

A blue ribbon-style banner with a central rectangular box containing the text "PSY101 Glossary" in a dark blue serif font. The banner has a slight 3D effect with a shadow underneath.

# PSY101 Glossary

❖ **Accommodation**

The creation of new cognitive schemas when objects, experiences, or other information does not fit with existing schemas.

❖ **Acetylcholine**

A neurotransmitter associated with voluntary movement, sleep and wakefulness.

❖ **Action Potential**

The firing on a neuron. Occurs when the charge inside the neuron becomes more positive than the charge outside.

❖ **Aggressive**

An interpersonal style where only the immediate needs of the self are considered rather than the needs of others. (As opposed to passive or assertive)

❖ **Agoraphobia**

An anxiety disorder characterized by an intense fear of leaving one's home.

❖ **All or None Law**

Either a neuron completely fires or it does not fire at all.

❖ **Altruism**

Behavior that is unselfish and may even be detrimental but which benefits others.

❖ **Amnesia**

Loss of memory. Usually only a partial loss such as for a period of time or biographical information.

❖ **Anal Expulsive Personality**

Stemming from the Anal stage, a child who becomes fixated due to over control transfers his or her unresolved anal (or control) issues into characteristics such as cruelty, pushiness, messiness, or disorganization.

#### ❖ **Anal Retentive Personality**

Stemming from the Anal stage, a child who becomes fixated due to under control transfers his or her unresolved anal (or control) issues into characteristics such as compulsivity, stinginess, cleanliness, organization, and obstinance.

#### ❖ **Anal Stage**

Freud's second stage of psychosexual development where the primary sexual focus is on the elimination or holding onto feces. The stage is often thought of as representing a child's ability to control his or her own world.

#### ❖ **Analytical intelligence**

Analytical intelligence involves conscious direction of our mental processes to find thoughtful solutions to problems.

#### ❖ **Anorexia Nervosa**

An eating disorder characterised a misperception of body image. Individuals with anorexia nervosa often believe they are overweight even when they are grossly underweight.

#### ❖ **Anxiety**

The physiological and psychological reaction to an expected danger, whether real or imagined.

#### ❖ **Aphasia**

The impairment of the ability to communicate either through oral or written discourse as a result of brain damage.

#### ❖ **Assertive**

Style of interpersonal interaction where both the needs of the self and others are considered. (As opposed to passive or aggressive)

#### ❖ **Associations**

The phenomenon in learning that states we are better able to remember information if it is paired with something we are familiar with or otherwise stands out.

#### ❖ **Attachment**

The strong bond a child forms with his or her primary caregiver.

#### ❖ **Attribution**

An idea or belief about the etiology of a certain behavior.

### ❖ **Attribution Theory**

The theory that argues people look for explanation of behavior, associating either dispositional (internal) attributes or situational (external) attributes.

### ❖ **Autonomic Nervous System**

Part of the peripheral nervous system that regulates the involuntary actions of the body (e.g., breathing, heart rate, blood pressure, pupil dilation). Also regulates the Fight or Flight Phenomenon.

### ❖ **Availability Heuristic**

A rule of thumb stating that information more readily available in our memory is more important than information not as easily accessible.

### ❖ **Aversion Therapy**

A type of behavioral treatment where an aversive stimuli is paired with a negative behavior in hopes that the behavior will change in the future to avoid the aversive stimuli.

### ❖ **Axon**

The tail-like part of the neuron through which information exits the cell.

### ❖ **Behavior Modification**

The application of behavioral theory to change a specific behavior.

### ❖ **Behavior Therapy**

The application of behavioral theory (e.g. conditioning, reinforcement) in the treatment of mental illness.

### ❖ **Behaviorism**

The school of psychology founded on the premise that behavior is measurable and can be changed through the application of various behavioral principles.

### ❖ **Binocular Cues**

Visual cues (convergence and retinal disparity) that require both eyes to perceive distance (as opposed to monocular cues)

### ❖ **Bulimia Nervosa**

An eating disorder in which people eat large amounts of food in a sitting (binging), and then vomit (purging). The vomiting is triggered by a fear of weight gain, from stomach pain, or from the guilt of overeating. People with bulimia also use laxatives, diuretics, and vigorous exercise to lose weight. In order to be diagnosed with bulimia, this behavior must occur at least twice a week for three months in a row.

### ❖ **Castration Anxiety**

According to Freud's Stages of Psychosexual Development, the fear a boy in the phallic stage experiences due to a fear that his father will render him powerless if his father finds out about his attraction toward his mother.

### ❖ **Catharsis**

The emotional release associated with the expression of unconscious conflicts.

### ❖ **Cell Body**

The main part of a neuron where the information is processed.

### ❖ **Central Nervous System**

The brain and the spinal cord.

### ❖ **Cerebellum**

Part of the brain associated with balance, smooth movement, and posture.

### ❖ **Cerebral Hemispheres**

The two halves of the brain (right and left)

### ❖ **Chemical Imbalance**

A generic term for the idea that chemical in the brain are either too scarce or too abundant resulting in or contributing to a mental disorder such as schizophrenia or bipolar disorder. Others believe that the disorder precedes the imbalance, suggesting that a change in mood, for example, changes our chemicals rather than the chemical changing our mood.

### ❖ **Chunk**

A unit of information used in memory

### ❖ **Chunking**

Combining smaller units of measurement or chunks into larger chunks. (e.g., a seven chunk phone number such as 5-5-5-1-2-1-2 becomes a five chunk number such as 5-5-5-12-12)

### ❖ **Classical Conditioning**

The behavioral technique of pairing a naturally occurring stimulus and response chain with a different stimulus in order to produce a response which is not naturally occurring.

### ❖ **Client Centered Therapy**

A humanistic therapy based on Carl Roger's beliefs that an individual has an unlimited capacity for psychological growth and will continue to grow unless barriers are placed in the way.

### ❖ **Cognition**

The process of receiving, processing, storing, and using information.

❖ **Cognitive Behavioral Therapy**

Treatment involving the combination of behaviorism (based on the theories of learning) and cognitive therapy (based on the theory that our cognitions or thoughts control a large portion of our behaviors).

❖ **Cognitive Dissonance**

the realization of contradictions in one's own attitudes and behaviors.

❖ **Cognitive Psychology**

The sub-field of psychology associated with information processing and the role it plays in emotion, behavior, and physiology.

❖ **Cognitive Therapy**

The treatment approach based on the theory that our cognitions or thoughts control a large part of our behaviors and emotions. Therefore, changing the way we think can result in positive changes in the way we act and feel.

❖ **Collective Unconscious**

According to Jung, the content of the unconscious mind that is passed down from generation to generation in all humans.

❖ **Compulsion**

The physical act resulting from an obsession. Typically a compulsive act is done in an attempt to alleviate the discomfort created by an obsession.

❖ **Concrete Operational Stage**

According to Piaget, the stage of cognitive development where a child between the ages of 7 and 12 begins thinking more globally and outside of the self but is still deficient in abstract thought.

❖ **Conditioned Response**

The response in a stimulus-response chain that is not naturally occurring, but rather has been learned through its pairing with a naturally occurring chain.

❖ **Conditioned Stimulus**

The stimulus in a stimulus-response chain that is not naturally occurring, but rather has been learned through its pairing with a naturally occurring chain.

❖ **Conditioning**

The process of learning new behaviors or responses as a result of their consequences.

❖ **Conformity**

Changing your attitudes, beliefs, thoughts, or behaviors in order to be more consistent with others.

❖ **Confound**

Any variable that is not part of a research study but still has an effect on the research results

❖ **Conscience**

According to Freud, the restriction demanded by the superego.

❖ **Consciousness**

Awareness of yourself and the world around you.

❖ **Construct**

any variable that can not be directly observed but rather is measured through indirect methods. (Examples: intelligence, motivation)

❖ **Context Dependent Memory**

The theory that information learned in a particular situation or place is better remembered when in that same situation or place.

❖ **Continuous Reinforcement**

The application of reinforcement every time a specific behavior occurs.

❖ **Control Group**

The group of subjects in an experiment that does not receive the independent variable.

❖ **Convergence**

The binocular cue to distance referring to the fact that the closer an object, the more inward our eyes need to turn in order to focus

❖ **Convergent Thinking**

Logical and conventional thought leading to a single answer.

❖ **Conversion Disorder**

A somatoform disorder where the individual experiences a loss of sensation or function due to a psychological belief (e.g., paralysis, blindness, deafness).

❖ **Correlation**

The degree to which two or more variables are related to each other. A correlation refers to the direction that the variables move and does not necessarily represent cause and effect. (Example: height and weight are correlated. As one increases, the other tends to increase as well)

❖ **Correlation Coefficient**

The statistic or number representing the degree to which two or more variables are related. Often abbreviated 'r.'

❖ **Counter conditioning**

The use of conditioning to eliminate a previously conditioned response. The conditioned stimulus (CS) is repeated with a different unconditioned stimulus (UCS) to eventually elicit a new conditioned response (CR)

❖ **Crystallized Intelligence**

The part of intelligence which involves the acquisition, as opposed to the use, of information

❖ **Decay**

Theory which states that memory fades and/or disappears over time if it is not used or accessed.

❖ **Declarative Memory**

The part of long-term memory where factual information is stored, such as mathematical formulas, vocabulary, and life events.

❖ **Deductive Reasoning**

Decision making process in which ideas are processed from the general to the specific.

❖ **Defenses (Defense Mechanisms)**

Psychological forces which prevent undesirable or inappropriate impulses from entering consciousness (e.g., forgetting responsibilities that we really didn't want to do, projecting anger onto a spouse as opposed to your boss). Also called Defense Mechanisms, Defense System, or Ego Defenses.

❖ **Delusion**

False belief system (e.g., believing you are Napoleon, have magical powers, or the false belief that others are 'out to get you.').

❖ **Dendrites**

Extensions of the cell body of a neuron responsible for receiving incoming neurotransmitters.

❖ **Dependent Variable**

The variable in an experiment that is measured; the outcome of an experiment.

❖ **Developmental Psychology**

The area of psychology focused on how children grow psychologically to become who they are as adults.

❖ **Difference Threshold**

The smallest change in perception which is noticeable at least 50% of the time.

❖ **Discrimination**

In behavioral theory, the learned ability to differentiate between two similar objects or situations.

❖ **Displacement**

The pushing out of older information in short term memory to make room for new information.

❖ **Dispositional Attribute**

An attribute explained or interpreted as being caused by internal influences.

❖ **Dissociation**

A separation from the self, with the most severe resulting in Dissociative Identity Disorder. Most of us experience this in very mild forms such as when we are driving long distance and lose time or find ourselves day dreaming longer than we thought.

❖ **Distinctiveness**

The phenomenon in memory that states we are better able to remember information if it is distinctive or different from other information.

❖ **Divergent Thinking**

The ability to use previously gained information to debate or discuss issues which have no agreed upon definitive resolution.

❖ **Dopamine**

A neurotransmitter associated with movement, attention and learning and the brain's pleasure and reward system.

❖ **Dopamine Hypothesis**

The theory that schizophrenia is caused by an excess amount of dopamine in the brain. Research has found that medication to reduce dopamine can reduce the positive symptoms of schizophrenia.

❖ **Drive**

An internal motivation to fulfill a need or reduce the negative aspects of an unpleasant situation.

❖ **Drug Therapy**

The use of medication to treat a mental illness.

❖ **Ego**

In Psychoanalytical theory, the part of the personality which maintains a balance between our impulses (id) and our conscience (superego).

❖ **Ego Ideal**

In psychoanalytic thought, this is the ideal or desired behavior of the ego according to the superego.

❖ **Egocentric**

The thinking in the preoperational stage of cognitive development where children believe everyone sees the world from the same perspective as he or she does.

❖ **Ellis, Albert**

A cognitive Psychologist who developed the concept of Rational-Emotive Therapy.

❖ **Emotion**

Feelings about a situation, person, or objects that involves changes in physiological arousal and cognitions.

❖ **Emotional Intelligence (EQ)**

The awareness of and ability to manage one's emotions in a healthy and productive manner.

❖ **Empathy**

Ability to imagine oneself in another's place and understand the other's feelings, desires, ideas, and actions. The empathic actor or singer is one who genuinely feels the part he or she is performing. The spectator of a work of art or the reader of a piece of literature may similarly become involved in what he or she observes or contemplates. The use of empathy was an important part of the psychological counseling technique developed by Carl R. Rogers

❖ **Encoding**

The transformation of information to be stored in memory.

❖ **Episodic Memory**

Subcategory of Declarative memory where information regarding life events are stored.

❖ **Equity Theory**

The theory that argues a couple must see each other as contributing and benefiting equally to the relationship for them both to feel comfortable in the relationship.

❖ **Etiology**

Causal relationships of diseases; theories regarding how the specific disease or disorder began.

❖ **Ex-Post-Facto (After the Fact) Research**

Research method in which the independent variable is administered prior to the study without the researcher's control and its effects are investigated afterward

❖ **Experimental Group**

In research, the group of subjects who receive the independent variable.

### ❖ **Experimental Method**

Research method using random assignment of subjects and the manipulation of variables in order to determine cause and effect.

### ❖ **Extinction**

The reduction and eventual disappearance of a learned or conditioned response after it is no longer paired with the unconditioned stimulus-response chain.

### ❖ **Extrinsic Motivation**

The desire or push to perform a certain behavior based on the potential external rewards that may be received as a result.

### ❖ **Extroversion**

Personality style where the individual prefers outward and group activity as opposed to inward and individual activity.

### ❖ **Factor Analysis**

A statistical technique used to determine the number of components in a set of data. These components are then named according to their characteristics allowing a researcher to break down information into statistical groups.

### ❖ **Family Therapy**

Treatment involving family members which seeks to change the unhealthy familial patterns and interactions.

### ❖ **Fixation**

In Freud's theory of psychosexual development, the failure to complete a stage successfully which results in a continuation of that stage into later adulthood.

### ❖ **Fixed Interval Schedule**

A schedule in which the reinforcement is presented after a specific period of time.

### ❖ **Fixed Ratio Schedule**

A schedule in which the reinforcement is presented after a specific number of responses.

### ❖ **Flooding**

A behavioral technique used to treat phobias in which the client is presented with the feared stimulus until the associated anxiety disappears.

### ❖ **Fluid Intelligence**

According to Cattell, the part of intelligence which involves the use, as opposed to the acquisition, of information.

### ❖ **Forensic Psychology**

Forensic psychology is the application of psychological principles and knowledge to various legal activities. Typical issues include child custody disputes, child abuse or neglect, assessing personal capacity to manage one's affairs, matters of competency to stand trial, criminal responsibility, personal injury, and advising judges in matters relating to sentencing regarding various mitigants and the actuarial assessment of future risk.

### ❖ **Formal Operational Stage**

Pavlov's fourth and final stage of cognitive development where thinking becomes more abstract.

### ❖ **Free Association**

The psychoanalytic technique of allowing a patient to talk without direction or input in order to analyze current issues of the client.

### ❖ **Freud, Sigmund**

Dr. Freud is often referred to as the father of clinical psychology. His extensive theory of personality development (psychoanalytical theory) is the cornerstone for modern psychological thought, and consists of (1) the psychosexual stages of development, (2) the structural model of personality (id, ego, superego), and (3) levels of consciousness (conscious, subconscious, and unconscious). See Psychoanalysis.

### ❖ **Frontal Lobe**

The lobe at the front of the brain associated with movement, speech, and impulsive behavior.

### ❖ **Functionalism**

The school of thought popular in the 19th century emphasizing conscious experiences as a precursor to behavior

### ❖ **Fundamental Attribution Error**

The tendency to over estimate the internal attributes of another person's actions.

### ❖ **g**

General intelligence. Typically compared to s which represents specific intelligences. G is the culmination of all possible s's.

### ❖ **Gender Identity**

The internal sense of being either male or female. Usually congruent with biological gender, but not always as in Gender Identity Disorder.

### ❖ **Generalization**

The tendency to associate stimuli, and therefore respond similarly to, due to their closeness on some variable such as size, shape, color, or meaning.

❖ **Genital Stage**

Freud's final stage of psychosexual development where healthy sexual development is defined as attraction to a same aged, opposite sexed peer.

❖ **Genotype**

Genetic composition of a person is called genotype.

❖ **Gestalt**

German word typically translated as meaning 'whole' or 'form.'

❖ **Gestalt Therapy**

Treatment focusing on the awareness and understanding of one's feelings.

❖ **Group Therapy**

Psychotherapy conducted with at least three or four non-related individuals who are similar in some are, such as gender, age, mental illness, or presenting problem.

❖ **Gustation**

Sense of taste.

❖ **Hallucination**

False perception of reality (e.g., hearing voices that aren't there or seeing people who do not exist) [auditory (hearing); visual (sight); olfactory (smell); tactile (touch); and taste].

❖ **Halo Effect**

The tendency to assign generally positive or generally negative traits to a person after observing one specific positive or negative trait, respectively.

❖ **Health Psychology**

The specific field in psychology concerned with psychology's impact on health, physical well being, and illness.

❖ **Heterosexuality**

Being attracted to or aroused by members of the opposite gender. See Sexual Orientation.

❖ **Hierarchy of Needs**

Maslow's Theory of Motivation which states that we must achieve lower level needs, such as food, shelter, and safety before we can achieve higher level needs, such as belonging, esteem, and self-actualization.

❖ **Higher Order Conditioning**

Pairing a second conditioned stimulus with the first conditioned stimulus in order to produce a second conditioned response.

❖ **Hippocampus**

Part of the limbic system. Involved more in memory, and the transfer of information from short-term to long-term memory.

❖ **History**

External events that take place during a research study that are not part of the study but have an effect on the outcome

❖ **Homeostasis**

The tendency of the body (and the mind) to naturally gravitate toward a state of equilibrium or balance.

❖ **Humanistic Psychology**

A theoretical view of human nature which stresses a positive view of human nature and the strong belief in psychological homeostasis.

❖ **Humanistic Therapy**

Treatment focused on increasing awareness of one's self concept.

❖ **Hypno therapist**

A trained, and often licensed, therapist who utilizes the therapeutic technique of hypnosis as part of a treatment regimen.

❖ **Hypnosis**

A deep state of relaxation where an individual is more susceptible to suggestions.

❖ **Hypnotist**

An individual, most likely unlicensed, who uses hypnosis techniques or variations of these techniques for a variety of reasons, including treatment and/or entertainment.

❖ **Hypothalamus**

A part of the brain that controls the autonomic nervous system, and therefore maintains the body's homeostasis (controls body temperature, metabolism, and appetite. Also translates extreme emotions into physical responses.

❖ **Hypothesis**

A prediction about the relationship between two or more variables.

❖ **Id**

In Psychoanalytical theory, the part of the personality which contains our primitive impulses such as sex, anger, and hunger.

❖ **Ideal Self**

Humanistic term representing the characteristics, behaviors, emotions, and thoughts to which a person aspires.

❖ **Illusion**

Misperception of reality (e.g., the illusion of a lake in the middle of a desert).

❖ **Imagery**

Utilizing the mind to create a mental representation of a sensory experience.

❖ **Independent Variable**

The variable in an experiment that is manipulated or compared.

❖ **Inductive Reasoning**

Decision making process in which ideas are processed from the specific to the general.

❖ **Industrial/Organizational Psychology**

The area or specialty in psychology focused on the application of psychological principles in the work force.

❖ **Innate**

Occurring without learning, inborn.

❖ **Insight**

The understanding of a relationship between current thoughts, feelings, and/or behaviors and where these originated or how they are maintained.

❖ **Instinct**

A behavior we are born with and therefore does not need to be learned.

❖ **Intelligence**

The degree to which one can adapt to one's environment.

❖ **Intelligence Quotient [IQ]**

The scores achieved on psychological tests aimed at quantifying intellectual ability.

❖ **Interview**

A subjective personality and mental health assessment typically consisting of questions and answers.

❖ **Intrinsic Motivation**

The motivation or desire to do something based on the enjoyment of the behavior itself rather than relying on or requiring external reinforcement.

❖ **Introspection**

The process of examining one's own consciousness.

❖ **Introversion**

The tendency to focus energy inward resulting in decreased social interaction.

❖ **Jung, Carl**

A student of Freud who split from the Psychoanalytic Society because of his disagreements with Freud, especially his view of the collective unconscious.

❖ **Just Noticeable Difference**

The smallest change in a sensory perception that is detectable 50% of the time.

❖ **Latency Stage**

Freud's fourth stage of psychosexual development where sexuality is repressed in the unconscious and children focus on identifying with their same sex parent and interact with same sex peers.

❖ **Latent Content**

Freud's term for the underlying or hidden content represented in the symbols of dreams.

❖ **Latent Learning**

Learning that occurs without apparent reinforcement but is not demonstrated until such time as reinforcement occurs.

❖ **Law of Effect**

Theory proposed by Thorndike stating that those responses that are followed by a positive consequence will be repeated more frequently than those that are not.

❖ **Learned Helplessness**

A condition that occurs after a period of negative consequences where the person begins to believe they have no control.

❖ **Learning**

A relatively permanent change in behavior due to an interaction with the environment.

❖ **Learning Theory**

Based on the idea that changes in behavior result more from experience and less from our personality or how we think or feel about a situation.

❖ **Libido**

Sigmund Freud's terminology of sexual energy or sexual drive.

❖ **Limbic System**

A brain system that plays a role in emotional expression, particularly in the emotional component of behavior, memory, and motivation.

❖ **Linguistics**

The scientific study of language, which may be undertaken from many different aspects, for example, sounds (phonetics) or structures of words (morphology) or meanings (semantics).

❖ **Long Term Memory**

Relatively permanent memory.

❖ **Lucid Dream**

A dream in which you are aware of dreaming and are sometimes able to manipulate the dream.

❖ **Manifest Content**

According to Freud, the story-like superficial content of a dream, often representing only the daily activities and little underlying unconscious material.

❖ **Maslow, Abraham**

Humanistic Theorist most famous for the development of the Hierarchy of Needs.

❖ **Maturation**

Changes due to the natural process of aging as determined by your genetics

❖ **Medulla Oblongata**

Part of the brainstem that controls vital life-sustaining functions such as heartbeat, breathing, blood pressure, and digestion.

❖ **Meta Analysis**

The statistical procedure used to combine numerous and independent research results into one study. Each research study becomes one subject in the meta-analysis.

❖ **Minnesota Multiphasic Personality Inventory, 2nd.**

An Objective test utilizing 567 items which have been empirically derived to measure a variety of psychological concerns.

❖ **Modeling**

Learning through the imitation or observation of others.

❖ **Mortality**

Subject drop-out in a research study. Mortality becomes a problem when a disproportionate drop out rate occurs between two or more groups (Example: 30% of males drop out of group one while only 2% of males drop out in group two, resulting in uneven groups).

❖ **Motivation**

The process that energizes and/or maintains a behavior.

❖ **Motive**

Internal states that provide direction for one's behaviors.

❖ **N**

Symbol used for the number of subjects or data in a distribution. A study with 10 subjects would have an N equal to 10.

❖ **Naturalistic Observation**

A research method where the subject(s) is(are) observed without interruption under normal or natural circumstances.

❖ **Negative Correlation**

a correlation where one two variables tend to move in the opposite direction (example: the number of pages printed and the amount of ink left in your printer are negatively correlated. The more pages printed, the less ink you have left.)

❖ **Neuron**

A specialized nerve cell.

❖ **Neurotransmitter**

A chemical found in animals that plays a role in our behavior, cognitions, and emotions.

❖ **Nightmare**

A frightening dream occurring in REM sleep.

❖ **Nondeclarative Memory**

A subsystem within Long term memory which consists of skills we acquire through repetition and practice (e.g., dance, playing the piano, driving a car)

❖ **Object assembly**

A Wechsler performance subtest consisting of one sample and four test-item jigsaw puzzles of common objects. The child is asked to assemble the pieces to complete a picture. Items are presented one at a time in a specified pattern. The items are timed, with bonus points awarded for

speed; some points are awarded for partially correct responses. Object assembly is a test of synthesis, involving visual organization and visual-motor coordination and attention. ...

❖ **Object Permanence**

The understanding that objects exist even when they are not directly observed.

❖ **Obsession**

A persistent and seemingly uncontrollable thought.

❖ **Occipital Lobe**

One of four lobes of the brain. Contains the visual cortex and therefore plays a major role in the interpretation of visual information.

❖ **Olfaction**

The sense of smell.

❖ **Operant Conditioning**

Learning that occurs due to the manipulation of the possible consequences.

❖ **Oral Stage**

Freud's first stage of psychosexual development where the primary sexual focus is on the mouth through sucking, tasting, and verbalizing.

❖ **Overlearning**

A technique used to improve memory where information is learned to the point that it can be repeated without mistake more than one time.

❖ **Panic Attack**

Period of extreme anxiety and physical symptoms such as heart palpitations, shakiness, dizziness, and racing thoughts. Initial attacks are often reported to feel like a heart attack due to the heart palpitations. A medical exam should be conducted to rule out any such condition.

❖ **Parasympathetic Nervous System**

A subsystem of the Autonomic Nervous System (ANS) that returns the body to homeostasis.

❖ **Parietal Lobe**

One of four lobes of the brain. Contains the Somatosensory Cortex and is therefore involved in the processing of touch, pressure, temperature, and pain.

❖ **Penis Envy**

In Psychoanalytic Thought, the desire of girls to possess a penis and therefore have the power that being male represents.

### ❖ **Perception**

The process of organizing and using information that is received through the senses.

### ❖ **Perceptual Constancy**

The ability to perceive objects as unchanged despite the change noticed by the senses (e.g., the ability to understand and see buildings as remaining the same height even though they appear larger as we get closer to them).

### ❖ **Perfect Correlation**

A correlation of either +1.0 or -1.0. A perfect correlation is extremely rare and when it occurs means that predicting one score based on another score is perfect or without error.

### ❖ **Person Centered Therapy**

The therapeutic technique based on humanistic theory which is non-directive and empathic.

### ❖ **Personality**

The stable set of individual characteristics that make us unique.

### ❖ **Personality Disorder**

A maladaptive and stable set of individual characteristics that cluster to form a recognized disorder.

### ❖ **Persuasion**

The deliberate attempt to influence the thoughts, feelings or behaviors of another.

### ❖ **Phallic Personality**

Stemming from the Phallic stage, a child who becomes fixated may develop a personality characterized by selfishness, impulsivity, and a lack of or reduced ability to feel empathy.

### ❖ **Phallic Stage**

Freud's third stage of psychosexual development where the primary sexual focus is on symbolism of the genitals.

### ❖ **Phenotype**

The phenotype of an individual organism is either its total physical appearance and constitution or a specific manifestation of a trait, such as size, eye color, or behavior that varies between individuals.

### ❖ **Phi Phenomenon**

The perception of motion based on two or more stationary objects (e.g., the perception of chaser lights brought about by different lights blinking at different times).

### ❖ **Phobia**

An intense fear of a specific object or situation. Most of us consider ourselves to have phobias, but to be diagnosable, the fear must significantly restrict our way of life.

❖ **Pleasure Principle**

Freud's theory regarding the id's desire to maximize pleasure and minimize pain in order to achieve immediate gratification.

❖ **Pons**

Part of the brain that plays a role in the regulation of states of arousal, including sleep and dreaming.

❖ **Positive Correlation**

A correlation where as one variable increases, the other also increases, or as one decreases so does the other. Both variables move in the same direction.

❖ **Positive Reinforcement**

Something positive provided after a response in order to increase the probability of that response occurring in the future.

❖ **Power**

The strength or the data to find a difference when there truly is a difference. Power is abbreviated with the capital Greek letter beta ( $\beta$ ).

❖ **Preconscious**

Thoughts that are not in immediate awareness but that can be recalled by conscious effort.

❖ **Prejudice**

Negative beliefs, attitudes, or feelings about a person's entire character based on only one characteristic. This belief is often based on faulty information.

❖ **Preoperational Stage**

Piaget's second stage of cognitive development in which a child develops objects permanency and language.

❖ **Pretest-Posttest Method**

A method of determining the amount of change that occurred in a set of data by measuring the data prior to treatment and then after treatment and comparing the two measurement outcomes.

❖ **Primacy Effect**

The tendency to remember the first bit of information in a series due to increased rehearsal.

❖ **Primary Reinforcer**

A reinforcer that meets our basic needs such as food, water, sleep, or love.

❖ **Proactive Interference**

Interference in memory due to prior learning.

❖ **Projection**

In Psychoanalytic Theory, the defense mechanism whereby we transfer or project our feelings about one person onto another.

❖ **Projective Techniques**

A generic term for the psychological procedures used to measure personality which rely on ambiguous stimuli.

❖ **Psychiatrist**

A medical doctor with training in mental illness.

❖ **Psychoanalysis**

Developed by Sigmund Freud, this type of therapy is known for long term treatment, typically several times per week, where the unresolved issues from the individual's childhood are analyzed and resolved. These issues are considered to be primarily unconscious in nature and are kept from consciousness through a complex defense system.

❖ **Psychoanalytic Theory**

Theory developed by Freud consisting of the structural model of personality, topographical model of personality, defense mechanisms, drives, and the psychosexual stages of development. The primary driving force behind the theory is the id, ego and superego and the division of consciousness into the conscious mind, the pre/subconscious, and the unconscious.

❖ **Psychodynamic Therapy**

A modern adaptation of psychoanalytic therapy which has made sometimes minor and sometimes major changes to Freud's original theories.

❖ **Psychology**

The study of emotion, cognition, and behavior, and their interaction.

❖ **Psychosis**

Break from reality, usually identified by hallucinations, delusions, and/or disorientation.

❖ **Psychotherapy**

The treatment of mental illness or related issues based on psychological theory.

❖ **Psychotropic Medication**

Prescription medication used primarily to treat mental illness.

❖ **Punishment**

The adding of a negative stimulus in order to decrease a response (e.g., spanking a child to decrease negative behavior).

❖ **Quasi-Experimental Research**

Any research study that uses specific experimental methods but does not randomize subjects

❖ **r**

Symbol used for the Pearson-product moment correlation (correlation coefficient)

❖ **Rational Emotive Therapy**

A Cognitive Therapy based on Albert Ellis' theory that cognitions control our emotions and behaviors; therefore, changing the way we think about things will affect the way we feel and the way we behave.

❖ **Rationalization**

A defense mechanism where one believes or states an acceptable explanation for a behavior as opposed to the real explanation.

❖ **Reaction Formation**

A defense mechanism where unacceptable impulses are converted to their opposite.

❖ **Reality Principle**

According to Freud, the attempt by the ego to satisfy both the id and the superego while still considering the reality of the situation.

❖ **Reflection**

A therapeutic technique in humanistic therapy where the feelings and thoughts of the client are reflected or reworded back to the client to assist in understanding them.

❖ **Reflex**

A rapid (and unconscious) response to changes in the internal or external environment, needed to maintain homeostasis

❖ **Rehearsal**

Repeating information in order to improve our recall of this information.

❖ **Reinforcer**

Anything that follows a behavior that increases the chances of that behavior occurring again.

❖ **Reliability**

The extent to which a measurement instrument yields consistent, stable, and uniform results over repeated observations or measurements under the same conditions each time. For example, a scale is unreliable if it weighs a child three times in three minutes and gets three different weights.

❖ **Repression**

In Psychoanalytic Theory, the defense mechanism whereby our thoughts are pulled out of our consciousness and into our unconscious.

❖ **Resistance**

In psychoanalysis, the client's refusal to participate in a therapeutic intervention due to underlying issues unrelated to the intervention.

❖ **Response Prevention**

A therapeutic technique where stimuli is presented to the client but the client is not permitted to exercise his or her typical response. Used for the treatment of phobias, obsessive compulsive disorder and other anxiety disorders.

❖ **Reticular Formation (Reticular Activating System)**

Part of the brain stem involved in arousal and attention, sleep and wakefulness, and control of reflexes.

❖ **Retinal Disparity**

The binocular cue to distance referring to the distance between the two images sent to the brain by our eyes. The farther apart these images, the closer the object.

❖ **Retrieval**

The process of bringing material out of long term memory and into consciousness.

❖ **Retroactive Interference**

Interference in memory created by later learning.

❖ **Reversibility**

A child's ability to reverse operations and therefore recognize that the qualities of an object remain the same despite changes in appearance. Occurs in Piaget's Concrete Operational Stage of Cognitive Development (e.g.,  $1+2=3$  to  $3-2=1$ ).

❖ **Rogers, Carl**

A humanistic Psychologist who developed Client-Centered Therapy.

❖ **Rorschach Inkblot Test**

A projective technique utilizing ambiguous inkblots as stimuli.

❖ **Sample**

Portion of the entire population used to estimate what is likely happening within a population.

❖ **Schema**

The cognitive structure utilized to make sense of the world.

❖ **Secondary Reinforcer**

A reinforcer other than one which meets our basic needs such as food or water (e.g., intellectual stimulation, money, praise).

❖ **Self Actualization**

The process of understanding oneself more completely and being aware of issues affecting one's life.

❖ **Self Efficacy**

One's belief in his or her own ability.

❖ **Self Serving Bias**

The tendency to assign internal attributes to successes and external factors to failures.

❖ **Self-Concept**

The subjective perception of the self.

❖ **Semantic Memory**

The part of declarative memory that stores general information such as names and facts.

❖ **Sensation**

Information brought in through the senses.

❖ **Sensorimotor Stage**

The first stage in Piaget's Stages of Cognitive Development where a child's primary way of learning about the world is through the senses and movement.

❖ **Sensory Adaptation**

The reduced ability to sense a stimulus after prolonged exposure.

❖ **Sensory Memory**

The brief storage of information brought in through the senses; typically only lasts up to a few seconds.

❖ **Shaping**

Gradually molding a specific response by reinforcing responses that come close to the desired response.

❖ **Short Term Memory**

The stage of memory where information is stored for up to 30 seconds prior to either being forgotten or transferred to long term memory.

❖ **Situational Attribute**

An attribute explained or interpreted as being caused by external influences.

❖ **Skinner Box**

A cage designed for animals in operant conditioning experiments.

❖ **Skinner, B. F.**

Considered the father of behavioral therapy. He once stated that with the ability to control a child's environment, he could raise a child to become anything he wanted.

❖ **Social Learning Theory**

Developmental theory arguing that personality is learned through the interactions with the environment.

❖ **Social Psychology**

The branch of psychology which focuses on society and its impact on the individual.

❖ **Social Support**

Term used to describe the degree of emotional support afforded a client by friends, family, and other acquaintances.

❖ **Somatic Nervous System**

Sub system of the Peripheral Nervous System (PNS). Primary function is to regulate the actions of the skeletal muscles.

❖ **Spontaneous Recovery**

The tendency for previously learned information to resurface rapidly after a period of extinction. Information that is spontaneously recovered is thought to lay dormant but not forgotten (e.g., riding a bicycle after a long period of not riding).

❖ **Stage**

A period of development that occurs at about the same time for each person. Developmental and Personality theories are often made up of a series of stages.

❖ **Stage Theory**

The idea that an individual must pass through one stage of development before he or she can reach the next stage.

❖ **State**

A temporary internal characteristic (e.g., depressed, angry)

❖ **State Dependent Memory**

The theory that information learned in a particular state of mind (e.g., depressed, happy, somber) is more easily recalled when in that same state of mind.

❖ **Stimulus**

Anything in the environment to which one responds.

❖ **Stimulus Discrimination**

The ability to tell the difference and therefore not respond to similar stimuli.

❖ **Stimulus Generalization**

The response to new stimuli due its similarity to the original stimuli.

❖ **Storage**

The process of saving information in long term memory

❖ **Stress**

The physical and psychological result of internal or external pressure.

❖ **Stressor**

Anything, internal or external, which applies psychological pressure on an individual.

❖ **Structuralism**

School of thought from the 19th century focused on the gathering of psychological information through the examination of the structure of the mind.

❖ **Sublimation**

A defense mechanism where undesired or unacceptable impulses are transformed into behaviors which are accepted by society.

❖ **Super traits**

Hans Eysenck's term for his two distinct categories of personality traits. They include Introversion-Extroversion and Neuroticism. According to Eysenck, each of us fall on a continuum based on the degree of each super traits.

❖ **Superego**

In Psychoanalytical theory, the part of the personality that represents the conscience.

❖ **Suppression**

The defense mechanism where we push unacceptable thoughts out of consciousness and into our unconscious.

❖ **Survey**

A research technique in which subjects respond to a series of questions.

❖ **Sympathetic Nervous System (SNS)**

Part of the Autonomic Nervous System responsible for the fight or flight phenomenon and which plays a role (along with the Parasympathetic Nervous System) in maintaining the body's homeostasis.

❖ **Synapse**

The space between the axon of one neuron and the dendrites of another through which neurotransmitters travel.

❖ **Systematic Desensitization**

A treatment technique where the client is exposed to gradually increasing anxiety provoking stimuli while relaxing; the goal is for the client to eventually confront a phobia or fear without the previously associated anxiety.

❖ **Temperament**

A person's typical way of responding to his or her environment.

❖ **Temporal Lobe**

One of the four lobes of the brain. Contains the auditory cortex and therefore plays a role in receptive language as well as memory and emotion.

❖ **Thalamus**

Considered the central switching station of the brain because all of the body's senses (except the olfactory senses) pass through this before being relayed to the brain.

❖ **Thematic Apperception Test (TAT)**

A subjective personality test where ambiguous pictures are shown to a subject and they are asked to tell a story related to them.

❖ **Theory**

A general idea about the relationship of two or more variables.

❖ **Trait**

A relatively permanent internal characteristic (e.g., friendly, outgoing)

❖ **Transference**

Intense feelings directed toward the therapist that many clients experience in the process of therapy.

❖ **Trial and Error Learning**

Learning that takes place through the application of possible solutions to a problem.

❖ **Unconditional Positive Regard**

The nonjudgmental empathy and respect for another person.

❖ **Unconditioned Response**

The response in a stimulus-response chain that is naturally occurring as opposed to learned.

❖ **Unconditioned Stimulus**

The stimulus in a stimulus-response chain that is naturally occurring as opposed to learned.

❖ **Unconscious**

According to Freud, the area of the psyche where unknown wishes and needs are kept that play a significant role in our conscious behavior.

❖ **Validity**

In statistics a valid measure is one which is measuring what it is supposed to measure. Validity implies reliability (accuracy). A valid measure must be reliable, but a reliable measure need not be valid.

❖ **Variable**

Any factor which has the potential to influence another factor in a research study.

❖ **Variable Interval Schedule**

A schedule in which the reinforcement is presented after a varying amount of time.

❖ **Variable Ratio Schedule**

A schedule in which the reinforcement is presented after a varying number of responses.

❖ **Vicarious Reinforcement**

The reinforcement that occurs as a result of watching a model get reinforced for a specific behavior or series of behaviors.

❖ **Wechsler Adult Intelligence Scale, Third Edition**

An objective measure of intelligence. The Stanford-Binet test is also used, has very similar validity, but is not as popular.

❖ **Zero Correlation**

the absence of a relationship between two or more variables as determined by a Correlational statistic. Often abbreviated as 'r=0.'

**For Files and Groups of Maha Malik:**

<https://whatsapp.com/channel/0029VaLvft01XquQQ7sIB12s>

*Maha Malik*