BRYANT-TANEDA
AP PSYCHOLOGY

C'EST UNE BELLE JOURN

AU FIL DES SAISONS LA VIE EN ROSE

AP Psychology

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AP psych notes + summaries

Psychology is the scientific study of behaviour (↳observable) and mental processes (↳internal/subjective)

- Prescientific
  - ↳ aristotle, (Plato, Socrates) → mind and body are separate (innate) — learned / rejected
  - ↳ Descartes agreed with Plato/Socrates
  - ↳ Bacon + Locke developped Empiricism
    - "blank slate" ★NURTURE★
    - Knowledge comes from the senses and science flourishes through observations and experiments

Aristotle — Nurture
Plato — Nature

- Psychological Science!

WAVE 1: INTROSPECTION

→ William Wundt created the first psych lab in 1879
- ↳ trained subjects in "introspection" — process of examining thought and feelings
- ★THEORY OF STRUCTURALISM★
  - mind operates combining subjective emotions and objective sensations
  - explore human mind through introspection
  - ↓ Structuralism required smart, verbal people

→ William James — taught
- ★FUNCTIONALISM★
  - how mental and behavioural processes function → allow organism to adapt
- ★ Mary Calkins → president of APA
- ★ Margret Washburn → first woman to earn a psych PHD
- ★ G Stanley Hall → first president of APA

WAVE 2: GESTALT

Gestalt psychologists → big picture ideas

WAVE 3: PSYCHO-ANALYSIS

→ Sigmund Freud → psychoanalysis theory
- unconscious mind
- builds up through "repression"

WAVE 4: BEHAVIOURISM

Behaviourism → looking at OBSERVABLE behaviour
- examing stimuli and response

ABF Skinner → "reinforcement" / operant conditionning

Ivan Pavlov → classical conditionning (neutral stimuli)

WAVE 5 → ECLETIC → draw from multiple perspectives

PERSPECTIVES

HUMANIST	• softer response to Freudian psychology • return of "consciousness" • choices are guided by physiological, emotional, or spiritual needs • current environmental influences on growth potential
PSYCHOANALYTIC	• believe in the "unconscious mind" • impulses and memories pushed away → repression • examine with dream analysis, word association, etc... ↳ childhood trauma
NEUROSCIENCE	• how body and brain enable emotions, memories, and sensory experiences ↳ in tems of biological processes (genes, hormones, neuro-transmitters)
EVOLUTIONARY	• Examine in tems of natural selection ↳ survival advantage
BEHAVIOURAL	• conditionning and how we learn observable responses • stimuli → response
COGNITIVE	• How we interpret, process, store and retrieve information
BEHAVIOURGENETICS	• genes + environment determine individual differences

SOCIOCULTURAL	• How behaviour and thinking vary across cultures
BIOPSYCHSOCIAL	• integrated viewpoint → offers a complete picture

~ 3 MAIN ISSUES IN PSYCHOLOGY ~

1. Nature vs. Nurture (genes vs experience)
2. Rationality vs. Irrationality (are we in control of our own behaviour?)
3. Stability vs. Change (do our traits change over time or in diff. situations?).

Subfields:

Basic Research - increase knowledge base (not immediate, real world)

Applied Research - practical solutions to everyday problems

Clinical Psychology - studies / assesses / treats psych disorders

Counseling Psychology - assists people to achieve greater well being

→ psychiatry (branch of medicine dealing with psych disorders)

CHAPTER 1:

RESEARCH METHODS:

Hindsight bias - "I knew it all along" syndrome

goal of scientific research is to predict what will happen in advance

Critical thinking - thinking that does not blindly accept arguments and conclusions

THE SCIENTIFIC METHOD:

Theory - aims to explain a phenomenon

↳ testable predictions: Hypotheses - testable prediction, expresses a relationship between 2 variables

Dependant variable depends on the ↳ measurable outcome responding to the manipulation of IV

independant variable ↳ factor being manipulated, whose effect is being studied

Operational Definitions - defining research variables

Replication - repeating a study (usually with different participants / situations)

VALIDILITY vs. RELIABILITY
→accurate →can be replicated, consistent

SAMPLING

participants are chosen through SAMPLING
↳to choose sample, identify the population→all the cases in the group
sample must be representative of the population
• RANDOM SELECTION-each member has equal chance of inclusion
→ Stratified sample-random, but representative of a certain criteria

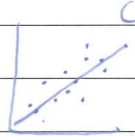
EXPERIMENTATION -allows researcher to manipulate IV for confounding variable
↳difference between experimental and control conditions
• lab - highly controlled
• field - less control but more realistic

Assignment
↳ process in which participants are grouped
• use random assignment to limit participant relevant CV
• group matching - divide on some criterion (age, sex, etc)

situational relevant confounding variables -situations must be the SAME
↳Experimenter bias - unconsciously treats group differently to confirm hypothesis
↳DOUBLE BLIND- participants and staff are ignorant
- SINGLE BLIND -participants are ignorant

PLACEBO -separate physiological effects from psychological effects
-inert substance or condition

Correlation Method →correlation is NOT causation
Correlation -relationship between 2 variables without ascribing cause


(scatterplot)

NEGATIVE → one predicts absence of the other
POSITIVE → Predicts presence of the other
] measurable with correlation coefficient

↳Illusory correlation: perception of a relationship but none exists

SURVEY METHOD →almost no control for situational confounding variables

NATURALISTIC OBSERVATION

- realistic, rich picture
- no control
- does not explain behaviour... it DESCRIBES it

CASE STUDIES

- full detailed picture of one participant or a small group
- can't discern general truths

STATISTICAL REASONING

measure of central tendency, single score represents EVERYTHING

- MODE - most frequently occuring score
- MEAN - arithmetic average
- MEDIAN - middle score in a distribution

→ ★ atypical scores will distort: outliers ↳ skews data (positive + negative)

RANGE

STANDARD DEVIATION

STATISTICAL SIGNIFICANCE

↳ when sample averages are reliable and the difference between them is relatively large

↳ not due to chance variation

Animal Research

- clear scientific purpose
- must have specific, important scientific question
- animals must be best suited
- care/house in a humane way
- acquire legally
- least amount of suffering feasible

HUMAN RESEARCH

- informed, voluntary consent of participants
- protect from harm/discomfort
- anonymity/confidentiality
- debriefing (fully explain research afterward)