

Humanistic - Maslow, Rogers

we seek self actualization (motivation to fulfill one's potential)

Rogers - people nurture growth by being genuine, accepting, and empathetic
self concept - who am I

Trait Perspective

a characteristic pattern of behaviour → doesn't explain just describes

↳ factor analysis - categorizing into groups

5 - CANOE (conscientiousness, agreeableness, neuroticism, openness, extraversion)

Social cognitive - Bandura

reciprocal determinism - influences between personality and environmental factors

internal locus of control - one controls one's fate

external locus of control - forces beyond one's control determine one's fate

The self

- self serving bias - perceive oneself favorably

↳ +IT

Chapter 16: Psychological Disorders

→ deviant, distressful and dysfunctional behaviour

neurotic - still fix + understand reality

psychosis - can't connect

Dissociative

Mood

Personality

Anxiety

Schizophrenia

• DID (MPD)

• Depression

• borderline

• OCD

• Paranoid

• Fugue

• bipolar (manic)

• antisocial

• Phobias

• Catatonic

↳ symptoms

- inability to focus
- self destructive behaviour
- exhibits 2 or more personalities

• mania

• narcissistic

• PTSD

Schizophrenia symptoms

- hallucinations
- delusions
- disorganized speech

drugs/treatments

Schizophrenia: anti psychotic (block dopamine)

depression: electroconvulsive

systematic desensitization (phobia)

↳ hierarchy of stimuli, relaxation eliminates fear

client centered therapy → active listening

token economy (operant conditioning) - prize for doing things well

genetic influence - 15% more

chance for monozygotic

→ part: lobotomy - removing part of the brain

systematic desensitization: replaces - with +

aversive conditioning: replaces + with -

bipolar: lithium

SAD: light exposure → originally for depression

anti-anxiety: valium and librium

aerobic exercise - best alternative to antidepressant drugs

prozac - depression
desermin

Regression towards the mean: we eventually go back to the norm

avoid bias through double-blind (placebo)

★ Rosenhan study ★

guys went in to different mental hospitals claiming they heard voices. Even after behaving normally, they were diagnosed as schizophrenic

Opiates are drugs that relieve pain

-approval from IRB for experiments

somatiform disorder → complaints without causes (ex. conversion)

sleep mostly in stage 2

Z score

↳ standard deviations

66	95	99
1SD	2SD	3SD

Moro reflex in babies

FAS → mental retardation

smoking → low weight

conscious - now

nonconscious - body processes

preconscious - you know but not thinking right now

subconscious - implicit memories

positive symptoms → excesses instead of deficits

language fcn → left cortex left frontal (Broca's)
 dominant sense in birth (hearing)

individualistic cultures do more FAE

↳ split half reliability

Chomsky - innate learning device

correlation value # cannot be > 1

infants

1 m lift head

3 m lift head + keep steady

6 m sit up

1 y stand

variance → how scores are spread out
 projection → person is mad when you accused
 ↳ displacement: push on something else

generalization (grammar rules + react same to similar stimuli)

accommodation (existing schemas robin vs penguin)

assimilation (adding new info)

accommodation

realize penguins
 are birds too

assimilation

penguins are black and it swims
 so it must be a whale