

Index

A

- AB/ABA studies 24
 Abnormal behavior 332
 Abnormal psychology 331–51
 Absolute thresholds 52, 57, 64, 66
 Abstract awareness 80
 Acceptance as stage in grief 245
 Accommodation
 in learning 109
 in vision 54, 72
 Acetylcholine 40
 Achievement and emotion 181
 Achievement motivation 180–81
 Achievement test 292, 293, 295
 Acoustic memories 122
 Acrophobia 338
 Active coping 254, 263
 Active listening 363, 369
 Actor-observer bias 305
 Addictions 260
 Adler, Alfred 13, 267
 Adolescence
 adult outcomes of antisocial behavior in 215
 biological changes in 214–15
 challenges and crises in 227–28, 230–32
 cognitive changes in 216–20
 defined 212–13
 moral reasoning in 218–20
 phases of 212
 psychological challenges in 225–27
 social development in 221–25
 Adoption studies 159
 Adrenal glands 48
 Adrenaline 260
 Adulthood. *See also* Early adulthood;
 Late adulthood; Middle adulthood.
 early 235–38
 late 242–44
 middle 239–241
 periods in 234
 Adults 234
 individual differences in 234
 moral development in 238
 Advanced registered nurse practitioner 353
 Aerial perspective 74
 Affective disorders 343–44, 350
 Age regression under hypnosis 94
 Aggression
 anger in preventing 183
 biological explanations of 329
 defined 327, 330
 environmental influences on 328
 evolutionary view of 329
 Freudian view of 327, 328
 frustration-aggression hypothesis 327
 generalized arousal and 327
 group violence and 327
 learning and cultural explanations of 329
 as unhealthy behavior 259
 Aging
 causes of 243
 cultures and attitudes toward 242
 myths of 243
 research in 245
 Agoraphobia 338
 Ainsworth, Mary 194
 Alcohol abuse 260
 Algorithms 143
 Allport, Gordon 265, 269
 Altered states of consciousness 84–85, 95
 Altruism 325, 330
 Alzheimer's disease 244
 American College Testing (ACT) exam 292
 American Sign Language 149
 Ames, Albert 77
 Ames room 77
 Amnesia
 anterograde 128
 continuous 341
 defined 127–30, 132, 341–42, 350
 generalized 341
 localized 341
 retrograde 128
 selective 341
 Amnesiacs 128
 Amphetamines 260
 Analogical reasoning 141, 152
 Analysis, means-end 143
 Anderson, J. R. 138
 Anger 183
 as stage in grief 245
 Animals
 language in 150
 research of 32, 33
 thought in 150–51
 Anorexia 230, 335
 Anterograde amnesia 128
 Antianxiety drugs 365
 Antidepressant drugs 365
 Antipsychotic drugs 365
 Antisocial personality disorder 346–47
 Anxiety disorders 338–40, 350
 Applied psychology 6
 Approach-approach conflict 254
 Approach-avoidance conflict 254
 Aptitude test 292, 295
 Arachnophobia 338
 Archetypes 268, 279
 Aristotle 98
 laws of association 98
 Arousal 183, 188, 251
 generalized 327
 Arousal theory 174–75
 Artificial intelligence 161
 Asch, Solomon 314, 316
 Assimilation 109
 Association 114
 Aristotle's laws of 98
 Association cortex 134
 Atmospheric perspective 74
 Attachment
 defined 194, 210
 temperament and 193–95
 Attention 111, 117, 118
 Attention-deficit hyperactivity
 disorder (ADHD) 198, 348
 Attitudes 305–11

changes in	306
changing, toward mental health	355
social schemas in developing	307
Attribution bias	305
Attribution theory	302–5, 311
Auditory memory	117
Auditory nerve	58, 64
Authority and obedience	323
Autistic disorder	168, 335, 337, 348, 350
Autonomic nervous system	40, 50
Availability heuristic	143
Average life span, use of resources	
to extend	246
Aversive conditioning	358, 369
Aviophobia	338
Avoidance as unhealthy behavior	259
Avoidance-avoidance conflict	254, 259
Awareness of self	80

B

Bandura, Albert	272
Banks, Curtis	322
Bargaining as stage in grief	245
Basal metabolic rate	179
Basic research	4
Battery of tests	283, 295
Behavior	
abnormal	332
defined	2, 17
homeostasis in motivation of	173
learning and	97
nature versus nurture debate in	49
physiology and	9
Behavioral approach	
to gathering data	25–26
to mental illness	333
to moral development	203
to personality	271–73
in psychological assessment	282
to psychology	11
Behaviorism	9, 281
Behavior modification therapy	357–59, 369
Berle, Milton	233
Berliner, David	180
Bessel, Friedrich	9
Beta waves	86
Bias	
actor-observer	305
attribution	305
confirmation	144
cultural	158, 170, 1587
defined	20
experimenter	21
gender	305
intentional	20–21
participant	21
in research	20–21
self-serving	305
Bilingualism	149–50
Binet, Alfred	155
Binge-eating disorder	230
Binocular cues	72, 78
Binocular disparity	72
Biofeedback, state induced by	85
Biological approach	
combining, with psychological perspective	334
to mental illness	333
to personality	278
Biological clock	83, 95
Biologically based therapy	354, 369
Biological preparedness	106
Biological psychology	5
Biomedical therapies	365–68
Biopsychosocial model	257, 263
Bipolar disorder	344, 350
Blind/double-blind studies	24
Blind spot	55
Bodily depth cues	72
Body and emotions	186
Body-kinesthetic intelligence	163
Body set point	179
Borderline personality disorder	347
Boring, E. G.	77
Boring figure	77
Bottom-up processing	70
Bower, G. H.	138
Brain	37, 42–46
Brain stem	44
Brightness	
of color	55
constancy	68
Bulimia	230, 335
Burns, Steve	260

C

Caffeine	260
California Psychological Inventory	
(CPI)	287, 288
Cancer	258
Cannibalism	182
Cannon, Walter	250
Cannon-Bard theory	185
Carskadon, Mary	89
Case studies	24
Catatonic schizophrenia	345
Catharsis	328, 330
Cattell, Raymond	269–70
Central nervous system	41–46, 50
Central tendency, measures of	30
Cerebellum	44
Cerebral cortex	43
Chaining	104
Change and stress	249
Chemical influences	110
Chess, Stella	195
Child abuse and neglect	207–8
Children	
attachment and temperament in	193–95
cognitive development in	196–201
disorders of	348
emotional development in	201–4
physical development in	196
social development in	201–4
Chomsky, Noam	199
Chronobiology	83, 95
consciousness and	83
Chunking	120, 132
Cialdini, Robert	325
Circadian rhythms	83, 95
changes in	83

Classical conditioning	98, 114
applications of	101
Claustrophobia	338
Clinical psychologist	353
Cocaine	260
Cochlea	58, 64
Cognition	179
defined	108, 114
emotion and	184
cognitive anchors	306
Cognitive-behavioral therapy	359–62
depression and	362
uses of	362
Cognitive consistency theory to motivation	176
Cognitive development	
in adolescence	216–20
in childhood	196–201
defined	190, 210
in early adulthood	237–38
in late adulthood	243
in middle adulthood	241
moral development and	203
Cognitive dissonance	176, 188, 306, 311
Cognitive effects of stress	251
Cognitive evaluation	306
Cognitive maps	138
Cognitive psychology	5, 13
Cognitive restructuring	360, 369
Cognitive theory	13
of learning	108
of mental illness	333–34
of motivation	176
Coincidence	28
Collective unconscious	13
Collectivism	276
College aptitude tests	292
Color	
brightness of	55
hue of	55
intensity of	55
name of	55
seeing	55, 56, 64, 65, 66
Color blindness	56
Color constancy	68
Color weakness	56
Commitment	310
Communication, nonverbal,	148
Competition	316–18
Componential mental processes	164
Compulsions	350
Concepts	
defined	135–38, 152
functions of	136
language and	147, 149
organization of	137–38
social	136
Concrete operational stage	197
Conditioned response (CR)	99, 114
Conditioned stimulus (CS)	99, 114
time between unconditioned stimulus and	100
Conditioning	306
biology of	106
Conduction deafness	59
Cones	55
Confidentiality	32
Confirmation bias	144
Conflicts	221, 223, 254
Conformity	314, 315–16, 330
Connotation	148
Conscious experience, types of	80
Consciousness	79–95
altered states of	84–85
and chronobiology	83
current theories of	94
defined	80, 95
dreaming and	89–91
early ideas about	81
hypnosis and	92–94
levels of	82
Consensus	303
Consistency	305
Constructionist view	69, 78
Construct validity	285
Content validity	285
Context	148
Context dependence	126
Contextual intelligence	164
Continuous amnesia	341
Convergence	72
Convergent thinking	167, 170
Conversion disorder	340
Cooperation	316–18
Coping with stress	254–55
Core consciousness	94
Corpus callosum	44, 45
Correlation	
defined	22, 35
predictions based on	28–29
Correlational approach to data processing	27
Correlation coefficients	27–29
Costa, Paul	272
Counseling psychologist	353
Counterconditioning	101, 358, 369
Couples therapy	355
Crandall, C. S.	316
Creativity	166–68, 170
Critical periods	199, 210
Cross-sectional studies	24
Cueing memory	126–27
Cultural bias	170
in intelligence quotient tests	158
Cultural differences in looking at mental illness	335
Cultural effects on learning	113
Cultural taboos	182
Cultural validity	113
Cultural values	113
Culture	149–50
emotion and	186
motivation and	182
role of	220
D	
Damasio, Antonio	187
Damon, William	220
Darley, John	325
Darwin, Charles	153
Data	
gathering	25–26
processing	27–30
Daydreaming	84
Deafness	59

Death	245
in family	207
Decay	120, 132
Decision making	
defined	145
and emotion	187
Declarative memories	122
Deductive reasoning	141
Deductive thinking	20, 35
Defense mechanisms	267, 279
Defensive coping	259, 263
Deindividuation	327, 330
Delinquent behavior	228, 229
Delusions	344, 346, 350
Denial	
as defense mechanism	267
as stage in grief	245
Denotation	148
Dependent variables	23
Depression	
cognitive-behavioral therapy and	362
relief from	47
as stage in grief	245
Depth perception	73
Descartes, René	81
Descriptive statistics	29
Desensitization	101
Developmental psychology	5, 190, 210
Developmental tasks	
of late adulthood	244
of middle adulthood	241
Dewey, John	7
<i>Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV)</i>	337, 347
Difference threshold	67, 78
Diffusion of responsibility	326, 330
Discrimination	101, 104, 309, 311
Disgust	183
Disorganized schizophrenia	345
Displacement as defensive mechanism	267
Dissociative disorders	341–42, 350
Dissociative fugue	342
Dissociative identity disorder	342
Distinctiveness	305
Divergent thinking	167, 170
Divorce	206, 237
reasons for	237
Dopamine	40, 259
Down drugs	262
Dreams	89–91
analysis of	356
lucid	85
meaning of	90
reasons for	89–91, 91
Drive-reduction theory	174
Drives	172
defined	172
Drug-induced states	84
Drugs	
society's reliance on	366
prescribed for depression	47
Dysthymic disorder	343, 350

E

Early adulthood	235–38
-----------------	--------

cognitive changes in	237–38
developmental tasks	238
physical changes in	237
Eating	
disorders in	230
factors that affect	178–79
habits and	178
hunger cues and	178
Ebbinghaus, Hermann	115
Ego, status, and self-esteem needs	175, 266, 279
Ego-integrity	244, 247
Eidetic imagery	119
Elaboration	132
in short-term memory	119
Electroconvulsive therapy (ECT)	367
Electroencephalograph (EEG)	26
Electromyograph (EMG)	26
Embryo	191
Emotional abuse	207
Emotional bond	194
Emotional development	
in childhood	201
defined	190, 210
Emotional influences on learning	112
Emotional stability-instability	270
Emotions	188, 325
achievement and	181
body and	186
cognition and	184
culture and	186
decision making and	187
defined	172, 183
expression of	186
necessity of	184
physiological aspects of	183–84
social stereotypes and	186
theories of	184, 185
types of	183
value of	183
Empirical observations	10, 17
Encoding	116, 132
Endocrine system	37, 47–48, 50
Endorphins	40, 62, 64
Entrainment	83, 95
Environment	
aggression and	328
heredity and	158–60
Episodic memories	122–23
Equivalent-forms reliability	284
Erikson, Erik	204, 212, 225–26, 227, 267, 268
Ethical responsibility	31
Ethics	
in psychological assessment	282–83
in psychology	30–31
of research	324
of therapy	368
Etiology	333, 350
Eustress	249, 263
Evolutionary approach	13
to learning	112–13
to personality	278
Evolutionary psychology	13
Exner, John	283
Expectancy/value theory	181
Experiential intelligence	164
Experimenter bias	21
Extended consciousness	94
External ear	58

External sensory perception	80
Extinction	100–101, 104
Extrasensory perception (ESP)	76
Extrinsic motivation	181, 188
Extrinsic reward	181
Eye, response of, to light	54–55
Eysenck, Hans	162, 270

F

Factor analysis	161, 170
Fairness and deception	32
Family	221
death in	206–7
Family life	236
Family therapy	355
Fantz, Robert	193
Feedback	173, 188
Female menopause	240
Femininity	277
Fetus	191
Field study	26
Fight or flight response	40, 250
Figure-ground	71, 78
Film, movement in	75
First impressions	301
First trimester	191
Fixed-interval schedule	105
Fixed-ratio schedule	105
Flashbulb memory	119
Flooding	101, 359, 369
Food-related cues, effect of, on hunger	178
Forebrain	42
Foreclosure	226
Forgetting	127
reasons for	127
Formal logic	141
Formal operational stage	197
Free association	356
Free will, role of, in personality	275
Freud, Anna	204
Freud, Sigmund	8, 11, 91, 204, 267, 268
Freudian slips	268
Freudian view of aggression	328
Frontal lobe	134
Frustration	327
Functional fixedness	143
Functionalism	7, 17
Functional magnetic resonance imaging (fMRI)	26
Fundamental attribution error	305
Funerals	245

G

G	161, 170
Gage, Phineas	42, 187
Gag reflex	193
Galton, Francis	153, 155
Galvanic skin response (GSR)	26
Gamma-aminobutyric acid (GABA)	39, 40
Gardner, Howard	162, 164
Gazzaniga, Michael	79
Gate control theory	62, 64
Gender	224

Gender bias	305
Gender differences	220
Gender roles	203, 210
General adaptation syndrome (GAS)	250, 263
General Educational Development (GED)	293
General intelligence	161
Generalization	101, 103
Generalized amnesia	341
Generalized anxiety disorder	338–39
Generalized arousal	327
Generativity	239, 247
Genetic inheritability	158, 170
Genetics	325
Genovese, Kitty	325
Gerontology	245, 247
Gestalt	78
limitations of approach	72
Gestalt psychologists	69–70
Gestalt therapy	363
Ghost sickness	335
Giftedness	165, 170
Gilligan, Carol	204
Glia	38
Glutamate	40
Goleman, Daniel	162
Goodall, Jane	27
Graduate Management Admission Test (GMAT)	293
Graphs and statistical analysis	29–30
Group	330
definition of	313
dynamics in	319–22
leadership in	321
polarization of	319, 330
roles in	321
tests	157, 170
violence in	327
Group therapy	354–55
Groupthink	319–20, 330
Growth hormone (GH)	214, 232
Growth spurt	214, 232
Guilford, J. P.	162, 167

H

Hall, G. Stanley	212
Hallucinations	85, 344, 350
Handedness	45
Handedness and hemispheres	45
Haney, Craig	322
Harm avoidance	32
Headaches	258
Health	
management of	262
psychology of	256–62
Hearing	52
Heart disease	258
Helping behavior	325–26
Hemispheres	45
Heredity	
effects of	158
environment and	158–60
Heroin	260
Heuristics	143
Hierarchical storage, evidence for	138
Hierarchy of needs	171, 175, 188

Hinckley, John, Jr.	349
Hindbrain	42
Hippocrates	49, 264, 270
Homeostasis	173, 188
in motivation of behavior	173
Hormones	47, 50
Horney, Karen	13, 267
Hospice	245, 247
Hull, Clark	174
Human information processing (HIP)	109
TOTE (Test, Operate, Test, Exit) model of	110
Humanistic theory	
on mental illness	334
on motivation	175
on personality	273–74
on psychology	13–14
Humanistic therapies	362–64
Human pheromones	180
Hunger, factors that affect	178–79
Hunger drive	178–79
Hydrophobia	338
Hypersomnia	88
Hypnosis	92, 95
age regression under	94
market research and	93
memory and	93
Hypochondriasis	341
Hypothalamus	179
Hypothesis	22, 35

I

Iatrophobia	338
Id	266, 279
Identity	232
Identity achievement	226
Identity development	226
Identity diffusion	226
Identity process	226
Illness, relationship of	258
Illusions	75, 77, 78
Immune system	263
stress and	257
Implicit memory	122
Imprinting	200
Incentives	172, 188
competition and	317
cooperation and	317
defined	172
Independent variables	23
Individual differences in adults	234
Individualism	276, 279
Individual test	156, 170
Individual therapy	354
Individuation	316, 330
Induced movement	74, 78
Inductive reasoning	141, 152
Inductive thinking	19, 35
Inferiority complex	267, 279
Informal reasoning	141–42
Information, processed in short-term memory	120
Information-processing theories	109, 197
Inner ear	58
Input, sensory	117
Insanity	349
Insanity defense	349

Insight learning	108
Insomnia	88
Instinct	174, 188
Instinct theory	174
Instinctual drift	106
Intelligence	113, 153–70
approaches to understanding	160–64
artificial	161
contextual	164
defined	154, 170
experiential	164
Mozart and	166
multiple	162–64
Intelligence quotient (IQ)	155, 170
Intelligence tests	292
cultural bias in	158
origins of	154–57
questions about	157–58
as tools of society	169
Intensity of color	55
Intentional bias	20–21
Interference	132
Internal consistency	157, 284
Internal sensory perception	80
Internet addiction	4
Interpersonal attraction	310
Interpersonal intelligence	163
Interpretation	356
Interviews	25
in psychological assessment	282
Intimacy	247, 310
versus isolation in early adulthood	235
Intrapersonal intelligence	163
Intrinsic motivation	182, 188
Introspection	7, 17
Introversion-extroversion	270
Isolation	247
in childhood	200–204
versus intimacy in early adulthood	235

J

James, William	7–8, 81
James-Lange theory	185
Jensen, Arthur	162
Jet lag	83
Joy	183
Jung, Carl	13, 267, 268
Juvenile delinquency	228

K

Kagan, Jerome	195
Kirkpatrick, S. A.	321
Kohlberg, Lawrence	203, 204, 218, 238
Kübler-Ross, Elisabeth	245
Kuder Preference Record	293

L

Lab, memory studies in	131
Laboratory experiment	26

Language	147
acquisition of	148–49, 199
concepts in	147, 149
elements of	147
influence on thought	150–51
meaning and understanding	148–49
Latane, Bibb	325
Late adulthood	242–44
cognitive changes in	243
developmental tasks of	244
physical changes in	242
social changes in	244
Latent learning	108
Law of closure	70
Law of continuation	70
Law of proximity	69
Law of similarity	69
Law School Admission Test (LSAT)	293
Laws of perception	69–70
Leadership styles	322
Learning	5, 96–114, 114
cognitive theories of	108
cultural effects on	113
cultural explanations of aggression and	329
current approaches to	112
defined	97–98
emotional influences on	112
evolutionary influences on	112–13
factors affecting	110
insight	108
latent	108
memory and	131
situated	110
study of	97–101
Learning curves	131
Lefcourt, Herbert	256
Left hemisphere	44–45
Lenneberg, Eric	199
Light, defined	53
Lilly, John	63
Linear perspective	73
Linguistic intelligence	163
Lithium drug	365
Little Albert	100, 184, 271–72
Living will	245, 247
Lobotomy	367, 369
Localized amnesia	341
Locke, Edwin	321
Logic	152
formal	141
Logical-mathematical intelligence	163
Longitudinal studies	24
Long-short-term orientation	277
Long-term memory (LTM)	121–23
capacity of	124
defined	117, 132
duration of	124
encoding	122
evidence for	121
Lorenz, Konrad	200
Love, triangular model of	310
Lucid dreaming	85
Male menopause	240
Manic-depression	39
Marijuana	260
Market research and hypnosis	93
Marriage	235–36
Masculinity	277
Maslow, Abraham	171, 175, 177, 179, 273
Maturation	190, 210
McCrae, Robert	272
Mead, Margaret	213
Mean	30, 35
Meaningfulness	110
Media, violence in	112
Median	30, 35
Medical College Admissions Test (MCAT)	293
Meditative state	85
Medulla	44
Memories	5, 115–32, 132
acoustic	122
auditory	117
biology of	130
defined	116
episodic	122–23
hypnosis and	93
issues in research	131
learning and	131
retrieval of	126
semantic	122–23
sensory	116, 117
short-term	119–20
stages of	116
tips for improving your	124
visual	117, 122
Menopause	247
female	240
male	240
Mental ability, diversity of	165–68
Mental age	155, 170
Mental health, changing attitudes toward	355
Mental health counselor	353
Mental health therapies	352–69
biomedical	365–68
defined	353
ethics of	368
Mental illness	336–37
classifying	336–37
cultural differences in looking at	335
perspectives on	333–34
views of, in the past	336
Mental imagery	139–40
Mentally retarded	170
Mental retardation	168
Mental set	143
Midbrain	42
Middle adulthood	239
cognitive changes in	241
developmental tasks of	241
physical changes in	240
Middle ear	58
Midlife crisis	239
Midlife transition	239, 247
Milgram, Stanley	323
Minnesota Multiphasic Personality Inventory (MMPI)	287–88, 289
Minority influence	320
Mnemonics	131
Mode	30, 35
Major depression	39, 343

Modeling	358, 369
Monocular cues	72, 78
Mood-altering drugs	260
Moral development	203–4, 210
adulthood and	238
morality principle	266, 279
moral reasoning in adolescence	218–19
moral responsibility	31
moratorium	226
morphemes	147
motion, perception of	74
Motivation	111, 172–82, 188
achievement	180–81
of behavior	173
cognitive theories of	176
components of	172
cultural factors in	182
defined	172
extrinsic	181
intrinsic	182
physiological	178–79
processes that affect	173
psychological	180–82
theories of	174–76
Motive	172, 188
Motor neurons	41
Motor reproduction processes	111
Movement in film	75
Mozart and intelligence	166
Mozart effect	166
Muller-Lyer Illusion	75
Multiple approach-avoidance conflict	254
Multiple intelligences	162–64
Gardner's theory of	164
Musical intelligence	163
Myelin	38
Myers-Briggs Type Indicator (MBTI)	278
reliability and	286
Mysophobia	338

N

Narcolepsy	88
Naturalistic observation	25–26
Naturalistic research	27
Naturalist intelligence	163
Nature versus nurture debate	49
Necker cube	77
Needs	188
defined	172
higher-level	177
primary	172–73
secondary	173
Negative symptoms	345
NEO Five-Factor Inventory (NEO-FFI)	288
Neo-Freudians	267–68
Nerve cells	38–40
Nerve deafness	59
Nervous system	37, 50
Networks	125, 137
Neurobiological approach	11
Neurons	38
motor	41
sensory	41
Neuropeptides	256
Neurotransmitters	39–40

Newborn	191
Newton, Isaac	51
Nicotine	260
Nightmares	88
Night terrors	88
Nonconscious	82, 95
Non-rapid eye movement (NREM) sleep	86
Nonshared environment	159, 170
Nonverbal communication	148
Noradrenaline sets	259
Norepinephrine	40
Normal consciousness	82
Norms	
in behavior	313–14, 330
in different cultures	314
in psychological assessment	287, 290, 295
Nucleus	38

O

Obedience	330
authority and	323
Objective tests	287–88, 295
Observational learning	111–12, 306
processes in	111
Obsessions	350
Obsessive-compulsive disorder	340
Operant behavior	102
Operant conditioning	102–10, 114
changes in	103
in controlling behavior	107
principles of	103
Ophidiophobia	338
Opponent-Process theory	185
Opponent-process theory of color vision	56
Ovaries	48
Overcompensation	267, 279
Overlap	73
Overstress	254, 263

P

Pain	60–62
alleviation of	62
managing	62
thresholds	57, 61
Pajter, Kathleen A.	215
Pancreas	48
Panic disorder	339
Paradigms	19, 35
Paranoid schizophrenia	345
Parasympathetic nervous system	183
Parathyroid	48
Parents	
role of, in moral development	220
style of	206
Participant bias	21
Participants, selecting	22
Passion	310
Pavlov, Ivan	96, 98–100, 271
Peer group	222–23, 232
Peer influence, importance of	222
Peer pressure	330

handling	315
People for the Ethical Treatment of Animals (PETA)	33
Perceptions	5, 301-2
of control and stress	251
defined	52-53, 64, 66-67, 78
laws of	69-70
of motion	74
psychological factors influencing	66
Perceptual constancies	67-68
Perceptual organization	69-74
Perceptual processes	113
Peripheral nervous system	40-41
Perls, Fritz	363
Perls, Laura	363
Persona	268, 279
Personal identity	300, 311
Personality	5, 251, 264-78, 279
behavioral approach to	271-73
changes in	272
characteristics of	323
defined	265
humanistic approach to	273-74
methods of studying	265
psychoanalytic approach to	266-68
psychology and	265
role of free will in	275
roots of	194-95
sociocultural approach to	276-78
theories of	265
trait approach to	269-71
types of	278, 279
Personality approach to moral development	203
Personality disorders	346-47, 351
Person-centered therapy	363, 369
Person-oriented leadership	322
Phenomenology	363, 369
Pheromones	60, 61, 64, 179, 180
Phobias	333, 351
Phobic disorder	338
Phonemes	147
Photoreceptors	55, 64
Physical abuse	207
Physical attractiveness	310
Physical development	
in childhood	196
defined	190, 210
in early adulthood	237
in late adulthood	242
in middle adulthood	240
Physiological aspects of emotion	183-84
Physiological causes of amnesia	128
Physiological measurement	26
Physiological motivation	178-79
Physiological needs	175
Physiological responses to stress	250
Physiology and behavior	9
Piaget, Jean	18, 108-9, 197, 201, 203, 216, 217
Pictorial depth cues	73-74
Pineal	48
Pinker, Steven	13
Pipher, Mary	227
Pituitary gland	47
Play in children	201-2
Pleasure principle	266, 279
Plomin, Robert	160
Pons	44
Ponzo Railroad Track Illusion	75
Popper, Karl	19
Positive affirmation	13
Positive self, protecting	300
Positive symptoms	345
Positron emission tomography (PET)	26
Posthypnotic suggestions	92, 95
Postman, Neil	203
Post-traumatic stress disorder	207, 210, 339
Poverty	207
Power distance	276
Pragmatism	8, 17
Preconscious	82, 95
Preconscious mind	266, 279
Predictive validity	285
Pregnancy, teenage	231
Prejudice	308, 311
overcoming	309
Prenatal development	191, 210
Preoperational stage	197
Preschool children	196, 197
Pressures	60-61, 223
Primacy effect	121
Primary needs	172-73, 188
Primary reinforcement	103
Principle learning	131
Prisoner's dilemma	318
Problem solving	142, 152
Procedural memories	122
Processing, depth of	123
Projection as defense mechanism	267
Projective tests	290-91, 295
limits of	291
Propositions	139
Prototypes	136, 152
Proximity	310
Prozac	47
Psychiatric nurse	353
Psychiatric social worker	353
Psychiatrist	353
Psychoanalysis	266-68
defined	8, 17
evaluation of	268
uses and limitations of	357
Psychoanalytic therapy	356-57
Psychodiagnosis	281
Psychodynamic perspective	11, 13
on mental illness	333
Psychodynamic therapy	356
Psychogenic causes and amnesia	129
Psychological assessments	280-95
ethical concerns in	282-82
history of	281
types of	282
uses of	281
Psychological diagnostic tests	289
Psychological disorders	332-35
Psychological factors	228
in perception	66
Psychological motivation	180-82
Psychological perspective	135
combining biological perspective with	334
on development	204
Psychological responses to stress	250
Psychological tests	281-87, 295
objective	287-88
projective	290-91
uses of	291-94
Psychologists, functions of	2

Psychology	
abnormal	331–51
applied	6
behavioral approach	11
careers in	6
cognitive approach	13
defined	2
developmental	190
evolutionary approach	13
future of	16
of health	256–62
history of	6
humanistic approach	13–14
key figures in	7–9
neurobiological approach	11
and personality	265
psychodynamic approach	11, 13
reasons for studying history of	6
research in	18–34
as science	10
sociocultural approach	14–15
types of	4–5
Psychometrics	154, 170
Psychoneuroimmunology (PNI)	256–57, 263
Psychophysics	66–67, 78
Psychosocial theory of development	205
Psychosurgery	367, 369
Psychotherapy	354, 369
Psychotic disorders	344, 351
Puberty	214–15, 232

R

Rabin, Adele	362
Rapid eye movement (REM) sleep	86, 89, 95
Rapid eye movement (REM) sleep	
behavior disorder	88
Rational-emotive therapy	361
Rationalization as defense mechanism	267
Reaction formation as defense mechanism	267
Reality negotiation	300
Reality principle	266, 279
Real life, memory in	131
Reasoning	141, 152
analogical	141
cultural differences in	142
deductive	141
inductive	141
informal	141–42
Rebound	260
Recall	126, 132
Recency effect	121
Receptors	52, 64
Reciprocity	310
Recognition	117, 126, 132
Reconstruction	131
Reference groups	299, 311
Reflexes	41
Regression as defense mechanism	267
Rehearsal	132
in short-term memory	119
Reinforcement	102, 114
schedules of	105
Relative height	73
Relative motion	74
Relative size	73

Reliability	157, 170, 284
Myers-Briggs Type Indicator and	286
test-retest	157, 284
Repetition	100
Representativeness heuristic	144
Repression	
as defense mechanism	267
in memory	131
Research	
bias in	20–21
designing	22–24
ethics of	324
how to evaluate	34
in psychology	18–34
see also Research features	xiii
Resilience	208, 210
Resistance	356
Respondent behavior	102
Response	98, 114
Retention	111
Reticular activating system	44
Retina	54, 64
Retrieval	116, 132
Retrograde amnesia	128
Reversible figure-ground pattern	71
Reward, extrinsic	181
Rhine, J.B.	76
Right hemisphere	44–45
Risk/benefit assessment	31
Rods	55
Rogers, Carl	14, 107, 274, 363
Rorschach, Hermann	290
Rubin, Edgar	71

S

Safety and security needs	175
Sally-Anne Test	335
Sandwich generation	241
Savants	168, 170
Schacter and Singer's two-factor theory	185
Schemas	108–9, 114, 131, 138
function of	301
Schizophrenia	39, 344–45, 351
Scholastic Assessment Test (SAT)	286, 292
School psychologists	2
Schools	224
role of	220
Scientific attitudes and values	20
Scientific method	19–21
Scripts	138
Secondary needs	173, 188
Secondary reinforcement	103
Second trimester	191
Selective amnesia	341
Selective serotonin call back	
inhibitors (SSRIs)	47
Self-actualization	175, 273–74, 297
Self-concept	274, 279
developing	298–300
social interaction and role of others in	297
Self-deception as unhealthy behavior	259
Self-efficacy and stress	251
Self-esteem, role of	227
Self-fulfilling prophecy	302, 311
Self-help groups	355

Self-reporting methods	25
Self-schemas	298–99, 311
Self-serving bias	305
Semantic memories	122–23
storage of	124–25
Semantics	147
Senile dementia	244, 247
Sensation	51–64
Sensorimotor stage	197
Sensory adaptation	53, 64
Sensory coding	53, 64
Sensory deprivation	63, 85
Sensory input	117
Sensory memory	116, 117, 132
Sensory neurons	41
Sensory systems	52–53
Serotonin	40, 47, 259
Sexual abuse	207
Sexual drive	179
Sexual identity	225
Sexuality	224
Shape constancy	68
Shaping	104
Shared environment	159, 170
Shift work	83
Short-term memory (STM)	119–20
defined	117, 132
evidence for	121
Signal-detection theory	67, 78
Similarity	310
Situated learning	110
16 Personality Factor Test (16PF)	288
Size constancy	67
Skinner, B. F.	11, 102, 107, 272
Sleep	86
deprivation in	86, 89
disorders in	88
reasons for	86
stages of, and brain waves	86–87
Sleep apnea	88
Sleepwalking	88
Smell	52, 59, 60
Social identity	311
Social-cognitive theory	
on motivation	176
on personality	278
Social comparisons	299, 311
Social competence	202, 210
Social concepts	136
Social development	
in adolescence	221–25
in childhood	201
defined	190, 210
in late adulthood	244
Social dilemmas	317, 318, 330
Social facilitation	320
Social identity	300
Social interaction and role of others in	
self-concept	297
Socialization	202–203, 210, 221
Social learning	111–12
Social learning approach to moral	
development	203
Social loafing	320
Social needs	175
Social phobia	338
Social psychology	5, 297, 311
Social responsibility	317, 330
movements toward	318
Social schemas in developing attitudes	307
Social stereotypes and emotion	186
Social support and stress	251
Sociocultural approach	14–15, 276–78
Sociocultural psychologists	14–15
Solomon's Opponent-Process theory	185
Somatic nervous system	41, 50
Somatic receptors	60, 64
Somatoform disorders	340–41, 351
Sound	57
characteristics of	57
Sound waves, converted,	57–59
Spatial intelligence	163
Spearman's G	161–62
Sperry, Roger	44
Spinal cord	41–42
Split-brain patients	44
Spouse, choosing	236
Stagnation	239, 247
Standard Assessment Test (SAT)	286, 292
Standard deviation	30, 35
Standardization	286–87, 295
Standardized testing in psychological	
assessment	282
Stanford-Binet Intelligence Scale	156
State	284, 295
State dependence	127
Statistical analysis	29–30
Statistics, descriptive	29
Stereotypes	307–8, 311
Sternberg, Robert	162
Stigma	333
Stimulation deafness	59
Stimulus	97–98, 114
Storage	116, 132
Storm and stress point of view	212
Strategy	142, 152
Stress	
change and	249
chemistry of	259
cognitive effects of	251
coping with	254–55, 261
defined	249
effect of, on hunger	178
factors that influence	251
immune system and	257
level of	252–53
physiological responses to	250
psychological responses to	250
relationship of	258
Stressors	249, 263
types of	249
Stress reactions	249, 263
Stress tolerance	251
Strong-Campbell Interest Inventory	293
Subconscious	79, 82, 95
Sublimation as defense mechanism	267
Substance abuse	227–28, 259
amnesia and	129
as psychological disorder	347
Sucking reflex	193
Sudden Infant Death Syndrome (SIDS)	88
Suicide	231
Superego	266, 279
Surveys	25
Survival instincts	193
Syntax	147

Systematic desensitization 358, 369

T

Task-oriented leadership 322
Taste 52, 59–60
 aversions 106
 sensation 179
Taxonomies 137
Teenage pregnancy 231
Temperament 194, 210
 attachment and 193–95
Temperature 60–61
Test anxiety 294–95
Testicles 48
Test-retest reliability 157, 284
Texture 74
Thanatology 245, 247
Thanatophobia 338
Thematic Apperception Test (TAT) 290–91
Theories
 defined 19, 35
 origin of 19
 uses of 20
Thinking 134–52, 152
 blocks to effective 143–44
 convergent 167
 current research in 151
 defined 134
 divergent 167
 influences on 146
 processes in 141–45
 structures of 135–40
Third trimester 191
Thomas, Alexander 195
Thorndike, E. L. 102
Thought
 in animals 150–51
 biological basis of 134
 influence of language on 150–51
 psychological basis of 135
Thurstone, L. L. 162
Thymus 48
Thyroid gland 47
Tip of the tongue (TOT) 126
Toddlers 196–97
Top-dog phenomenon 224
Top-down processing 70
TOTE (Test, Operate, Test, Exit) model, of
 human information processing (HIP) 110
Touch 52, 60–61
Trait 279
Trait approach 269–71
Transfer 110
Transference 356
Trial-and-error learning 102
Triangular model of love 310
Triarchic theory of intelligence 162, 164
Trichromatic theory of color vision 56
Twin studies 159
Two-factor theory 185

U

Uncertainty avoidance 276

Unconditional positive regard 274, 279, 363
Unconditioned response (UCR) 99, 114
Unconditioned stimulus (UCS) 99, 114
 time between conditioned stimulus
 (CS) and 100
Unconscious 79, 82, 95
Unconscious mind 266, 279
Unconscious prejudice 309
Undifferentiated schizophrenia 345

V

Validity 157, 170, 285, 295
Variable-interval (VI) schedule 105
Variable-ratio (VR) schedule 105
Variables
 controlling 23
 defined 22–23, 35
 dependent 23
 independent 23
Variation, measures of 30
Vertebrae 41
Violence
 group 327
 in media 112
 prevention of 209
Vision 52, 53
Visual cliff experiment 73
Visual cortex 55, 64
Visual memories 117, 122
Vocational interest tests 293
Vygotskii, Lev 198

W

Waking consciousness 79, 82
Watson, John B. 9, 11, 81–82, 100, 271–72
Wechsler Adult Intelligence
 Scale-Revised (WAIS-R) 292
Wechsler Scales 156
Wertheimer, Max 69, 363
Work 235
Working backward 143
Wundt, Wilhelm 1, 7

X

Xenophobia 338

Y

Yerkes-Dodson Law 251, 263

Z

Zar 335
Zimbardo, Philip 322
Zoophobia 338