

Note: Page numbers followed by f and t refers to figures and tables, respectively.

13 Reasons Why (television series),
impact, 230, 230f

A

Abnormal behavior, 468. *See also*
Psychological disorders

Absolute thresholds, 131
human absolute thresholds,
examples, 132t

Accommodation, 156, 333

Acetylcholine, 65, 66t

Achievement

locus of control, 463f

motivation, 404

Acid casualties, 531

Acquisition

classical conditioning context,
208, 211f

operant conditioning context, 220

Acronyms, usage, 253

Action potentials

initiation, 62

spreading, 62

usage, 62

Actions, pattern, 432

Activation-synthesis theory, 179

Active listening, 514

Actor-observer effect, 356, 356f

Acute stress, 100

Adaptation-level phenomenon,
14, 25

Addiction

biology, 121f

biopsychosocial model, 121f

term, usage, 189

Adler, Alfred, 448

Adolescence

development, 327–328

growth spurt, 327f

Adoption studies, 437f

Adulthood

attachment styles, 344–345

development, 329–331

Advertising, classical conditioning
strategies usage, 211f

Aerial perspective, 156, 157f

Affective, Behavioral, and

Cognitive (ABC) attitude
components, 357

Affective (feelings) attitude
component, 357

After conditioning, 205, 207

Age of possibilities (emerging/
young adulthood feature), 329

Age-related positivity effect, 266

Aggression, 378–381

biological explanations, 379

increase, video games (impact),
379–380

prevention, APA

recommendations, 381

psychosocial explanations, 379

reduction, 380–381

sports, relationship, 379f

Aging

positive advice, 331

sleep cycle, relationship, 179f

Agonist drugs, 65, 66f, 186, 192
psychoactive effects, 187

Agreeableness (A), 453, 454

Ainsworth, Mary (levels of
attachment), 343

Alarm (GAS phase), 102

Alcohol

impact, 191t

IQ, 192

rape, relationship, 191f

Alcoholics Anonymous, 533

Alexander, Malcolm (wrongful
accusation), 269

Algorithm, 282

All-or-nothing

principles, 62

thinking, 62, 170

Altered state of consciousness
(ASC), 168, 197, 200, 399

Altruism, 381–384

example, 381f

Alzheimer's disease (AD), 264,
266, 330

aging, 267–268

effects, 266f

fear of, 266

American Crowbar Case, 81, 81f

American film, possible use in, 449f

American Psychological Association
(APA)

apology, 32

five-pillar model, usage, 30, 31f

American Sign Language (ASL),
usage, 294–295, 295f

American Sniper (movie), 372

Ames room illusion, 158

Amnesia, 265–266

Amphetamine psychosis, 189

Amplitude, 133

Amygdala, 75, 408

activity, 268

Amyotrophic lateral sclerosis
(ALS), 88f

Anal psychosexual stage, 446

Analysis

of resistance, 512

of transference, 512

Angina, 109

Animism, 336

Anorexia nervosa (AN), 402

symptoms, 403t

Antagonist drug, 65, 186

psychoactive effects, 187

Anterograde amnesia, 265–267, 265f

Antianxiety psychotherapeutic
drugs, 524

Antidepressants, 526

impact, 525f

warning labels, impact, 527

Antipsychotic psychotherapeutic
drugs, 524

Antisocial personality disorder
(ASPD), 502–503

Anxiety disorders, 478

biological factors, 480–481

biopsychosocial model, 480f

description, 478–480

explanation, 480–482

psychosocial factors, 481–482

sociocultural factors, 482

types, 479f

Anxiety reduction, exercise impact
of, 537f

APA. *See* American Psychological
Association

Aphasia, 290

Applied research, 37, 43

Approach-approach conflict, 98

Approach-avoidance conflict, 98

Archetypes, 448

Archival research, 45–46

Arousal

increase, coffee (impact), 165

misattribution, 413

optimal level, 394f

theory, 394

Artificial concepts, 280f

Artificial intelligence (AI), 310–312

Artistic schema, test, 333

Asch, Solomon (conformity study),
367, 367f

ASL (American Sign Language),
294–295, 295f

Asperger's syndrome

(diagnosis), 500

Assimilation, 333, 334

accommodation,

combination, 334f

Assistant (Google), 311

Association areas, 83

Association areas of the brain, 83

Association for Psychological

Science (APS), 33, 41

Associative identity disorder

(DID), 492

Associative learning, 204, 205, 213

Asylums, appearance, 509

Attachment, 342–345

degrees, 344f

levels of attachment

(Ainsworth), 343

research, 344f

styles (adulthood), 344–345

Attachment styles, change, 351

Attention, 275

impact, 160

observational learning factor,
228, 229f

Attention deficit disorder

(ADD), 497

Attention-deficit/ hyperactivity

disorder (ADHD), 340, 497–498

medication, use (increase), 498

options, 498

statistics, 499

Attitudes, 354

adjustment, 13

change, 358–361

components, 357, 358f

formation, 357–358

Attraction. *See* Interpersonal
attraction

Attributional biases, culture
(relationship), 356–357

Attributional errors/biases, 355–356
reduction, 357

Attribution/expectancy theory,
396–397

Attributions, 355–357

example, 355f

usage, 396–397

Audition, 138

Auditory cortex, 82, 83

Auditory hallucinations, 194

Auditory stimuli, 245f

Authoritarian parenting style,
434, 435t

Authoritative parenting style,
434t, 448

Autism, diagnosis, 500

Autism spectrum disorder (ASD),
266, 340, 497, 500

behavioral symptoms, 499

social/communicative

symptoms, 500

suffering, 521

Automatic encoding, 244

Automatic long-term memory, 248

Automatic memory, 248

Automatic processes, 170

Automatic processing, 449

Autonomic nervous system

(ANS), 91

actions, 91f

fast/slow pathways

relationship, 409f

overreaction, 480

sexual arousal relationship, 92f

Autonomy

preference, 350

vs. shame and doubt stage, 350

Availability heuristic (problem

solving/decision making

barrier), 283

Aversion therapy, 519, 520, 521f

Avoidance-avoidance conflict, 98

Awareness levels, 169f, 170

variation, 171

Axon, 60

B

Babies. *See also* Infants

IQ improvement, operant

conditioning application, 223f

talking/reading, reason, 296

temperament, categories, 348

Babinski reflex, 90f

Bandura, Albert (personality
theory), 462

Barbiturates, 183, 190t, 191

Barnum effect, 442

Basic anxiety, 449

Basic research, 37

Baumrind, Diana, 371, 434–436

Beck, Aaron, 517

Before conditioning, 206

Behavior

alcohol, impact, 191t

attitude component, 357

cultural ethnotheories impact,
318–319

- Behavior (*continued*)
 incentivization, 396
 increase, meditation (impact), 198
 modification, 110, 521
 motivation, relationship, 399
 punishment, impact, 218t
 recognition/change, 538–539
 reinforcement, impact, 217t
 schizophrenic disturbance, 491f, 492
 therapy (ADHD), 498
 therapy (therapies), 508, 519, 522–524
- Behavioral genetics, 322, 437
- Behavioral perspective
 (psychology), 29
- Belcourt-Dittloff, Annjeanette, 32f
- Belief perseverance, 284
- Belief system, identification/
 confrontation, 515
- Bell-shaped curve, 298, 298f
- Between-group differences, 306
- Bias
 cultural bias, 440–441
 forms, 231
 reduction
 mindfulness practice,
 impact, 201
 understanding, psychology
 research (impact), 35
- Biden, Joe, 375
- Biggest Loser, The* (series), 399
- Bilateral anterior cingulotomy, 529
- Biles, Simone, 375, 375f, 475
- Binary, term, 69
- Binet, Alfred, 297
- Binge-eating disorder, 402–403
 symptoms, 403t
- Binocular cues, 155
- Binocular visual cues, 157f
- Biochemistry, impact, 400
- Biofeedback
 chronic pain, 110
 operant conditioning
 application, 223f
- Biological component of emotion
 (arousal), 408
- Biological learning, 357–358
- Biological perspective (psychology),
 29, 30
- Biological preparedness, 235
- Biological psychology, discovery
 tools, 71
- Biological research, tools, 71t–72t
- Biological theories (motivation),
 392–394
 evaluation, 437
- Biology
 learning, 232–236
 overemphasis, 449
 practical application, 235
- Biomedical therapy, 508, 524
 evaluation, 529, 530
- Biopsychosocial model
 (psychology), 30, 30f, 228
- Biopsychosocial theories, 397–398
- Bipolar disorders
 biological factors, 485
 depressive disorders, contrast,
 484–485, 485f
 description, 484–485
 explanation, 485–486
 psychosocial factors, 485–486
 sociocultural factors, 486
- Black, indigenous, and people of
 color (BIPOC), 32
 achievements, hindrances, 308
 atrocities, 364
- Blind spot, 136
- Bobo doll studies (Bandura),
 228, 228f
- Body
 alcohol, effect, 191t
 dimensions, ideal, 385f
 senses, 145, 145f
 types, stereotypes
 (relationship), 149f
- Body Mass Index (BMI),
 calculation, 402
- Botox, facial-feedback hypothesis
 (relationship), 413f
- Bottom to top brain organization,
 72–76
- Bottom-up processing,
 148–150, 164
- Botulinum toxin (Botox), 65, 413f
- Brain, 73f
 abnormalities, 494
 activity (prefrontal cortex), 278
 activity (schizophrenia), 494f
 Alzheimer's disease (AD)
 effects, 266f
 antidepressants, impact, 525f
 areas, involvement, 278f, 291f
 bottom to top brain organization,
 72–76
 changes, 328f
 chronic stress, impact, 105f
 damage, professional sports
 (relationship), 264f
 development, 325f
 childhood abuse, impact, 302
 environmental enrichment
 impact, 233f
 neglect, impact, 302f
 efficiency, 305f
 functions, 485
 hemispheres, 78
 hemispheres, specialization,
 83–85
 hunger/eating, relationship, 400
 impact, 305–306
 left hemisphere, 84f
 lobes, 80f
 memory areas, 262f, 264t
 organization, 71
 patterns, impact, 490
 remodeling, 88
 response, reinforcement/
 punishment contrast
 (impact), 232f
 right hemisphere, damage, 79f
 scans, usage, 271f
 sex differences, 306f
 size, comparisons, 73f
 stimulation, 524, 526–528
 structures, 75f, 436, 485
 study, PET scans (usage), 291f
 teenage brain, 328
 waves
 measurement, reasons, 176f
 patterns, 169f
- Brain-imaging scans, 71
- Brainstem, 74
- Brightness (constancy form), 158f
- Broca, Paul, 81
- Broca's aphasia, 81, 290
- Broca's area, 81, 290
- Brown v. Board of Education*
 (1954), 35
- Bulimia nervosa, 402–403
 symptoms, 403t
- Bullying, 378
- Burnout, 99
- Bystander effect, 383
- C**
 Caffeine, benefits, 196
- Calkins, Mary, 31, 32
- Cancer, 109
- Cannabidiol (CBD), 194
- Cannon-Bard theory, 410, 411, 414
- Cardiovascular disorders, 109–110
- Career
 inventories, 439
 personality, matching, 454, 455t
- Carruthers, George, 331f
- Case study, 81
 usage, 45
- Cataclysmic events, 100
- Cataleptic reaction, 492
- Cataplexy, 181
- Catatonic schizophrenia, 493
- CATCH My Breath program, 122
- Causation, proof, absence, 47
- CBT (cognitive behavior therapy),
 501, 529
- Cell body, 60, 61
- Cellular-clock theory, 330
- Central executive, 247, 247f
- Central nervous system (CNS),
 86–87, 90
 depression, opioids (impact), 193
- Central tendency measures,
 A-19–A-20
- Cephalocaudal development, 322
- CER (conditioned emotional
 response), 207, 208t, 211
- Cerebellum, 74
 left side, 78f
 sobriety test, 74f
- Cerebral cortex, 408
 exploration, 78
 importance, 78
 lobes, 80–83
- Change
 psychological goal, 36
 stability, (contrast), 317, 456
- Channel surfing, 247
- Cheap lies, pain (reason), 359f
- Chemical senses, 141
- Chess, Stella (temperament
 theory), 348
- Chest radiography, sample, 171f
- Childhood abuse, impact, 302
- Childhood disintegrative
 disorders, 500
- Childrearing, cultural
 differences, 326
- Children
 fixation, 447
 grades, payment (discussion), 396
 hyperactivity/impulsivity, 497–498
 language development,
 293–294, 296
 prenatal environmental
 conditions, impact, 323t
 regression, 447
 temperament, 435
 categories, 348
- Chomsky, Noam, 292
- Chromesthesia, 161, 161f
- Chromosome, 321
- Chronic illness, effects, 117
- Chronic pain, 110–111
 treatment, 110–111
- Chronic stress, 100–101
 impact, 105f
- Chronic traumatic encephalopathy
 (CTE), 264
- Chunking, 246
- Circadian rhythms
 disruptions, 174, 183
- exploration, 174f
 sleep, relationship, 174–175
- Cisgender, term, 69
- Clairvoyance, 162
- Clarification, 514
- Clark, Kenneth B., 31, 35f
- Clark, Mamie Phipps, 31, 35f
- Classical conditioning, 358, 519–521
 applications, 206, 209–212, 211f
 beginnings, 205–208
 defining, 204, 205
 emotional eating (EE),
 relationship, 207f
 examples, 211f
 operant conditioning
 comparison, 213–214, 224t
 contrast, 214f, 224
 principles, 208–209, 208t, 212
 identification, 212
 terms/steps, 205–208
 usage, 362
- Classical conditioning, relationship
 satisfaction, 213
- Classically conditioned emotional
 responses (CERs), 249
- Classically conditioned
 memory, 248
- Classism, impact, 542
- Cleveland, Grover, 258
- Clever Hans, bias/demand
 characteristic (example),
 55, 55f
- Client-centered therapy, 515
- Clinical observations, 71
- Close, Glenn, 475
- Club drugs, 195–196
- CMH (community mental health)
 centers, 535f
- CNS (central nervous system),
 86–87, 90
- Cocaine (agonist drug), 193f
- Cochlea, 138
 basilar membrane,
 stimulation, 139
 cochlear implant, 139
- Coding, 130
- Cognition, 278, 462
 brain areas, involvement, 278f
 change, 333
 key terms, 288t
- Cognitive appraisal, 113–115
 stress management, 114
- Cognitive (thoughts/beliefs)
 attitude component, 357
- Cognitive behavior therapy (CBT),
 501, 529
- Cognitive building blocks, 279–280
- Cognitive development, 316
 stages, 334–338
- Cognitive dissonance
 culture, relationship, 359–361
 power, 358–359
 understanding, 360
- Cognitive expectancies, 463
- Cognitive functioning
 alterations, 101
 stress, relationship, 104–105
- Cognitive map, 227, 227f
- Cognitive neuroscience, 168–169
- Cognitive offloading
 problem solving/decision making
 barrier, 284
 usage, downsides, 284
- Cognitive optical illusions, 151
- Cognitive perspective
 (psychology), 29
- Cognitive processes, faults, 481–482

- Cognitive restructuring, 515
 Cognitive-social learning, 226, 358
 applications, 229
 example, 227f
 theory, 226
 Cognitive theories (motivation), 392, 395–397
 Cognitive therapies, 515–518
 evaluation, 517
 Cognitive training, providing, 366
 Cognitive triad of depression, 517, 517f
 Cohort effects, 53
 Colbert, Stephen, 456
 Collective unconscious, 448
 Collectivist cultures, individualist cultures (comparison), 433f
 Collectivistic cultures, 433
 differences, 259
 College success, learning principles (usage), 236
 Color
 blindness, 137
 constancy form, 158f
 opponent-process theory of color, 137
 trichromatic theory of color, 137
 vision, 137
 Color-deficient vision, 137
 Commitment (love component), 387
 Communication, 497
 qualities, 489
 Community mental health (CMH) centers, 535f
 Comorbidity, 470, 494
 Companionate love, 386, 388
 romantic love, contrast, 388f
 Compassion, practice, 505
 Compliance, 367, 369–370
 increase, factors, 369–370
 inducing, strategy, 369t
 techniques, 372
 Compliments, impact, 160
 Compulsion, cycle, 501f
 Computer-aided
 communication, 295f
 Computer tomography (CT) scan, 71t
 Conception, hereditary code (relationship), 321f
 Concept map, 253
 Concepts, formation process, 279
 Concrete operational stage, 336
 Concussions, treatment, 79
 Conditional acceptance, receiving, 514
 Conditional emotional response (CER), 207
 Conditional love/acceptance, 458–459
 Conditional positive regard
 unconditional positive regard (contrast), 514f
 Conditioned emotional response (CER), 481, 519
 Conditioned response (CR), 207
 elicitation, 519
 Conditioned stimulus (CS), 207
 Conditioning, 204. *See also* Classical conditioning; Operant conditioning
 Conduction hearing loss, 139
 Cones, 136
 Confidentiality, 41
 Confirmation bias, 20, 48, 163, 442
 problem solving/decision making barrier, 284
 Conflict, 98
 types, 99t
 Conformity, 367–368
 study (Asch), 367, 367f
 techniques, 372
 understanding, 368–369
 Confounding variable, 54
 Connectionism, 242
 Conscientiousness (C), 452
 Conscious, 444
 Consciousness, 168
 altered state of consciousness (ASC), 168, 197, 200
 controlled/automatic processes, 170, 171
 levels, 444
 states, 169f
 understanding, 168–169
 waking consciousness, 168
 Consequences, evaluation, 515
 Conservation, 336
 Consolidation, 265
 theory, 179
 Constancies perception, 156–157
 Constancy, 153
 forms, 158f
 Constructive process, 240
 Consummate love, 386
 Contact comfort, 342–343
 Contiguity, Gestalt principle, 154f
 Continuous pattern, 317
 Control
 external locus, 115, 463
 group, 49
 internal locus, 115, 463
 locus, 115, 463f
 Controlled processes, 170, 171
 Conventional level of morality, 346
 Convergence, 156
 Convergent thinking, 287
 Convolutions, 78, 78f
 Cooper, Sheldon (character, ASD presence), 500f
 Cornea, 135
 Coronary artery disease (CAD), 109
 Coronary heart disease, 109
 Corporal punishment, 219
 Corpus callosum, 83, 84f
 hemispheres, connection, 84f
 Correlational research, 46–49
 Correlations
 absence, 47
 direction/strength, 47
 limits, 47–48
 value, 48–49
 Cortana (Microsoft), 311
 Cortex, thickness (increase), 232
 Cortisol, impact, 104–105
 Counterconditioning, 520–521
 Couples therapy, 533
Covid-19 Health and Politics Project (UCLA), 217
 Cramming (massed practice), 259, 275
 Creative people, resources, 287t
 Creative thinking, elements, 286t
 Creativity
 characteristics, 286
 divergent thinking, relationship, 286–288
 identification process, 286
 improvement, nature (impact), 289
 increase, 287–288
 measurement process, 286–287
 Credibility, establishment, 536
 Crisis, coping, 113t
 Criterion-related validity, 299
 Critical period, 317
 Critical thinking, 20–21, 46
 affective components
 altruism, 3
 appreciate eclecticism and synthesize, 4
 emotional intelligence (EI), 4
 tolerate ambiguity, 3–4
 views and dialogue, 3
 application, 180, 191
 behavioral components
 accept change, 5
 active listening and trust building, 4
 delay decisions/judgment, 4–5
 open-mindedness, 5
 precise terms, 4
 cognitive components, 5–6
 apply knowledge to new situations, 5–6
 employ metacognition, 6
 fact vs. opinion, 5
 personal biases and value truth, 5
 resist overgeneralization, 5
 think independently, 6
 definition, 2
 metacognition, 21
 scientific thinking
 clarifying, 20–22, 21t
 combining, 23
 testing, 90, 191, 234, 241, 253, 268, 273, 286, 337, 345, 366, 395
 Cross-cultural sampling, 54
 Cross-sectional design, 52
 longitudinal design
 combination, 54
 contrast, 52f, 53f
 Crystallized intelligence (Gc), 303
 Cultural bias, 440–441, 473
 Cultural differences, 435
 impact, 320
 Cultural expectations, 435
 Cultural influences
 form perception (relationship), 154–155
 underestimation, 460
 Culture
 attraction, relationship, 385f
 attributional biases relationship, 356–357
 cognitive dissonance relationship, 359–361
 emotion, relationship, 416–417
 ethnotheories, impact, 318–319
 impact, 259, 318, 433–434, 535–536
 invisibility, 319
 job stress, relationship, 122–123
 taste preferences, 143f, 144
 Culture-bound symptoms/syndromes, 475, 475f
 Culture-fair/ culture-free IQ test creation, 308
 Culture-general symptoms, 474, 474t
 Curiosity, 21, 37, 116–117, 312, 380, 464
 Curry, Steph, 301
 Cyclical scientific method, steps, 38
D
 Daniel Tatum, Beverly, 32f
 Dark adaptation, 136
 Darwin, Charles, 416
 Data
 collection, A-17–A-18
 collection/analysis (scientific method step), 39
 organization, A-17–A-18
 Death, job stress as cause of, 120–121
 Debriefing, 41
 Decay (forgetting theory), 255f, 256
 Deception, restricted use, 41
 Decibels (dBs), 139, 139f
 Decision making, 281–285
 barriers, 282–284
 Declarative memory, 248, 262, 266
 Deep brain stimulation (DBS), 528
 Deeper conversations, shallow conversations (contrast), 24
 Deep Learning (Google), 311
 Deep sleep, 177
 Defense mechanisms, 115, 445
 ego, 511
 psychological defense mechanisms, sample, 446t
 usage/vicious cycles, 446f
 Dehumanization, 380
 DEI (diversity, equity, and inclusion), 30–33
 model, 30
 psychology, relationship, 35
 Why DEI important, 31
 Deindividuation, 373
 Deinstitutionalization, 533–535
 Delayed gratification, 464
 Delusion, 472–473, 491–492
 clarification, 473
 false perceptions, 150
 of grandeur, 492
 of persecution, 150
 Demand characteristic, 54, 373
 Dementia, 266
 Dendrite, 60
 Deoxyribonucleic acid (DNA), 321
 Dependence relations, 350
 Dependent variables (DV), 50, 50f, 51, A-21
 Depressants (drug category), 190–192
 Depression
 cognitive triad, 517, 517f
 cycle, 486f
 explanation, brain patterns (impact), 490
 social media usage (impact), 23
 Depressive disorders
 biological factors, 485
 bipolar disorders, contrast, 484–485, 485f
 description, 484–485
 explanation, 485–486
 psychosocial factors, 485–486
 sociocultural factors, 486
 Depressive episode, cessation, 484–485
 Deprivation of attachment, lasting effect, 351
 Depth, 153
 Depth perception, 155
 binocular/monocular visual cues, 157f
 Description (psychological goal), 36
 Descriptive research, 44–46
 Descriptive statistics, A-19–A-20
 measures of central tendency, A-19–A-20
 measures of variation, A-20
 Desensitization, systematic, 520, 521f

- Destructive obedience, understanding, 371–373
- Development
cultural influences, 318–319
language, impact, 290
psychosexual stages, 447
stages, continuity (contrast), 317f
study, reason, 316
- Developmental psychology
research methods, 52–53
theoretical issues, 316–317
- Deviance, 468
- Diagnostic and Statistical Manual* (DSM-TR-5), 188
- Diagnostic and Statistical Manual of Mental Disorders (DSM), 470
classification system, 470–473
evaluation, 473
labels, danger, 473
overdiagnosing, 473
- Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR)
cultural focus, increase, 474
psychological disorders, subcategories, 471t–472t
- Dichromats, 137
- DID (dissociative identity disorder), 492, 501
- Diet, hypothalamus and, 400
- Difference threshold, 131
importance, 132f
- Difficult children, 348
- Diffusion magnetic resonance imaging (dMRI), 72t
- Diffusion of responsibility, 383, 384
- Disbelief, suspension (willingness), 163
- Discrimination, 361
chronic stressor, 100f
classical conditioning context, 209
operant conditioning application, 223f
operant conditioning context, 220
overcoming, 476
- Discriminative stimuli, 220
- Disidentification, 309
- Disorganized schizophrenia, 493
- Displaced aggression, prejudice source, 361, 363
- Display rules, 416–417
- Dissociation, 492, 501
- Dissociative amnesia, 501
- Dissociative identity disorder (DID), 492, 501
- Distinctiveness, power, 241
- Distortion memory, 268–274
- Distracted driving, 48, 172
- Distraction, 146
dangers, 172
- Distress, 96, 468
- Distributed practice, 258, 275
- Divergent thinking
ability, 286
creativity, relationship, 286–288
increase, 287–288
- Diversity, Equity, and Inclusion (DEI), 319
model, 30–33
psychology, relationship, 32–33
- dMRI (diffusion magnetic resonance imaging), 72t
- DNA (deoxyribonucleic acid), 321
- Dogs
eye contact, 69f
personalities, 454
training, food/praise (usage), 225
vision, human vision (contrast), 129f
- Dominance, 454
- Dominant gene, 322
- Door-in-the-face technique, 369
- Dopamine activity, reduction, 494
- Dopamine hypothesis, 494
- Double-blind study, 55, 55f
- Down syndrome, 497
- Dreaming
analysis, 512
analysis (Freud), 512f
cultural variations, 180
gender variations, 180
reasons, 173
themes, 180t
theories, 179–180
viewpoints, 179–180
- Drive-reduction theory, 393–394
- Drugs
abuse, 186
cost, 188f
addiction, 186, 188
hidden costs, 189
categories, 190–195
club drugs, 195–196
impact, 66f
overdoses, deaths (increase), 194f
psychoactive drugs, 186–196
therapy, 524–526
treatments, efficacy, 526
- DSM (*Diagnostic and Statistical Manual of Mental Disorders*), 188, 470–473
- Duchenne smile, 410, 410f
- Duodenal ulcers, 108
- During conditioning, 206
- Dweck, Carol, 313
- Dysfunction, sexual, abnormal behavior vs, 468
- Dyslexia, 497
- E**
- Early childhood development, 324–326
- Ears, hearing, 138
- Easy children, 348
- Eating
brain, impact, 400f
motivation, 399–401
- Ebbinghaus, Hermann, 254, 256
- Ebbinghaus's forgetting curve, 254
- EBPP (evidence-based practice in psychology), 537
- Echoic memory, 245
demonstration, 245
- Eclectic approach (therapy), 508, 532
- ECT (electroconvulsive therapy), 526, 527, 527f
- EEG (electroencephalogram), 71t, 176f
- Effect, law (Thorndike), 214
- Effortful long-term memory, 248
- EFs (executive functions), 80, 81
- Ego (psyche component), 444–445
defense mechanisms, 511
- Egocentrism, 311, 336
- Ego integrity vs. despair stage, 349
- Egoistic model of helping, 382
- EI (emotional intelligence), 310–312
- Einstein, Albert, 306, 460
- Ejaculation (spermarche), 327
- Elaborative rehearsal
improvement, 250
LTM improvement, 249–250
practice, 275
role, 250f
- Electrical brain stimulation (EBS), 83
- Electroconvulsive therapy (ECT), 526, 527, 527f
- Electroencephalogram (EEG), 176f
- Electroencephalography (EEG), 168–169
- Electromagnetic spectrum, 134f, 135
- Electronic devices, sleep-wake disorders and, 183
- Ellis, Albert, 515
- Embryonic period, 322
- Emerging adulthood, 329
- Emerging/young adulthood
features, 329
- Emotion
autonomic nervous system (ANS) relationship, 409f
behavioral (excessive) component, 409–410
cognitive component (thinking), 408–409
components, 408–410
culture/evolution, relationship, 416–417
display, 408f
rules, 416
expression, 415–419, 539
faces, rating, 409
focused coping, 113–115
identification, 416f
limbic system, role, 409f
naming, 417
priming, 249
psychosocial factors relationship, 415–416
reason, 407
recognition, 539
sample, 417t
schizophrenic disturbance, 491f, 492
self-reporting, 412f
theories, 410–414
evaluation, 413–414
- Emotional arousal, memory (relationship), 262–263
- Emotional eating (EE)
classical conditioning (relationship), 207f
- Emotional intelligence (EI), 4, 310–312
development, 311f
scientific thinking skills application, 312
teaching, 312
traits, 311
- Emotional trauma, effects, 324
- Emotion-focused coping, 113–115
- Emotions, negative, 496
- Empathy, 514
action, 382f
fostering, 366
increase, 201
- Empathy-altruism hypothesis, 382
- Empirical approach, 21, 380
- Encoding, 241–243, 330
failure (forgetting theory), 256
improvement, 275
- Encoding-specificity principle, 251, 251f, 275
- Encoding, storage, and retrieval (ESR) model, 241–244, 275
- Endocrine system, 68f
definition, 68
impact, 68–69
- Endorphins, 67, 146
increase, 110
- Enriched environments, deprived environments (contrast), 233
- Entrepreneurship, ranking, 441f
- Environmental enrichment
impact, 233f
- Epigenetics, 322
effect, 322, 324
factors, impact, 324
- Epinephrine (adrenaline), 69
- Episodic memory, 248
- Erikson, Erik, 449
psychosocial development stages, 349
psychosocial theory, 349–350
- Escher, M. C., 153, 153f, 316
- ESP (extrasensory perception), 162–163
- ESR (encoding, storage, and retrieval) model, 241–244, 275
- Estrogen, 69
- Ethical Principles of Psychologists and Code of Conduct* (APA), 41
- Ethics, 522
- Ethnicity, defining (impossibility), 308
- Ethnocentrism, 55, 311, 362
overcoming, 474–475
- Ethnotheories, 318–319
- Eustress, 106
- Evaluation (problem solving step), 281–282
- Evidence-based practice in psychology (EBPP), 537, 537f
- Evidence, examination, 21, 464
- Evolution
emotion, relationship, 416–417
learning, relationship, 234–235
- Evolutionary perspective (psychology), 30
- Evolutionary theory, 178
- Evolutionary theory of helping, 381
- Executive functions (EFs), 80, 81
- Exercise
impact, 537f
vigorous, 43
- Exhaustion (GAS phase), 102
- Exorcism, 509
- Experiment
defined, 49
dependent and independent variables in, 49, 50
experimental groups in, 49
experimenter bias in, 54
participant bias in, 55
potential research problems and safeguards, 54–56
sample bias in, 49
- Experimental group, 49
- Experimental research, 49–50
design, 51
- Experimenter bias, 54
- Explanation (psychological goal), 36
- Explicit/declarative memory, 248
- Exposure and response prevention (ERP) therapy, 501
- Exposure, repetition, 386
- Exposure therapy, 519, 520
- External environment, impact, 462
- External locus of control, 115, 463
- Extinction
classical conditioning context, 209, 211f
operant conditioning context, 220
- Extinguishing, absence, 207

- Extraneous perception (ESP), 162–163
 belief, reason, 162–163
 Extraversion (E), 452–453
 misconceptions overcoming, 452
 Extrinsic motivation, 405
 intrinsic motivation, contrast, 405–406
 Extrinsic rewards, motivation, 405f
 Eyes, function, 134–136
 Eyewitness identification, 133
 Eyewitness testimony, 269
 impact, 269f
 understanding/improving, 270f
 Eysenck, Hans, 436
- F**
 Facial-feedback hypothesis, 413
 Botox, relationship, 413f
 Fact
 definition, 21
 values, distinction, 22
 Fact-based evidence, 20
 Factor analysis, 451
 FAE (fundamental attribution error), 355, 355f, 372
 Fake news, 280
 older adult spread, reasons, 332f
 Fallacy of positive instances. *See* Confirmation bias
 False memories
 detection, brain scans (usage), 271f
 example, preference, 272
 repressed memories, contrast, 270–273
 controversy, 273
 understanding, 271–272
 Family therapy, 533, 533f
 Fantz, Robert, 327
 Farsightedness (hyperopia), 136, 136f
 FAS (fetal alcohol syndrome), 324f
 FASD (fetal alcohol spectrum disorder), 324, 324f
 Father, parenting role of, 436
 FBM (flashbulb memory), 263
 Fear, fast/slow pathways, 409f
 Fear of missing out (FOMO), 123, 188, 189
 Fear, reasons, 283f
 Feature detectors, 152
 location, 152f
 Fechner, Gustav, 131
 Feeling in-between (emerging/young adulthood feature), 329
 Feelings, pattern, 432
 Fentanyl, impact, 193–194
 Festinger, Leon, 358, 359
 Fetal alcohol spectrum disorder (FASD), 324
 Fetal alcohol syndrome (FAS), 324f
 Fetal period, 322
 FFM (five-factor model), 451, 452f
 FI (fixed interval) schedule, 222, 222t
 Fight-flight-freeze, 101–102
 action, absence, 109
 response, 101
 Fight-or-flight response, 91, 101–102
 Figure weights determination, 298f
 Filtering, 128–129
 First impressions, 148–149
 First-order conditioning, 210
 Fissure, 78
- Five-factor model (FFM), 451, 452f
 evaluation, 453
 mate preferences
 relationship, 455t
 Five-pillar model (APA), 30, 31f
 Fixed interval (FI), 222
 Fixed mindset, 313
 Fixed mindset, growth mindset (contrast), 313t
 Fixed ratio (FR), 222
 Flashbulb memories (FBMs), 263, 269
 personal FBMs, 263f
 Flattened affect, experience, 492
 Flexibility, creative thinking and, 286
 Flirting, 385
 Fluency, creative thinking and, 286
 Fluid intelligence (*Gf*), 243f, 303
 Flynn effect, 308
 FOMO (fear of missing out), 123, 188, 189
 Foot-in-the-door technique, 369–370
 Forebrain, 73–76
 structures, 75f
 Forgetting
 curve (Ebbinghaus), 254
 factors, 256–259
 quickness, 254f
 reason, 272
 theories, 255–256, 255f
 Formal operational stage, 337–338
 Form perception, 153–154, 153f
 cultural influences relationship, 154–155
 Gestalt principles, 153
 Fovea, 136
 Free association, 512
 Free time, dangers, 107
 Free will, stress, 29
 Frequency distributions, 134f, 139, A-17–A-18
 Frequency theory for hearing, 139
 Freudian slips, 445f
 Freud, Sigmund, 27, 29, 444, 511–513
 development, psychosexual stages, 447
 personality structure, 446f
 wish-fulfillment view, 179
 Frontal lobes, 80–81
 FR (fixed ratio) schedule, 222, 222t
 Frustration, 99–100
 Functional fixedness
 problem solving/decision making barrier, 282
 testing, 283f
 Functionalism, 27
 Functional magnetic resonance imaging (fMRI), 168–169
 nonresponsive/healthy fMRI brain images, 169f
 scans, information, 262
 usage, 262, 302
 Fundamental attribution error (FAE), 355, 355f, 372
 Future research, directions (correlational research advantage), 49
- G**
 g (general intelligence), 303
 GABA (gamma-aminobutyric acid), 67t
 GAD (generalized anxiety disorder), 478, 482
- Gage, Phineas (frontal lobe damage), 81–82, 81f, 88
 Galvanic skin response (GSR), 418f
 Gambling disorders, 188
 Gambling, schedule of reinforcement (relationship), 221f
 Gamma-aminobutyric acid (GABA), 67t
 Gamma-hydroxybutyrate (GHB), 190t, 195
 Garcia, John, 234
 Gardner, Allen, 294
 Gardner, Beatrice, 294
 Gardner, Howard, 303
 Gardner's theory of multiple intelligences, 304t
 GAS (general adaptation syndrome), 102
 Gastric ulcers, 108
 Gate-control theory, 146
 Gathering data, A-17–A-18
 gc (crystallized intelligence), 303
 Gehrig, Lou (ALS/head trauma), 88f
- Gender
 bias impact, 477
 impact, 535–536
 perception and management, 147
 Gender nonbinary, term, 69
 Gender-role conflict, stresses, 535
 Gender-role stereotypes impact, 477
 General adaptation syndrome (GAS), 102
 phases, 102
 stress, relationship, 102
 General cues, 251
 General intelligence (*g*), 303
 Generalizability, 522
 Generalization
 classical conditioning context, 209, 220
 operant conditioning context, 220
 Generalized anxiety disorders (GADs), 478, 482
 Generativity vs. stagnation stage, 349
 Genes, 321
 impact, 443
 Genetic abnormalities impact, 300
 Genetics, 436
 environment, contrast, 306f
 schizophrenia, relationship, 494, 494f
 Genital psychosexual stage, 446
 Genovese, Kitty (stabbing), 383
 Genuineness, 514
 Germinal period, 322
 Gestalt principles, 153, 154f
 Gestalt psychology, 26
 structuralism, contrast, 26
 GHB (gamma-hydroxybutyrate), 190t, 195
 Gifted children, examination, 300
 Gilligan, Carol (moral development approach), 348
 Giving/receiving, contrast, 235
 Glial cells, 60
 Global cultural effects, mental health (relationship), 474–475
 Glutamate, 67t, 142–143
 Goff, Phillip Atiba, 32f
 Goleman, Daniel, 311, 312
 Goodall, Jane, 44
 Goodness-of-fit, 348
 Gottman, John, 380, 387
 Grade point average (GPA), 12
- Grammar, 290
 Graphs, reading, A-18
 Grasping reflex, 90f
 Gratitude
 exercises, 331
 expression, 25
 Gray matter, importance, 74
 Group decision making, 374–377
 Group membership, 373
 Group performance, 373–374
 Group polarization, 374
 juries, relationship, 376f
 Group processes, 367, 373–377
 Group therapy, 533
 Groupthink, 375
 prevention, 375, 377
 understanding, 375
 Growth mindset, 313, 505
 fixed mindset, contrast, 313t
 studies, 301
 Growth spurt, 327
 Gustation. *See* Taste
- H**
 Habituation, 152, 327
 Hallucination, 189, 473, 491
 clarification, 491
 Hallucinogens (drug category), 190, 190t, 194–195
 Happiness, 13–14, 25
 friends and, 415
 older people happiness, 267–268
 shaping, cultural, differences (impact), 320
 social class, 420
 Harlow, Harry, 342–343
 Hassles, 99–100
 Hayflick limits, 330
 Head trauma, repetition, 87
 Health
 job stress, relationship, 122–125
 maintenance, 120
 psychology at work, 122–125
 Health psychologist, role, 120–121
 Health psychology, 120
 defining, 120
 Healthy living, resources, 117–119
 Hearing (audition), 138
 age-related loss of, 140
 conduction hearing loss, 139
 frequency theory for, 139
 pitch perception and, 139
 place theory for, 139
 preventing hearing loss, 139f
 problems with, 139
 process diagram, 138
 sensorineural hearing loss, 139
 softness vs. loudness, 139
 thresholds for, 132t
 thresholds, measurement, 131f
 volley principle, 139
 Heart disease/attack, 109
 Hedonic adaptation, 236
Helicobacter pylori (*H. pylori*), impact, 108
 Helping (altruism)
 avoidance, reasons, 383–384
 egoistic model, 382
 evolutionary theory, 382
 models, 381f
 Hemineglect, 78, 79f
 Hereditary code, conception (relationship), 321f
 Heritability, 306, 308, 441, 500
 Heuristic(s), 282

- Hierarchies, 280f
 concept formation and, 279
 memory improvement and, 249
- Hierarchy of needs (Maslow), 397–398, 397f, 459–460, 459f
 theory, 392
- High achievers, characteristics, 404
- Higher cognitive processes, control, 80, 81
- Higher-order conditioning, 209, 210
- High-paying job, 420
- High-pitched ringtone, 141f
- High-pitched ringtone, usage, 140
- High sensation seeker, determination, 394, 395
- Hindbrain, 74
- Hippocampus, 75
 influence, 268
- Hit or miss approach, 281
- Homeland* (movie), 526
- Homeostasis, 103, 393–394
- Horizontal-vertical illusion, 151
- Hormonal processes, 60–70
- Hormones
 definition, 68
 impact, 68–69
 neurotransmitters, contrast, 68f
- Horney, Karen, 449
- HPA (hypothalamic-pituitary-adrenocortical) axis, 103
- Hub science, 18–19
- Hugs, impact, 70
- Human absolute thresholds
 examples, 132t
- Human development
 critical period, 327
 sociocultural context, 318
- Humanistic perspective (psychology), 29
- Humanistic theories, evaluation, 460
- Humanistic therapies, 513–515
 evaluation, 515
- Human language, 294–295, 295f
- Human vision, dog vision (contrast), 129f
- Hunger
 motivation, 399–401
 psychosocial factors, 400–401
 regulation, mechanisms, 401f
- Huntington's disease, 266
- Hyperactivity (children), 497
- Hyperopia, myopia (contrast), 136f
- Hypnosis, 199–200, 200t
 myths/facts, 200t
- Hypnotic state, characterization, 199
- Hypothalamic-pituitary-adrenocortical (HPA) axis, 103
 impact, 103
 stress, relationship, 103
- Hypothalamus, 76
 activation, 414
 hormones, release, 400
- Hypothesis, 37, 282
- I**
- ICD-11 (*International Classification of Diseases*), 474
- Iconic memory, 245
 demonstration, 245f
- Id (psyche component), 445, 511
- Identity vs. role confusion stage, 329
- Ideologies, adherence, 372–373
- Illness
 information, usage, 109
 prevention, 120
 stress and, 108–113
- Illusions, 150–151
 clarification, 473
- Illusory correlations, third variables (comparison), 48
- Imaginary audience, 338
- Imitation (modeling), 228
- Immune system
 changes, 101
 stress, relationship, 104
- Implicit Association Test (IAT), 364
- Implicit biases, prejudice source, 361, 363–364
- Implicit/nondeclarative memory (nonconscious memory), 248, 249, 266, 449
- Impossible figures, 60, 153f
- Impression management, 189
- Imprinting, 317
- Impulse control, 80, 81
- Impulsivity (children), 497
- Inattention blindness, 171, 173
- Inattention deafness, 171
- Inattention numbness, 171
- Incentive theory, 395
- Independent variable (IV), 49, 49f, 51, A-21
- Individualist cultures, collectivist cultures (comparison), 433t
- Individualistic cultures
 differences, 259
- Individuals
 adjustment, 458
 differences, 115–117
- Industrial Revolution, PTSD symptoms, 111
- Industry vs. inferiority stage, 349
- Infants
 attachment, research, 344f
 kangaroo care benefit, 144f
 research, 327
- Inferential statistics, A-20–A-22
- Inferiority complex, 448
- Information
 crossover, 78f
 disruption, 254
 expansion, 250
 juggling, 246
 processing speed, aging (impact), 329
 studying, 275
 transfer, 244
- Informational social influence, 368
- Informed consent, 41
- Ingroup (category), 363
- Ingroup favoritism, 363
- Initiative vs. guilt stage, 349
- Injuries, reasons, 263
- Inner ear, 138
- Innumeracy, 163
- Insanity, 473
- Insight, 282
- Insight learning, 226–227
- Insight therapy (therapies), 508, 511, 519
- Insomnia, 181
- Inspire device, 528
- Instability (emerging/young adulthood feature), 329
- Instinct/evolutionary theory, 393
- Instinctive drift, 234
- Instincts, 393, 393f
- Institutionalization, 533
- Institutional review boards (IRBs), 41
- Intellectual development
 disorders, 497
- Intellectual disability, 300
 degrees, 300t
- Intelligence, 297–301
 at birth, 313
 brain, impact, 305–306
 controversy, 303–312
 definition of, 297
 extremes, 299–301
 heritability, argument, 308
 nature of, 297
 tests, scores (normal distribution), 298f
 theories, 303–304
- Intelligence quotient (IQ), 298
 cultural bias, 308
 genetic/environmental influences, 305f
 nature/nurture, relationship, 305–306
 scores
 environmental/cultural factors impact, 308
 group differences, 306–310
 tests, history, 297–298
- Intelligent brains, efficiency, 305f
- Interactionism, 456
- Interaction, situation (contrast), 456
- Interdependence, emphasis, 536f
- Interference (forgetting theory), 255–256
 reduction, 275
- Intergroup contact, prejudice and, 365–366
- Intermittent reinforcement, 221
- Internal locus of control, 115, 463
- International Classification of Diseases* (ICD-11), 474
- Interpersonal attraction, 384–388
 culture and, 384
 loving others and, 386–388
 physical attractiveness, 384–385
 proximity and, 386
 similarity and, 386
- Interpersonal relationships, 189
- Interposition, 156, 157f
- Interpretation, 157–159, 511, 512
- Interpretation of Dreams, The* (Freud), 179
- Interviews, usage, 438
- Intimacy
 vs. isolation stage, 350
 love component, 387
- Intrinsic motivation, 405
 extrinsic motivation, contrast, 405–406
- Introspection, structuralism (relationship), 26
- Introversion, misconceptions (overcoming), 452–453
- Involuntary commitment, 533, 534
- Irrational misconceptions
 overcoming, 516
- J**
- James-Lange theory, 410, 413
- James, William, 27, 27f, 31, 168
- Jeter, Derek (meditation), 198
- Jet lag, 174
- JND (just noticeable difference)
 law, 131
- Job stress, 100
 culture, impact, 122–123
 health, impact, 122–125
 identification, 124–125
- Jung, Carl, 448
- Juries, decision making, 285
- Just noticeable difference (JND)
 law, 131
- K**
- Kangaroo care, 144f
 infant benefit, 144f
- Karoshi, 122
- Kastor, Deena (meditation), 198
- Ketamine (special K), 195, 526
- Kinesthesia, 145, 145f
- Kinesthetic hallucinations, 194
- Kinesthetic sense, 145
- Knowledge, information (link), 250
- Koelling, Robert, 234
- Koffka, Kurt, 26
- Kohlberg, Lawrence, 346
 moral development stages, 347
 theory, assessment, 346–348
- Köhler, Wolfgang, 26, 226
- Koko, American Sign Language (usage), 294, 295f
- Krishna, Gopi, 197
- Ku Klux Klan (KKK), prejudice (development), 211f
- L**
- Laboratory observation, 45, 45f
- LAD (language acquisition devices), 292
- Lady and the Tramp* (movie), 358
- Langford, Katherine, 487
- Language, 290
 acquisition, 293t
 brain areas, involvement, 291f
 building blocks, 291f
 comprehension, 81
 delays, 497
 development, 316
 development (children), 293–294, 294f, 296
 human/nonhuman animal language, 294–295, 295f
 multiple languages, power, 292
 schizophrenic disturbance, 491, 491f
 structure/location, 290–291, 291f
 study, PET scans (usage), 291f
 theories, 292
 thinking, relationship, 292
- Language acquisition device (LAD), 292
- Lan Wu, Sau, 331f
- Late adulthood, 330
- Latency psychosocial stage, 446
- Latent content, 179, 512
- Latent learning, 226–227
- Lateral hypothalamus (LH)
 impact, 400
- Lateralization, brain, 83
- Law of effect (Thorndike), 214
- Law of just noticeable difference (JND), 131
- Learned helplessness, 486
- Learning, 204
 disorders, 497
 evolution, relationship, 234–235
 occurrence, methods, 357–358
 prejudice source, 361–363
 principles, usage, 236
 types, 204f
- Lethal errors, racial bias/sleep deprivation (impact), 185
- Lethal means, access (reduction), 489
- Levels of attachment (Ainsworth), 343

- Levels of consciousness, 444
 Levels of processing model of memory, 242–243
 Lie detection, 419
 Lies, pain (reason), 359f
 Life
 change, adjustment, 97–98
 saving, 389
 Life expectancy, 116, 117
 Life span
 development, 316t
 physical development
 changes, 321f
 Life-threatening stress, 43
 Light
 adaptation, 136
 properties, 134f
 waves, 134f
 Light/shadow, 156, 157f
 Limbic system, 75, 278, 408
 activation, 414
 brain structures association, 75f
 emotion, origination, 416
 role, 409f
 Limited resources, prejudice
 source, 363
 Lincoln, Abraham, 258
 Linear perspective, 156, 156f
 Linguistic relativity hypothesis (Whorf), 292
 Linguistic stage, 294
 Literature review (scientific method step), 37
 Little Albert (conditioning study), 207–208, 207f
Little Engine That Could, The, 465
 Liu, Alysia, 257f
 Lobotomy, 529
 Localization of function, 83
 Loci, method, 253
 Locus of control, 115, 463f
 Loftus, Elizabeth (memory revival), 270–271
 Longitudinal design, 52
 cross-sectional design
 combination, 54
 contrast, 53f
 Longitudinal research (personal example), 464f
 Long-term memory (LTM), 246–252, 250f
 elaborative rehearsal, role, 250f
 improvement, 249–251
 information, storage, 244, 269
 problem, 265–266
 types, 247–249, 247f
 Long-term potentiation (LTP), 261
 Looking chamber, design, 327
 López, Steven R., 32f
 Loudness, 139f
 softness, contrast, 139
 Lou Gehrig's disease, 88f
 Lovato, Demi, 479
 Love, 386–388
 components, impact, 387
 triangular theory (Sternberg), 387, 387f
 Lowballing, 370
 LSD (lysergic acid diethylamide), 190t, 194
 LTM (long-term memory), 246–252, 250f
 LTP (long-term potentiation), 261
 Lumosity, 258
 Luria, A. R., 154
 circle, 154
 stimuli, 155f
 Lying, 57
 Lysergic acid diethylamide (LSD) (acid), 194, 531
M
 MA (mental age), 298
 Magnetic resonance imaging (MRI), 72t
 Maintenance rehearsal, 246
 Major depressive disorder (MDD), 484, 490
 PET scans, usage, 485f
 Maladaptive learning, 481–482
 Males, climacteric (andropause), 329
 Mania, 484–485
 Manic depression, 485
 Manifest content, 179
 Marijuana (cannabis), hallucinogen classification, 194–195
 Marshmallow study, 40
 Maslow, Abraham, 29, 459
 hierarchy of needs, 392, 397–398, 397f
 theory, 459–460
 Massed practice (cramming), 259, 275
 Masturbation, 448
 Mate preferences, five-factor model (relationship), 455t
 Mate switching, 384
 MBCT (mindfulness-based cognitive therapy), 517
 MBSR (mindfulness-based stress reduction), 117
 MDD (major depressive disorder), 469t, 484, 485, 485f
 MDMA (Ecstasy), 194, 195
 Mean, A-19
 Measures of central tendency, A-19–A-20
 Measures of variation, A-20
 Media
 depression, 23
 influences, 230
 Median, A-19
 Medical model, 509, 511
 Medications (ADHD), 498
 Meditation, 197–198
 effects, 197f
 positive effects, 197f
 practice, 505
 varieties, 197f
 Medulla, 74
 Melatonin, impact, 183
 Melzack, Ronald, 146
 Memory, 240
 aging and, 267–268
 biological bases, 261–268
 brain areas, 262f, 264t
 distortions, understanding, 268–269
 effort, involvement, 248
 emotional arousal, relationship, 262–263
 erasure, brain injury (impact), 265
 impairment, phone (impact), 243f
 improvement mnemonics, relationship, 253
 localization, 262, 264
 loss, biology, 264–266
 oral transmission, 259f
 processing/storage, 261–262
 stress/cortisol, impact, 104–105
 taking photos, 260
 test, 240–241
 three-stage memory model, 244–252
 understanding, 240–241
 Men, problem-solving tasks, 307t
 Menstruation (menarche), 327
 Mental age (MA), 298
 Mental disorders, diagnosis rates/treatment, 535
 Mental giftedness, 300–301
 Mental health
 access (inhibition), racism/classism (impact), 542
 difficulties, culture-general symptoms, 474t
 fact-based literacy programs
 impact, 476
 global cultural effects
 relationship, 474–475
 normal curve, 468f
 professional, search, 541t
 protection, 538–541
 therapeutic lifestyle changes
 relationship, 538–541, 538f
 Mental illness (stigma), gender biases (impact), 477–478
 Mental images, 279–280
 Mental operations, performing (inability), 336
 Mental set (problem solving/decision making barrier), 282
 Mental shortcuts, prejudice source, 361, 363
 Merging relations, 350
 Mescaline, 194
 Meta-analysis, 39, 198
 Metacognition, 21, 170–171, 490
 usage, 275
 Methamphetamine (meth) (ice) (crystal meth), 195
 Method of loci, 253
 MicroRNAs, concentrations (reduction), 324
 Midbrain, 73, 74
 Middle adulthood, 329
 Middle ear, 138
 Milgram, Stanley (obedience study), 370–371, 371f
 Mimicking, impact, 237
 Mindfulness, 14, 25
 impact, 117
 meditation, 517
 practice, impact, 201
 training, 211
 Mindfulness-based cognitive therapy (MBCT), 517
 Mindfulness-based meditation techniques, 110
 Mindfulness-based stress reduction (MBSR), 110, 117, 539
 Mindset, 313
 Minnesota Multiphasic Personality Inventory (MMPI), 439, 440
Minnesota Study of Twins, 305
 Mirror neurons, 233, 233f, 237
 impact, 77, 237
 Mirror visual therapy, 164
 Misattribution of arousal, 413
 Mischel, Walter, 456, 463
 Misinformation effect, 257, 271
 Misperceptions, 149, 164, 341, 378
 Misunderstandings, overcoming/avoidance, 211
 MMPI (Minnesota Multiphasic Personality Inventory), 439
 Mnemonics, 252, 253
 memory improvement
 relationship, 253
 Mode, A-19, A-20
 Modeling, 228
 therapy, 522
 Molaison, Henry, 266
 surgery, 265f
 Money/time, expenditures, 25
 Monochromats, 137
 Monocular cues, 156
 Monocular visual cues, 157f
 Mood disorders, 484
 Mood stabilizers, 526
 Moral development, 346–348
 stages (Kohlberg), 347
 Moral guard, relaxation, 373
 Morality, 346
 Morpheme, 290
 Morris, Chaseen (stabbing/killing), 383
 Motion parallax, 156
 Motivated forgetting (forgetting theory), 256
 Motivation, 392
 behavior, relationship, 399
 increase, advice, 407
 observational learning factor, 228, 229f
 theories, 392t
 Motor cortex, 82, 82f
 understanding, 83
 Motor development, 324–326
 milestones, 326f
 Motor neurons, 61
 MRI (magnetic resonance imaging), 72t
 Müller-Lyer illusion, 151
 Multiple intelligences, 303, 304t
 Multiple languages, power, 292
 Multiple personalities
 schizophrenia (comparison), 492
 Multiple personality disorder, 492
 Multiple personality disorder (MPD), 492, 502
 Multiple roles, stresses, 535
 Multitasking problems, 173
 Myelin, importance, 61
 Myelin sheath, 61
 Myoclonic jerks, 177
 Myopia, hyperopia (contrast), 136, 136f
N
 nAch (need for achievement), 404
 Naikan therapy, 536f
 Naïve assumptions, 460
 Narcolepsy, 181, 181f
 Narcotics Anonymous, 533
 Narrowness, 460
 Nassib, Carl, 366f
 Nativist position, 292
 Naturalistic observation, 44
 Natural selection, 30
 Nature-nurture controversy, 36, 292
 NDRIs (norepinephrine and dopamine reuptake inhibitors), 525t
 Nearsightedness (myopia), 136, 136f
 Need for achievement (nAch), 404
 Needs, hierarchy of, 397–398
 Negative correlation, 47
 Negative emotions, managing, 496
 Negative nonverbal signals, expression, 231
 Negative political ads, source amnesia (relationship), 258f
 Negative punishment, 217–218

- Negative reinforcement, 216–217
positive reinforcement contrast, 216–217
- Negative schizophrenia
symptoms, 493
- Negativity bias, 201
- Neglect, brain development
(relationship), 302f
- Neo-Freudian theories, 448–449
- NEO Personality Inventory-Revised, 439
- Nerve growth factor (NGF), increase, 233
- Nervous system
divisions, 87f
organization, 86–92
- Neural processes, 60–70
- Neural transmission, poisons/drugs
(impact), 66f
- Neurochemistry, impact, 436
- Neurocognitive disorders (NCDs), 264, 266
- Neurocognitive view, 180
- Neurodevelopmental disorders, 497–501
- Neurogenesis, 81, 88
increase, 526
- Neuron
communication
action potentials, usage, 62
neurotransmitters, usage, 62–67
definition, 60
features, 60–61
parts/functions, 61f
structure, 60–61
types, 61
- Neuroplasticity, 81, 88, 93f
steps, 93f
- Neuroregeneration, 88, 89, 89f
- Neuroscience, 60
- Neurosis, 472
- Neurostimulation therapies
alternatives, 528, 528f
- Neuroticism (N), 453, 454
- Neurotransmitters
changes, 261
functions/effects, 66t–67t
reuptake, 193f
uptake (blockage), cocaine
(impact), 193f
usage, 62–67
- Neurotransmitters hormones,
contrast, 68f
- Neutral stimulus (NS), 207
conditioned stimulus (CS),
pairing, 210
unconditioned stimulus (US),
pairing, 481, 519
- Nicotine, addiction (reason), 121f
- Nightmares, 182, 182f
- Night terrors, 182, 182f
- N-methyl-d-aspartate (NMDA)
impact, 261
- Nondeclarative memory, 248, 249
- Nonhuman animals, 415
language, 294–295, 295f
personalities, uniqueness, 454
rights, respect, 41–42
- Noninvasive methods, 71
- Non-rapid-eye-movement (NREM)
sleep, 177
- Nonresponsive/healthy fMRI brain
images, 169f
- Nonsuicidal self-injury (NSSI),
472, 484
- Nontraditional families, 436
- Noradrenaline, 67t, 69
- Norepinephrine (noradrenaline), 69
- Norepinephrine and dopamine
reuptake inhibitors
(NDRIs), 525t
- Normal distribution, 298, 298f, A-20
- Normative social influence, 368–369
- North, Chris (spinal cord
injury), 89f
- NREM (Non-rapid-eye-movement)
sleep, 177
- NS (neutral stimulus), 206–208
- NSSI (nonsuicidal self-injury),
472, 484
- Nurture, impact, 322
- Nurturist position on language
acquisition, 292
- Nurturists, 305
- O**
- Obama, Barack, 310f, 331f, 375
- Obama/Harris effect, stereotype
threat (contrast), 310f
- Obedience, 367, 370–373
factors, 372f
study (Milgram), 370–371, 371f
- Obesity, 402
- Objective personality tests, 438–440
- Object permanence, test, 334f
- Observation, 44–45
usage, 438
- Observation (scientific method
step), 37
- Observational learning, 228, 519,
522–523, 522f
factors (Bandura), 228, 228f
usage, 361, 362
- Obsession, cycle, 501f
- Obsessive-compulsive disorder
(OCD), 501
- Occipital lobes, 82
- Oedipus complex, 447–448
- Okazaki, Sumie, 32f
- Older people, happiness, 267–268
- Oleogustus, 142–143, 143f
- Olfaction (smell), 141
gustation, combination, 142f
- One Flew Over the Cuckoo's Nest*
(movie), 526
- Openness (O), 116–117, 451–452
- Openness, Conscientiousness
Extraversion, Agreeableness
Neuroticism (OCEAN),
451–453
- Operant chamber, 215
- Operant conditioning, 204, 213–225,
519, 521–522
applications, 223, 223f
beginnings, 214–215
classical conditioning
comparison, 213–214, 224t
contrast, 214f, 224
principles, 220–222, 220f
shaping, 521
usage, 500
- Operational definition, 37
- Operationally defined, 37
- Operational stages, 337–338
- Opioids (drug category), 190,
193–194
impact, 193f
- Opponent-process theory of
color, 137
- Optimal arousal, 394f
level, defining, 394
theory, 106, 394
- Optimism, 116
- Oral fixation, 449f
- Oral psychosexual stage, 446
- Organization, 153–157
data, A-17–A-18
focus, 275
Gestalt principles
understanding, 154f
LTM improvement, 249
- Originality, creative thinking
and, 286
- Osten, Von, 55f
- Other-oriented emotions, 420
- Others, loving, 386–388
- Outer ear, 138
- Outgroup (category), 363
- Outgroup homogeneity effect, 363
- Outline organization, usage, 253
- Outpatient support, 535f
- Overdiagnosing, 473
- Overlearning, 254, 275
importance, 394
- Oxytocin, 69
eye contact, 69f
impact, 540
- P**
- Pain
chronic, 110–111
decrease, 65, 110
endorphins and, 67, 146
gate-control theory, 146
mirror visual therapy and, 164
perception and management, 147
perception, factors, 145–146
phantom limb and, 163–164
psychology, 145–146
sense, 144f
sensory adaptation and, 146
skin senses and, 144
tolerance of, 146
- Panic attacks, 479
- Panic disorder, 479
- Paradoxical sleep, 177
- Parallel distributed processing
(PDP) model of memory,
242, 242f
- Paranoid schizophrenia, 493
- Paraphrasing, 514
- Parasympathetic branch (ANS), 91
- Parasympathetic dominance, 92f
- Parasympathetic nervous system
control, 90–91, 520
- Parenting
culture, impact, 461
styles, 434–435, 435t
- Parietal lobes, 82
- Parkinson's disease, 65, 74, 88, 266
- Partial (or intermittent) schedule of
reinforcement, 221
schedules, 222t
- Participant
bias, 55, 55f
issues, 55
- Participant modeling, 522
- Passion-sexual (love
component), 387
- Passive aggressiveness, 219t
- Pastoral counselors, 541t
- Pavlov, Ivan, 205–206
experimental setup, 205f
- PDP (parallel distributed
processing) model of memory,
242, 242f
- Peer review, 39
- Penis envy, 448
- Perception
construction, 130
importance, 148
- mechanical process, 149
- schizophrenic disturbance,
491, 491f
- sensation, impact/reasons, 128
- sensation vs, 128
- stages, 151
understanding, 148–159
- Perceptual adaptation, 159
- Perceptual constancy, 156–157
- Perceptual development, 326
- Perceptual illusions, 149
- Perceptual organization, Gestalt
laws, 155
- Perceptual set, 159
example, 159
- Performance
decrease, stereotype threat
(impact), 309f
improvement, attributions
(usage), 396–397
- Peripheral nervous system (PNS),
86, 90–92
- Permissive-indulgent parenting
style, 434, 435t
- Permissive-neglectful parenting
style, 434, 435t
- Persecution, delusions, 150
- Personal fable, 338
- Personal FBMs, 263
- Personality, 432
assessments
evaluation, 440–442
grouping, 438
biological contributors, 436–437
career, matching, 454, 455t
character, temperament and, 432
culture, impact, 433–434
defining, 432
development, 348–350
diagnostic difficulties, 440
differences, 115–117
dimensions, 439, 440, 451
disorders, 502–503
explanation, trait theories
(usage), 451
humanistic psychologist
approach, 459
measurement, 437–443
psychoanalytic/psychodynamic
theories, 444
research, evaluation, 435–436
situational/cultural effects,
433–436
situation, impact, 433–434
social-cognitive theories
usage, 462
structure (Freud), 446f
traits, 436
improvement, question, 457
- Personal responsibility
acceptance, 389
- Personal self-concept
measurement, 458
- Personal unconscious, 448
- Person/situation debate, 456
- Pervasive developmental
disorders, 500
- PET (positron emission
tomography) scan, 72t
- Pew Research Center* polls, 163, 486
- Phallic psychosexual stage,
446–448
- Phantom limb pain (PLP), 163–164
treatment, 164f
- Phelps, Michael, 498, 498f
- Phencyclidine (PCP), 194
- Pheromones, 141

- Phobias, 235, 478–481, 520
 evolution, 480f
 learning process, 481
 reduction, 520
 types, 479t
 Phoneme, 290
 Phonological loop, 247, 247f
 Phrenologist measurements, 438, 438f
 Physical attractiveness, 384–385
 Physical dependence, 188
 creation, opioids (impact), 193f
 Physical development, 316
 changes, 321f
 importance, reasons, 320–332
 Piaget, Jean, 333
 cognitive development stages, 335
 concepts, 333–334
 conservation, test, 337
 evaluation, 338–340
 Pictorial cues, 156
 Pictorial depth cues, 157f
 Pinel, Philippe, 509
 Pitch, 141–142
 Pitch perception, 139, 141–142
 Pituitary gland, 76
 Placebo, 55f, 56
 effect, 56
 Place theory (hearing), 139
 PLP (phantom limb pain), 163–164
 PNS (peripheral nervous system), 86, 90–92
 Poisons, impact, 66f
 Politics, prediction, genes (impact), 443
 Polygenic traits, 322
 Polygraph (lie detector role), 418–419
 testing, 418f
 Pons, 74
 Ponzo illusion, 151
 Positive affect, 115–116
 power, 116f
 Positive correlation, 47
 Positive instances, fallacy, 163
 Positive nonverbal signals
 expression, 231
 Positive psychology, 29
 Positive punishment, 217–218
 Positive reinforcement, 216–217
 negative reinforcement contrast, 216–217
 Positive schizophrenia
 symptoms, 493
 Positron emission tomography (PET) scan, 72t
 Postconventional level, 346
 Postsynaptic neuron, 65
 Post-traumatic stress disorder (PTSD), 100, 101, 104, 111–112, 123, 182, 263, 496
 characteristics, 113t
 coping, 113t
 experience, 111
 stress, impact, 104, 111f
 suffering from, 112–113, 113t
 Poverty
 chronic stressor, 100f
 stresses, 535
 Power, envy, 449
 Practice
 spacing, 258–259
 testing, 106
 Pragmatics, 290
 Praise, in dog training, 225
 Precognition, 162
 Preconscious, 444
 Preconventional level, 346
 Prediction
 correlational research
 advantage, 48
 psychological goal, 36
 Prefrontal cortex
 activation, 414
 brain activity, 278
 species comparison, 382f
 Prejudice, 354, 361–366
 chronic stressor, 100f
 classical conditioning and, 361, 362
 cognitive retraining and, 366
 defined, 361
 development, 211f
 discrimination vs, 361
 displaced aggression and, 363
 high price of, 364f
 implicit biases, 363–364
 ingroup favoritism and, 363
 intergroup contact and, 365–366
 learning and, 361–363
 limited resources and, 363
 mental shortcuts and, 363
 operant conditioning and, 362
 operant conditioning
 application, 223f
 outgroup homogeneity effect and, 363
 reduction, 364, 364f, 380f
 mindfulness practice
 impact, 201
 self-fulfilling prophecy and, 361
 sexual, 364
 sources, 361–364
 Prelinguistic stage, 294
 Prenatal development, 321–324
 hazards, 322–324
 stages, 322
 Prenatal environmental conditions, impact, 323t
 Preoperational children
 egocentrism, 338f
 Preoperational stage, 336
 Preparation (problem solving step), 281–282
 Presbyopia, 136
 Pressured speech, 485
 Presynaptic neurons, 65
 Primacy effect, 257, 258
 Primary aging, 330
 Primary appraisal, 114
 Primary colors, 137f
 Primary prevention (universal prevention), 381
 Primary punisher, 217
 secondary punisher, contrast, 217
 Primary reinforcer, 216, 217
 secondary reinforce contrast, 216
 Primary sex characteristics, 328f
 Priming, 162
 process, 244
 Prior experience, 384
 Proactive interference, 256, 256f
 Problem-focused coping, 113–115
 Problem solving, 281–285
 availability heuristic and, 283
 barriers, 282–284
 in career, 285t
 confirmation bias and, 284
 functional fixedness and, 282
 heuristics, usage, 285t
 mental sets and, 282
 representativeness heuristic and, 283
 stages of, 281–282, 281f
 steps, 281–282
 tasks, 307t
 Procedural memory, 248
 Procedural motor skills, 249
 Processing
 levels, 242–243, 243f, 249, 275
 parallel processing, 242
 Production (problem solving step), 281–282
 Professional sports, brain damage (relationship), 264f
 Progressive relaxation, 118t
 Projective tests, 439–440, 439f, 441
 Prolonged grief disorder (PGD), 472
 Prosocial behavior, 381
 Prosopagnosia, 152
 Prototypes, 280, 280f
 Proximity, 384, 386
 Proximodistal development, 322
 Pseudo-personality quizzes
 problems, 442
 Pseudo psychologies, 438
 Pseudoscience, 19–20, 37, 162
 Pseudoscientific claims, 19
 Psilocybin, 194
 Psychedelics, impact, 194, 531
 Psychiatric nurses, 541t
 Psychiatric social workers, 541t
 Psychiatrists, 541t
 Psychiatry, 469, 509
 Psychoactive drugs, 186
 effects, 190t
 understanding, 186–189
 Psychoanalysis, 511–513
 evaluation, 513
 techniques, 511, 511f
 Psychoanalytic perspective
 formation, 27
 Psychoanalytic theories evaluation, 449–450
 Psychoanalytic theory (Freud), 444–448
 Psychodynamic perspective (psychology), 29, 449
 Psychodynamic theories, 448–449
 Psychodynamic therapies, 511–513
 evaluation, 513
 Psychokinesis, 162
 Psychological abuse suffering, 482
 Psychological defense mechanisms, sample, 446t
 Psychological dependence, 188
 Psychological disorders, 468
 classification, 470–473
 defining, 468
 destigmatization, 475–476
 discrimination, overcoming, 476
 DSM-5-TR subcategories sample, 471t–472t
 identification, criteria, 469t
 myths, 476t
 overcoming, 476
 psychotherapeutic drug
 treatments, 525t
 risk, resilience (impact), 504–505
 stigma, overcoming, 476
 studying, 468–476
 treatments, comparison, 530t
 worldwide proportion, 474f
 Psychological distress
 reduction, 120
 Psychological health, increase, 538–539
 Psychological perspectives, 469f
 Psychological science
 decrease prejudice, 364
 pseudoscience, contrast, 19–20
 Psychological tests, requirements, 299
 Psychology
 careers/specialties, 33–34
 defining, 18–19
 DEI, relationship, 35
 goals, 36
 hub science, 18–19
 marshmallows, relationship, 464
 models, 30–33
 origin, 26–27
 perspectives, 27–30, 28t
 replication crisis, 40
 research ethics, 41–42
 research methods, 44–56
 STEM discipline, 18–19
 study, reasons, 24
 Psychology's secrets to student success
 grade improvement, 12–13, 12f
 happiness, 13–14
 metacognition, 7–8
 study habits, 8–10
 take-home message, 14
 time management, 11–12, 11f
 Psychoneuroimmunology, 104
 Psychopathology, 468
 Psychopaths, 502
 Psychopharmacology, 524
 Psychophysics, 131
 Psychosexual stages, 446–448
 development (Freud), 447
 Psychosis, 491–492, 501
 psychedelic drugs, impact, 531
 symptoms, 189, 472–473
 Psychosocial development, stages (Erikson), 349
 Psychosocial factors
 emotion relationship, 415–416
 hunger, 400–401
 Psychosocial stages, 348–350
 Psychosocial theory (Erikson), 349–350
 Psychosomatic, term (usage), 108
 Psychosurgery, 524, 529, 530
 Psychotherapeutic drugs
 classification, 524
 treatments, 525t
 Psychotherapy, 508
 clients, rights (respect), 42
 culture, impact, 536
 PTSD (post-traumatic stress disorder), 100, 101, 104, 111–112, 123, 182, 263, 496
 Puberty, 327
 Publication (scientific method step), 39
 Punishment, 214
 brain response, 232f
 impact, 218t
 problems, 219, 219t
 process, 214
 reinforcement, contrast, 216–219
 Puzzle box (Thorndike), 215f
Q
 Quasi-experimental design, 52
R
 Rabbit, Jessica, 385f
 Race
 children, understanding (age), 341
 defining, impossibility, 308
 perception and management, 147
 Racial bias
 impact, 493
 lethal errors, 185

- Racism
 explanation, mirror neurons (impact), 77
 impact, 542
- Racist beliefs, contagiousness (question), 231
- Railway spine, 111
- Randi, James, 19–20, 19f
- Random assignment, 39
- Random sampling, 49
- Range, A-20
- Rape, alcohol relationship, 191f
- Rapid-eye-movement (REM)
 patterns, appearance, 179–180
 rebound, 178
 sleep, 177–179, 181
- Rational-emotive behavior therapy (REBT), 515, 516
- Rationalism, 22, 312, 380, 465
- Rayner, Rosalie, 207, 209
- Reading
 automatic processes while, 170
 to babies, 296
 of graphs, A-18
- Real-world settings (correlational research advantage), 48–49
- Reappraisal, well-being, 510
- REBT (rational-emotive behavior therapy), 515, 516
- Recall recognition, contrast, 251f
- Recency effect, 257, 258
- Recessive gene, 322
- Reciprocal determinism, 462
 theory (Bandura), 462, 462f
- Reciprocal inhibition, 520
- Reconditioning, 209
- Recovery, spontaneous, 208t, 209
- Reference group, 368
- Reflex arcs, 89
- Reflexes, 89, 325
 testing, 90f
- Rehearsal, primacy effect
 dependence, 257
- Reinforcement, 214
 brain response, 232f
 impact, 217t
 process, 214
 punishment, contrast, 216–219
 schedules, 221–222
 gambling, relationship, 221f
- Relative motion, 156
- Relative size/height, 156, 157f
- Relaxation, techniques, 110
- Relearning, 254
- Reliability (psychological test requirement), 299
- Remorse (absence), ASPD (relationship), 503f
- REM (rapid-eye-movement)
 sleep, 177
- Repeated exposure, 386
- Repetitive transcranial magnetic stimulation (rTMS), 528
- Replicate, definition, 40
- Replicated empirical data, usage, 40
- Replication, absence, 373
- Replication crisis, 40
- Repolarization, spreading, 62, 63
- Representativeness heuristic (problem solving/decision making barrier), 283
- Representative sample, usage (requirement), 299
- Repressed memories
 false memories, contrast, 270–274
 controversy, 273
 understanding, 272–273
- Repression, 272
- Reproduction, observational
 learning factor, 228, 229f
- Research
 design (scientific method step), 39
 ethics, 41–42
 methods, 52–54
 developmental psychology
 usage, 52–54
 psychology methods, 44–56
 skills, 43, 57, 196, 237, 289, 351, 457, 477–478, 510, 518
 Researcher issues, 54–55
 Research safeguards, 55–56
 Residual schizophrenia, 493
- Resilience, 504
 impact, 504–505
- Resistance, 512
 GAS phase, 102
- Resonance imaging, 168–169, 262
- Responsibility
 diffusion, 383–384
 readiness, 327f
- Resting potential, 62
- Restorative theory, 178
- Retention, observational learning
 factor, 228, 229f
- Reticular formation (RF), 74
- Retina, 136
- Retinal disparity, 156
- Retrieval, 241–243, 330
 cue, 251, 251f
 failure (forgetting theory), 256
 improvement, 275
 LTM improvement, 249, 251–252
 practice engagement, 275
- Retroactive interference, 255, 255f
- Retrograde amnesia, 265–266, 265f
- Reuptake, 65
- Rods, 136
- Rogers, Carl, 29, 458–459, 489, 513, 514
 self-concept theory, 458–459
- Rohypnol (date rape drug) (roofies), 195–196
- Role ambiguity, 100
- Role conflict, 100
- Romantic attachment style, 345
- Romantic love, 387
 companionate love contrast, 388f
 oldest case, 387f
- Rooting reflex, 90f
- Rorschach Inkblot Test, 439f, 440
- Rotter, Julian (personality theory), 463
- rTMS (repetitive transcranial magnetic stimulation), 528
- Runner's high, 67, 146
- S**
- Saliency bias, 163, 355, 355f
- Sample bias, 49
- SAM (sympatho-adreno-medullary) system, 103
- Satiety (fullness), feeling, 400
- Savant syndrome, 300, 300f
- Scaffolding, 339f
- Schachter and Singer, two-factor theory, 410, 411
 study, 412f
- Schedules of reinforcement, 221–222
 distinguishing, 222
 gambling, relationship, 221f
- Schema, 333
- Schizophrenia, 491, 492
 biochemistry, 494
 biological factors, 494
 biopsychosocial mode, 495f
 brain abnormalities, 494
 brain activity, 494f
 classification, 493
 comparison, 491–492
 description, 491–492
 diagnoses, racial bias (impact), 493
 explanation, 493–495
 genetics, relationship, 494, 494f
 negative/positive symptoms, 493
 psychosocial/prenatal/
 environmental factors, 495
 subtypes, 493
 symptoms, 491–492
 thalamus abnormalities link, 76
- School psychologists, 541t
- Schools
 accommodations/interventions (ADHD), 498
 EI teaching, 312
- Science, Technology, Engineering and Mathematics (STEM), 18–19
- Scientific journal reference
 interpretation process, 39f
- Scientific method, 37–40
 basics, following, 19–20
 steps, 37–39
- Scientific thinking
 critical thinking clarifying, 21–22, 21t
 empirical approach, 21
 steps for, 22
 testing, 90, 191, 234, 241, 286, 337, 345, 395
 Why scientific thinking matters, 23, 79, 122, 164, 172, 230, 273, 312, 331, 379–380, 396, 464–465, 499, 527
 application, 312
 steps, 379–380
 testing, 241, 253, 268, 273
- Sea slug (*Aplysia*), remembering (process), 261f
- Secondary aging, 330
- Secondary appraisal, 114
- Secondary prevention (selective prevention), 381
- Secondary punisher, 217
 primary punisher, contrast, 217
- Secondary reinforcer, 216
 primary reinforcer, contrast, 216
- Secondary sex characteristics, 328f
- Selection, 151–152
- Selective attention, 151–152, 171–172, 260
- Selective serotonin reuptake inhibitors (SSRIs), 525f
- Self-actualization, 29, 397–398, 459–460
- Self-compassion importance, 518
- Self-concept, 458
- Self-efficacy, 462
 theory, 462
- Self-focus (emerging/young adulthood feature), 329
- Self-focused emotions, 420
- Self-fulfilling prophecy, 313, 361
 cycle, 362f
- Self-harm, 484
- Self-help group, 533
- Self-monitoring, 275
- Self-photos disliking, 386f
- Self-positivity bias, 201
- Self-serving biases, 356, 442
- Self-soothing, 449f
- Seligman, Martin, 29, 116, 219, 486, 539
- Selye, Hans, 96, 101–102, 106
- Semantic memory, 248
- Semantics, 290
- Semicircular canals, 145
- Sensation, 128
 defined, 128
 hearing (audition), 138–140
 kinesthesia and, 145
 perception vs, 128
 psychophysics and, 130
 sensory adaptation, 129
 skin senses, 144
 smell and taste, 141–143
 subliminal stimuli and, 162
 transduction, 130
 understanding, 128–133
 vestibular sense, 145
 vision, 133–137
- Senses
 skin, 144
 vestibular, 145
- Sensorimotor stage, 334
- Sensorineural hearing loss, 139
- Sensory adaptation, 129
- Sensory development, 326
- Sensory information
 measurement, 131–132
 reduction, 128–129
- Sensory memory, 245
 information, transfer, 244
- Sensory neurons, 61
- Serial-position effect, 241, 257, 257f
 counteracting, 275
- Serotonin, 525f
- Serotonin and norepinephrine
 reuptake inhibitors (SNRIs), 525t
- Sex
 addiction, 188
 men/women, lying (process), 57
- Sexism, 449
- Sexual abuse, child, 272
- Sexual behavior, lying about, 57
- Sexual dreams, prevalence, 180
- Sexuality
 lying about sex, 57
 overemphasis, 449
- Sexually transmitted infection (STI), 191, 196
- Shallow conversations deeper conversations (contrast), 24
- Shallow processing, 242, 243f
- Shape (constancy form), 158f
- Shaping, 521
 action, 221f
 operant conditioning context, 221
- Shepard's tables, 151
- Shift work, circadian rhythms and, 175
- Shooter task, 185
- Short-term memory (STM), 247
 capacity, extension, 247
 chunking and, 246
 improvement, 246
 information, transfer, 244
 maintenance rehearsal and, 246
 storage capacity knowledge, 275
 working memory, contrast, 247
- Shyness, overcoming, 523
- Signal detection theory (SDT), 132
- Similarity, 384, 386
- Simple reflex arc, 89

- Sincerity, defining, 434
 - Single-blind study, 55, 55f
 - Siri (Apple), 311
 - Situation, interaction (contrast), 456
 - Situationism, 456
 - Size (constancy form), 158f
 - Skate course, 19
 - Skeptical Inquirer*, 19–20
 - Skepticism, 21, 312, 380, 464
 - Skinner, B. F., 29, 29f, 215
 - box, 215, 215f
 - operant conditioning, 215
 - Skin, senses, 144, 145f
 - Sleep
 - averages, 178f
 - circadian rhythms, relationship, 174–175
 - cycle, aging (relationship), 179f
 - deprivation, 175
 - coping, 175
 - differences, 185
 - drugs, usage, 182–183
 - habits, improvement, 182–183
 - lab, occurrence, 176f
 - lethal errors, 185
 - quality/quantity, 189
 - racial bias, 185
 - reasons, 174, 177–180
 - stages, 176–177
 - change, 176f
 - terror, 182, 182f
 - theories, 178–179
 - Sleep aids, 183
 - Sleep apnea, 181–182
 - treatment, 182
 - Sleep cycle, 176
 - Sleeptalking, 182
 - Sleep-wake disorders, 181–183, 181t
 - insomnia, 181
 - narcolepsy, 181
 - nightmares and, 182
 - night terrors, 182
 - sleep aids, 183
 - sleep apnea, 181–182
 - sleep medication and, 183
 - sleep talking, 182
 - sleepwalking, 182
 - TV, electronic devices, and, 182–183
 - Sleepwalking, 182
 - Slow-to- warm- up children, 348
 - Slow wave sleep (SWS), 177
 - Smell (Olfaction), 141–143
 - pathway, 142f
 - Smiles
 - Duchenne, 410, 410f
 - fake smiling and heavy drinking, 410, 410f
 - in flirting, 385
 - social, 410f
 - Snopes, 19–20
 - SNRIs (selective serotonin reuptake inhibitors), 525t
 - SNS (somatic nervous system), 90
 - Social anxiety disorder, 479, 480, 482, 533
 - Social anxiety reduction, 483
 - Social cognition, 354, 367
 - attitudes and, 357–361
 - attributions and, 355–357
 - prejudice and, 361–366
 - Social-cognitive theories
 - evaluation, 463–465
 - usage, 462
 - Social desirability bias, 55, 57
 - Social-emotional development
 - adult attachment styles, 344–345
 - Ainsworth's levels of
 - attachment, 343
 - attachment, 342–345
 - caregiver attachment and, 343
 - importance, 342
 - moral development, 346–348
 - parenting styles and, 434–435
 - personality development, 348–350
 - touch and, 343f
 - Social facilitation, 373
 - social impairment contrast, 373f
 - Social impairment, 373
 - Social influence
 - compliance and, 369–370
 - conformity and, 367–368
 - group processes and, 373–377
 - obedience and, 370–373
 - Social isolation, risk, 350
 - Socialization, 372
 - Social loafing, 374
 - Social media usage, impact, 23
 - Social norms, 319
 - change, 364, 366
 - Social perception, 148–149
 - Social phobia, 479
 - Social psychology, 354
 - defined, 354
 - social cognition, 354–366
 - social influence, 367–377
 - social relations, 378–389
 - Social Readjustment Rating Scale (SRRS), 97–98
 - Social skills, 118t
 - Social smile, 410
 - Social support
 - effects of stress and, 117–118
 - stress management and, 117–118
 - Social world, knowledge, 354
 - Sociocultural perspective (psychology), 30
 - Socioeconomic status (SES), 296
 - Sociopaths, 502
 - Softness, loudness (contrast), 139
 - Soma, 60
 - Somatic nervous system (SNS), 90, 91
 - Somatization, 474
 - Somatosensory cortex, 82, 82f
 - understanding, 83
 - Sound
 - properties, 134f
 - waves, 134f
 - Source amnesia, 258
 - negative political ads
 - relationship, 258f
 - Spacing of practice, forgetting and, 258–259
 - Spearman, Charles, 303
 - Special K. *See* Ketamine
 - Specialties, psychology, 33–34, 33t–34t
 - Specific cues, 251
 - Specific phobia, 471t, 479, 479f
 - Speech production, 81
 - Spenders Anonymous, 533
 - Sperling, George, 245
 - Spermarche, 327
 - Spinal cord, 89
 - Spinal reflex, operation, 89
 - Split-brain research, 84f
 - Split-brain surgery, 83
 - Spontaneous recovery, 208t, 209, 211, 211f
 - Sports
 - aggression, 379f
 - brain damage, relationship, 264f
 - SQ4R method, 9, 10
 - SRRS (Social Readjustment Rating Scale), 97–98
 - Stability, change (contrast), 317, 456
 - Stages, continuity (contrast), 317, 317f
 - Standard deviation, A-20
 - Standardization (psychological test requirement), 299
 - Stanford-Binet (intelligence test), 297, 298
 - Stanford marshmallow test, passing, 464–465
 - Stanford Prison Experiment (SPE) (Zimbardo), 373
 - Statistically significant, definition, 39
 - Statistics
 - descriptive, A-19–A-20
 - frequency distributions, A-17–A-18
 - gathering and organizing data, A-17–A-18
 - inferential, A-20–A-22
 - reading graphs, A-18
 - training, absence, 163
 - Stem cells, 88
 - transplants, 88–89
 - Stereotypes, 148–149, 361
 - body types, relationship, 149f
 - Stereotype threat, 309–310
 - impact, 309f
 - Obama/Harris effect
 - contrast, 310f
 - Sternberg, Robert (love triangular theory), 387, 387f
 - Stigma, with psychological disorders, 476
 - Stimulants (drug category), 190, 192–193
 - Stimulus, 204
 - Stimulus-and-response (S-R) mechanisms, 334
 - STM (short-term memory), 247
 - Stomach, sensory input, 400
 - Storage, 241–243
 - improvement, 275
 - Strange situation procedure, 344f
 - Stream of consciousness, 168, 171
 - Stress, 96, 103f
 - acute, 100
 - in ancient times, 102f
 - benefits, 106
 - cancer and, 109
 - cardiovascular disorders and, 109–110
 - cataclysmic events and, 100
 - chronic, 100–101
 - chronic pain and, 110–111
 - cognitive functioning
 - relationship, 104–105
 - conflict and, 98
 - definition of, 96
 - disruption, 96
 - environmental, 308
 - fight-or-flight response, 101–102
 - forgetting and, 104
 - frustrations, 99–100
 - gastric ulcers and, 108
 - hassles, 99–100
 - identification, 96–97
 - illness and, 108–113
 - immune system, relationship, 104
 - impact, 104–105, 108
 - job stressors, 100
 - life changes and, 97–98
 - management, 113–115
 - mechanics, 101–105
 - PTSD, relationship, 111f
 - resources, 118t
 - response, 96
 - SAM system/HPA axis
 - impact, 103
 - sources, 97–101, 97f
 - task complexity relationship, 106f
 - understanding, 97
- Stressors, 96
- Stroop effect, 9
- Structuralism, 26
 - gestalt psychology, contrast, 26
 - introspection, relationship, 26f
- Structured interviews, 438
- Students stress, test, 98
- Student success, memory
 - improvement for, 58, 253
- Study habits
 - active reading, 8–9
 - familiarization, 8
 - highlighting and rereading, 9
 - overlearning, 9, 10
- Subliminal perception, 162, 249
- Subliminal stimuli, 162
- Success, self-efficacy impact, 465
- Sue, Stanley, 32f
- Suicidal behavior, depression (relationship), 527
- Suicide
 - 13 Reasons Why*, impact, 230, 230f
 - crisis, reaction, 488
 - danger signs, 489t
 - discussion, 487–489
 - inappropriate modeling of, 230
 - job stressors and, 123
 - lethal means, access (reduction), 489
 - mental giftedness and, 300–301
 - myths, 487t–488t
 - plan, reaction, 488
 - posttraumatic stress syndrome and, 111, 123
 - psychedelic drugs and, 194
 - psychological disorders and, 484
 - rates, reduction process, 487
 - risk, increase, 123
 - antidepressant label warnings
 - impact, 527
 - selfishness, contrast, 488
 - traumatic brain injury and, 264
 - understanding/prevention, 487–490
- Sumner, Francis Cecil, 31, 32
- Superego (psyche component), 444–445, 511
- Superstitions
 - illusory correlations, 47, 48
 - operant conditioning
 - application, 223f
- Supertasters, 143
- Survey/interview, usage, 45
- Suspension of disbelief, 163
- SWS (slow wave sleep), 177
- Sympathetic branch (ANS), 91
- Sympathetic dominance, 92f
- Sympathetic nervous system (SNS), 91, 103
- Sympatho-adreno-medullary system (SAM), 103
 - impact, 103
 - stress, relationship, 103
- Synapse, 62
 - changes, 261
 - decrease, 178
 - development, 233
 - growth, 327
- Synaptogenesis, 526

- Synesthesia, 161
 Syntax, 290
 Systemic desensitization, 520, 521f
- T**
Taijin kyofusho (TKS), 482
 Talk therapy, 511–518
 Task complexity, stress (relationship), 106f
 Taste (gustation), 141–143
 aversion, 234
 learning/personality/culture, 143, 143f
 pathway, 142f
 Taste aversion, 234
 TAT (Thematic Apperception Test), 439f, 440
 TBI (traumatic brain injury), 264
 tDCS (transcranial direct current stimulation), 528
 Technostress, 123, 124
 Teenagers
 brain, 328
 sleep, differences, 174–175
 Telehealth/electronic therapy, 533
 Telepathy, 162
 Temperament
 attachment and, 343
 character, personality, and, 432
 defined, 348
 Temperature, sense, 144f
 Temporal lobes, 82–83
 Teratogens, 324
 Terman, Lewis, 297, 300
 Terminal buttons, 60, 62
 “Termites” study of gifted children, 301
 Tertiary prevention (indicated prevention), 381
 Tesla, Nikola, 286
 Testable hypothesis (scientific method step), 37, 38
 Test anxiety, 523
 Testconstruction, principles, 299
 Testosterone, 69
 Test-retest method, 299
 Tetrahydrocannabinol (THC), 194
 Texting, driving and, 51, 172
 Texture gradient, 156, 157f
 Thalamus, 76
 sensory inputs, receiving, 408
 Thematic Apperception Test (TAT), 439f, 440
 Theory
 definition, 21, 39
 development (scientific method step), 39
 Theory of mind (ToM), 339–340, 340f, 500
 Therapeutic alliance, 538
 Therapeutic lifestyle changes (TLCs), mental health (relationship), 538–541, 538f
 Therapist, finding, 540
 Therapy, 508
 approaches, 508f
 basics, 508–509
 behavior therapists providing, 519
 eclectic approach, 508, 532
 effectiveness, 537–538, 537f
 evidence-based practice, 537
 formats, 532–535
 gender/culture effects, 535–536
 goals, 532–535, 533f
 history, 509–510
 myths, 509f
 Thermogenesis, 400, 402
 Thinking
 as component of emotion, 408–409
 language, relationship, 292
 process, 278
 Third-variable problem, 47, 47f
 Third-variables illusory correlations (comparison), 48
 Thomas, Alexander, 348
 Thomas and Chess’s temperament theory, 348
 Thorndike, E. L.
 law of effect, 214
 puzzle box, 214, 215f
 Thoughts
 pattern, 432
 recognition/control, 539
 schizophrenic disturbance, 491–492, 491f
 Three-stage memory model, 244–252
 Thresholds, measurement, 131f
 Time management, 11–12, 11f, 189
 Tip-of-the-tongue (TOT) phenomenon, 256
 Titchener, Edward, 26
 TKS (Taijin Kyofusho), 482
 Token economies, 522, 522f
 Tolerance, 188
 Tolman, Edward C., 227
 ToM (theory of mind), 339–340, 340f
 Top-down processes, 164
 Top-down processing, 148–150
 TOT (tip-of-the-tongue) phenomenon, 256
 Touch
 power, 343f
 receptors, 144
 sense, 144f
 Trait approach, 451
 Trait theories, 451–453
 evaluation, 454–456
 usage, 451
 Transcranial direct current stimulation (tDCS), 528
 Transference, 511, 512
 Transgender, term, 69
 Traumatic brain injury (TBI), 264
 Treatment-resistant epilepsy, 195
 Trephining (trepanation), 509
 Trial and error, 215
 learning, 282f
 usage, 281
 Triangular theory of love (Sternberg), 387, 387f
 Trichromatic theory of color, 137, 137f
 Trichromats, 137
 Trigger warnings, 482
 True memories (detection), brain scans (usage), 271f
 Trust, establishment, 536
 Trust vs. mistrust stage, 349
 Truth-in-packaging laws, absence, 195
 Try This discovery activities, 9, 10, 20, 24, 27, 43, 57, 83, 97, 98, 124–125, 137, 151, 156, 159, 177–178, 183, 192, 196, 199, 212, 218, 234, 236, 237, 240–241, 258, 279, 287, 289, 298, 311, 333, 337, 345, 351, 354, 395, 409, 413, 417, 429, 452, 457, 458, 473, 510, 518
 Tunnel vision, 484
Twelve Angry Men (movie), 375
 Twin studies, 437
 Two-factor theory (Schachter/Singer), 410, 411, 414
 study, 412f
- U**
 Ulcers, 108
 Umami, 142
 Unconditional positive regard, 459, 459f, 514
 conditional positive love, contrast, 514f
 Unconditioned response (UR), 206, 207
 Unconditioned stimulus (US), 206, 207
 neutral stimulus (NS), pairing, 481
 Unconscious bias, medical recommendations, 450–451
 Unconscious forces, overemphasis, 449
 Undifferentiated schizophrenia, 493
 Unintended consequences, 215f
 Unipolar depression, 484
 Unstructured interviews, 438
 UR (unconditioned response), 206, 207
 US (unconditioned stimulus), 206, 207
- V**
 Validity (psychological test requirement), 299
 Value-based judgments, 21
 Van Gogh, Vincent (chromesthesia), 161, 161f
 Vaping, reduction, 121
 Variable, 37
 confounding, 54
 dependent, 50, A-21
 independent, 49, 50f, A-21
 problem, 53
 Variable interval (VI), 222
 Variable ratio (VR), 222
 Ventromedial hypothalamus (VMH), satiation feeling, 400
 Ventromedial prefrontal cortex activity, 268
 Vestibular sacs, 145
 Vestibular sense, 145, 145f
 Video games, impact, 379–380
 Violence, impact, 535
 Virtual reality exposure therapy, 519–520, 521f
 VI (variable interval) schedule, 222, 222t
 Vision, 133–137
 basics, 133–134
 blind spots in, 136
 color-deficient vision, 137
 color vision, 137
 cones and, 136
 electromagnetic spectrum, 134f
 farsightedness (hyperopia), 136, 136f
 fovea and, 136
 nearsightedness (myopia), 136, 136f
 peculiarities, 136
 presbyopia, 136
 problems, 136
 rods and, 136
 Visual cliff, 155, 155f
 Visual cortex, 80f
 Visual cues, for depth perception, 148–149, 156
 Visual hallucinations, 194
 Visual imagery, employment, 250
 Visual puzzles, usage, 298f
 Visual rotation, attempt, 279
 Visual stimuli, 146, 153
 Visuospatial sketchpad, 247, 247f
 Volley principle for hearing, 139
 Voluntary motor control, 81
 Voluntary participation, 41
 VR (variable ratio) schedule, 222, 222t
 Vygotsky, Lev, 339–340
- W**
 WAIS (Wechsler Adult Intelligence Scale), 298, 298f
 Waking consciousness, 168
 Wall, Patrick, 146
 Warren, Earl, 35
 Washburn, Margaret Floy, 31, 32
 Watson (IBM), 311
 Wave phenomena, 134–135
 WBT (well-being therapy), 539
 Wear-and-tear theory, aging and, 330
 Weber, Ernst, 132
 Weber’s law of just noticeable difference (JND), 131
 Wechsler Adult Intelligence Scale (WAIS), 298, 298f
 Wechsler, David, 298
 Weight loss, difficulty, 399
 Well-being reappraisal, affect, 510
 Well-being therapy (WBT), 539
 Wernicke, Carl, 81
 Wernicke’s aphasia, 290
 Wernicke’s area, 81, 83, 84, 290
 Wertheimer, Max, 26
 Whorf, Benjamin, 292
 Wild child (Genie) case study, 317, 351
 Will to power, 448
 Wise, Korey, 432f
 Wish-fulfillment view (Freud), 179
 Witches, torture/imprisonment/execution, 509
 Withdrawal, 188
 symptoms, 194
Wizard of Oz, The (movie), 449f
 Women, problem-solving tasks, 307f
 Word salad, 491
 Working memory, 80, 81
 short-term memory, contrast, 247
 three-part system, 247f
 Work, sociocultural factors, 469f
 Writing
 Why writing matters, 16, 58, 94, 126, 166, 202, 238, 276, 314, 352, 390, 430, 466, 506, 543
 Wundt, Wilhelm, 26
- Y**
 Yerkes-Dodson law, 373f, 394
 Young adulthood, 329
- Z**
 Zero correlation, 47
 Zimbardo, Philip (Stanford Prison Experiment), 373
 Zone of proximal development (ZPD) (Vygotsky), 339–340, 340f
 Zygote, 322

