 16–17
survey, 18–20
- Resistance in psychoanalysis, 404–405
- Resistance stage, 99
- Resolution phase, 342
- Résumés, 440–443
common mistakes on, 443
educational background in, 441–442
heading, 440–441
job objective in, 441
personal information in, 442–443
references on, 443
work experience in, 442
- Retirement, 258, 440, 447
- Reviewing, 30
- Road rage, 417
- Robots, 454
- Role ambiguity, 456
- Role conflict, 456
- Role overload, 111, 245, 456
- Role reversal, 214
- Roles, work, 438
- Romantic love, 306, 307
- Rorschach inkblot test, 79
- Rumination, 181
- S**
- Sales tactics, 221–223
- Same-sex marriage, 286, 288, 291, 293, 294–296, 319
- Samples and sampling, 20
- Sandwich generation, 111, 253
- Santayana, G., 240
- Scabies, 363
- Schedules, in time management, 32–33
- Schemas, 213–214
gender, 281–282
person, 203
- Schizophrenia, 369–370, 392–395
origins of, 393–394
- Scientific approach, 11. *See also* Critical thinking
- Scientific method, 16–17
- Scrotum, 340
- Seasons of life, 244
- Secondary reinforcers, 62
- Selection factors, 17
- Selective optimization with compensation, 259
- Selective serotonin reuptake inhibitors (SSRIs), 430
- Self, 185–210
assertiveness and, 232–237
definition of, 69
focus on in emerging adulthood, 241
personal, 189–190
physical, 186
presentation of, 199–202
Rogers's theory of, 69–70
social, 186–189
social perception and, 203–209
sociocultural factors and, 78
- Self-actualization, 68–69
- Self-concept, 191, 192
- Self-defeating thoughts, 91, 370
- Self-disclosure, 200, 300, 330
- Self-efficacy, 195
- Self-efficacy expectancies, 64–65, 66, 107
- Self-esteem, 70, 186, 191–194
gender differences in, 276
neuroticism and, 74
sexism and, 271–272
- Self-fulfillment, 438
- Self-help books, 12, 15–16
- Self-help groups, 422–423
- Self-ideal, 191, 192, 199
- Self-identity, 195–199, 438
- Selfies, 201
- Self-mutilation, 397
- Self-perception
parts of the self and, 186–191
self-concept and, 191
self-esteem and, 191–195
self-identity and, 195–199
- Self-presentation, 199–202
online, 200–202
self-disclosure and, 200
- Self-promotion, in job interviews, 444–445
- Self-regulation, 65, 66
- Self-rewards, 31
- Self-serving bias, 207–208
- Self theory, 69–70
- Self-worth, 438
- Semen, 340
- Sentence-completion questions, 38–39
- Serial monogamy, 310
- Serotonin, 126, 127, 385–386
eating disorders and, 173–174
selective reuptake inhibitors of, 430
suicide and, 390
- Serotonin and norepinephrine reuptake inhibitors (SNRIs), 430
- Service industries, 449
- Sex assignment, 268
- Sex hormones, 277–278, 289
- Sexism, 213, 270–272, 458
- Sex therapy, 353–354
- Sexting, 201–202
- Sexual anatomy, 337–343
female, 337–340
male, 340–341
- Sexual coercion, 5, 355–360
definition of, 355
posttraumatic stress disorder and, 379–380
sexual problems and, 353
- Sexual dysfunctions, 352
- Sexual expression, 343–348
anal intercourse, 346–348
cybersex, 347
masturbation, 343–344
oral–genital stimulation, 344–346
reasons for having sex and, 336–337
sexual intercourse, 346
touching, 344
- Sexual harassment, 205, 355–356
- Sexual intercourse, 346
- Sexuality
in advertising, 219–220
assertiveness and, 235–236
gender differences and, 273–283
gender/gender identity and, 267–269
gender roles and, 270–272
hookups, booty calls, and, 310–312
in late adulthood, 255, 258–259
love and, 306
menopause and, 249, 250
risk taking and, 292
sexual orientation and, 267, 285–297
- Sexually transmitted diseases (STDs), 311, 312, 361–365
anal sex and, 347
contraception and, 349, 351
oral sex and, 345
prevention of, 364–365
- Sexual orientation, 267, 285–297
classification of, 286–287
definition of, 286
LGBT, 287–288
in modern society, 291–296
perspectives on, 288–290
- Sexual problems, 352–354
contributors to, 352–353
therapy for, 353–354
- Sexual response cycle, 341–342
- Sexual revolution, 311
- Sexual satisfaction, 322
- Sexual strategies theory, 279
- Single life, 309–318
cohabitation and, 316–318
developing intimacy and, 314
hookups, booty calls, and, 310–312
jealousy and, 315
loneliness and, 312–313
making a commitment and, 314
- Situational attributions, 206
- Situational variables, 64
- Sleep, 178–182
obesity and, 162
self-assessment of, 182
- Sleep deprivation, 179–180
- Smartphones. *See also* Apps
distractions from, 34–35
as research tools, 21
- Social anxiety disorder, 374
- Social behavior, gender differences in, 276–277
- Social categorization, 214
- Social cognitive career theory, 436–437
- Social cognitive theory, 63–65
on gender differences, 280–281
on mood disorders, 386–388
on personality disorders, 398
- Social comparison, 226, 389
- Social conflict, 213
- Social desirability bias, 18, 19
- Social development, 252–253, 257
- Social individuals, 466
- Social influence, 211–238
altruism and helping, 230–232
assertiveness and, 233–237
definition of, 212
persuasion and, 216–223
prejudice, discrimination, and, 212–216
social pressure and, 223–230
- Socialization, 225–226, 281
- Social learning, 213
- Social media
dating apps, 292
as distraction, 33–34
eating disorders and, 172
fake news and, 220
friends on, social approval and, 73
mood disorders and, 389
as research tool, 21
safe social networking and, 316
self-presentation in, 200–202
sexting, 202
- Social perception, 203–208
body language and, 204–205
first impressions and, 203–204
- Social pressure, 223–230
conformity and, 227–229
mob actions and, 229
obedience to authority and, 223–227
- Social roles, 187
- Social self, 186–189
- Social skills training, 410
- Social support, stress response and, 104
- Social values of work, 438
- Sociocultural theories, 76–79
evaluation of, 78–79
healthy personality in, 78
individualism vs. collectivism, 77
the self and, 78
- Socioeconomic status. *See also* Income
health and, 122, 125
retirement and, 258
- Sociopaths, 396–397
- Solitude, 312
- Special K, 430
- Specific phobic disorders, 373–374, 378–379
- Sperm, 340
- Spermicides, 365
- Spontaneous recovery, 61
- Sprecher, et al., 304

- SQ4R study method, 28–30
- SSRIs, *see* Selective serotonin reuptake inhibitors (SSRIs)
- Stanford-Binet Intelligence Scales, 464
- STDs, *see* Sexually transmitted diseases (STDs)
- STEM, women in, 274–276, 460–461
- Stereotypes, 212
 - about older adults, 255
 - gender roles and, 270–272
 - sexual problems and, 353
 - successful aging and, 259
- Sterilization, 350
- Stimulants, 134, 141–146
 - amphetamines, 145
 - cocaine, 145–146
 - Ecstasy, 145
 - nicotine, 141–144
- Stop-and-go method, 354
- Stress, 84–118
 - body's response to, 97–102
 - cancer and, 133
 - cognitive restructuring and, 106–109
 - from conflict, 93–94
 - coping with, 105–117
 - from daily hassles and life changes, 87–88
 - definition of, 86
 - depression and, 385–386
 - environmental, 94–95
 - factors in tolerance of, 102–105
 - from frustration, 92–93
 - health and, 121
 - immune system effects from, 100–102
 - from pain and discomfort, 88–92
 - self-assessment of, 89
 - sleep and, 180
 - sources of, 86–97
 - Type A behavior pattern and, 94
 - warning signs of, 87
 - work and, 454–458
- Stress disorders, 376–377
- Strippers, 302
- Studying, 28–31
- Sublimation, 52
- Substance abuse, 106, 134–136
 - ABCs of, 148–149
 - definition of, 134
 - depressants, 136–141
 - hallucinogens, 146–148
 - Internet addiction, 148
 - prescription drugs, 134
 - stimulants, 141–146
 - tobacco, 122, 130, 132, 410
- Substance dependence, 135–136, 431
- Suicide, 388–391
 - attempts among college students, 4, 5
 - eating disorders and, 170
 - factors in, 389–390
 - myths about, 390
 - prevalence of, 371
 - preventing, 390–391
 - sexting and, 202
- Suinn Test Anxiety Behavior Scale (STABS), 41
- Superego, 53
- Superiority, drive for, 56
- Support groups, 422–423
- Survey, question, read, recite, reflect, and review (SQ4R) study method, 28–30
- Surveys, 18–20
- Swinging, 323
- Sympathetic nervous system, 98
- Syphilis, 362
- Systematic desensitization, 402, 409
- Systematic interaction, 403
- Systems approach, 421–422
- T**
- Tardive dyskinesia, 431
- TAT, *see* Thematic Apperception Test (TAT)
- Technology, integrating workplace, 454
- Telepsychology, 427
- Temperatures, stress from, 95–96
- Tend-and-befriend response, 101
- Tentative choice stage of career development, 439
- Terrorism, 95, 294
- Test anxiety, 3, 40–43, 274
- Testes, 340
- Testosterone, 101, 250, 277, 289, 340–341
- Tests, 36–43
 - anxiety over, 3, 40–43, 274
 - kinds of questions on, 37–40
- Texas Instruments, 454
- Texting
 - as distraction, 34, 35
 - telepsychology and, 427
 - weight loss and, 166
- THD (delta-9-tetrahydrocannabinol), 147
- Thematic Apperception Test (TAT), 81
- Therapy, *see* Psychotherapy
- Three Faces of Eve, The*, 381–382
- Time management, 31–36, 457
- Time urgency, 131
- Tinder, 313
- Tobacco use, 122
 - aversive conditioning and, 410
 - cancer and, 132
 - heart disease and, 130
- Token economy, 410
- Tolerance
 - for frustration, 93
 - raising tolerant children and, 215
 - of stress, factors in, 102–105
 - to substance use, 135
- Touching, 344
- Training, worker, 452
- Traits, 6, 72
- Trait theories, 72–76
 - evaluation of, 75–76
 - Eysenck's, 72–73
 - five-factor model, 73–74
 - gender schema theory and, 281–282
 - healthy personality in, 74–75
- Transcendental meditation, 114
- Transference, 405
- Transgender identity, 267, 283–285
- Transphobia, 294
- Treatment, 23
- Triangular theory of love, 307–308
- Trichomoniasis, 363
- True–false questions, 38
- Trust
 - intimacy and, 314
 - persuasion and, 219–220
- Twins, 289, 378, 385
- Twitter, *see* Social media
- Two factor model, 72–73
- Type A behavior pattern, 94, 464
 - heart disease and, 129, 130, 131
 - modifying, 131
- Type D personality, 129
- U**
- Unconditional positive regard, 70, 330, 406–407
- Unconditioned response (UR/UCR), 60
- Unconditioned stimulus (US/UCS), 60
- Unconscious, 51
- United States, racial makeup of, 10
- Unobtrusive measures, 21
- Unquiet Mind, An* (Jamison), 384
- Uplifts, 88
- Urethral opening, 337–338
- Uterus, 339–340
- V**
- Vacations, 458
- Vagina, 337, 338–339
- Values, 189–190
 - altruism and, 231–232
 - conformity and inaccessibility of, 226
 - work and, 447
- Variables
 - dependent, 23
 - independent, 22
 - person, 64
 - situational, 64
- Vasocongestion, 341
- Vasopressin, 323
- Verbal abilities, 273, 275
- Viral hepatitis, 363
- Virtual therapy, 402
- Visual–spatial skills, 273–274
- Vitamins, 160
- Volunteer bias, 20
- Volvo, 453–454
- Vulva, 337–338
- W**
- WAIS, *see* Wechsler Adult Intelligence Scale (WAIS)
- Waist-to-hip ratio, 302
- Waxy flexibility, 392
- Wechsler Adult Intelligence Scale (WAIS), 464
- Weight control, 168–169, 176–177. *See also* Overweight and obesity
 - attractiveness and, 301–302
- Wish fulfillment, 405
- Withdrawal, 105
- Withdrawal method, 349, 350
- Withdrawal syndrome, 135
- Women in the workplace, 458–462. *See also* Gender
 - Women's work, 460–461
- Work, 435–468
 - adjustment in the workplace and, 451–458
 - career development and, 436–446
 - changing workplace and, 446–450
 - finding a career that fits your personality, 463–467
 - healthy personality and, 57–58
 - heart disease and, 129
 - Holland's career types on, 466, 467
 - job satisfaction and, 451–454
 - job trends and, 446–449
 - in middle adulthood, 251–253
 - names and, 188
 - psychological tests and, 464–465
 - relationships at, 299–300
 - retirement and, 258
 - sexism in, 458
 - in STEM fields, women in, 274–276, 460–461
 - stress and, 454–458
 - women in the workplace, 458–462
- Work ethic, 438
- Work redesign, 453–454
- Work roles, 438
- Work schedules, 454
- Z**
- Zika, 363

