

۷ کارنیل، بزرگترین شبکه موفقیت ایرانیان می باشد، که افرادی زیادی توانسته اند با آن به موفقیت برسند، فاطمه رتبه ۱۱ کنکور کارشناسی، محمد حسین رتبه ۶۸ کنکور کارشناسی، سپیده رتبه ۳ کنکور ارشد، مریم و همسرش راه اندازی تولیدی مانتو، امیر راه اندازی فروشگاه اینترنتی، کیوان پیوستن به تیم تراکتور سازی تبریز، میلاد پیوستن به تیم صبا، مهسا تحصیل در ایتالیا، و.... این موارد گوشه از افرادی بودند که با کارنیل به موفقیت رسیده اند، شما هم می توانید موفقیت خود را با کارنیل شروع کنید.

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GLOSSARY of Words and Terms Common in Psychology



Compiler:

Alinaghi Ghasemiannejad

Graduate student of psychology- University of Isfahan

ali.ghasemian@ymail.com

Abnormal behavior

Patterns of emotion, thought, and action deemed pathological for one or more of the following reasons: infrequent occurrence, violation of norms, personal distress, disability or dysfunction, and unexpectedness.

Abnormality

In psychological terms, any mental, emotional, or behavioral activity that deviates from culturally or scientifically accepted norms.

Abreaction

Emotional release or discharge after recalling a painful experience that has been repressed because it was not consciously tolerable (see conscious). A therapeutic effect sometimes occurs through partial or repeated discharge of the painful affect.

Absolute refractory period

That period immediately following the discharge of a nerve impulse during which the cell cannot be induced to fire again.

Absolute Threshold

The minimum value of a stimulus that can be detected.

Abstinence

Foregoing some kind of gratification; in the area of alcohol or drug dependence, being without the substance on which the subject had been dependent.

Abstinence violation effect

What happens when a person attempting to abstain from alcohol use ingests alcohol and then endures conflict and guilt by making an internal attribution to explain why he or she drank, thereby making him or her more likely to continue drinking in order to cope with self-blame and guilt.

Abulia

Lack of will or motivation, often expressed as inability to make decisions or set goals.

Abuse

(child, elder, spouse) To misuse, attack, or injure. The abuse may be sexual, physical, or emotional.

Abused child

A child or infant who has suffered repeated injuries, which may include bone fractures, neurologic and psychological damage, or sexual abuse at the hands of a parent, parents, or parent surrogate(s). The abuse takes place repeatedly and is often precipitated, in the case of physical abuse, by the child's minor and normally irritating behavior. Child abuse also includes child neglect.

Abuse, substance

Impairment in social and occupational functioning resulting from the pathological and "compulsive" use of a substance. The concept is closely related to the definition of substance dependence, which has similar symptoms of impairment but may include evidence of physiological tolerance or withdrawal. Typical symptoms of abuse include failure to fulfill major role obligations at work, school, or home; recurrent use of the substance in situations where such use is physically hazardous; substance-related legal problems; and continued use even though it exaggerates interpersonal problems.

Academic problem

School difficulty that is not due to a mental disorder. Examples are failing grades or significant underachievement in a person with adequate intellectual capacity.

Academic skills disorders

In DSM-IV, this is a major group of infancy, childhood, and adolescence disorders that includes reading disorder, mathematics disorder, and disorder of written expression.

Accommodation

Changes in the thickness of the lens of the eye that focus images of near or distant objects on the retina. Also, the process by which existing schemata are modified or changed by new experiences.

Acculturation

Extent to which a person identifies with his or her group of origin and its culture or with the mainstream dominant culture.

Acculturation difficulty

A problem in adapting to or finding an appropriate way to adapt to a different culture or environment. The problem is not based on any coexisting mental disorder.

Accurate empathic understanding

In client-centered therapy, an essential quality of the therapist, referring to the ability to see the world through the client's phenomenology as well as from perspectives of which the client may be only dimly aware.

Acetylcholine

A neurotransmitter in the brain, where it helps to regulate memory, and in the peripheral nervous system, where it controls the actions of skeletal and smooth muscle.

A neurotransmitter of the central, somatomotor, and parasympathetic nervous systems and of the ganglia and the neuron-sweat gland junctions of the sympathetic nervous systems.

Achievement

Achievement test

A test designed to measure what the individual has accomplished; his accomplishment in a particular training program, course, and so on.

Acquaintance rape

Also called date rape. Forcible sex between two people who know each other, sometimes occurring on a date.

Acquisition

In classical conditioning, the time during which a CR first appears and increases in frequency.

Acting out

Expressions of unconscious emotional conflicts or feelings in actions rather than words. The person is not consciously aware of the meaning of such acts (see conscious). Acting out may be harmful or, in controlled situations, therapeutic (e.g., children's play therapy).

Action potential

The wave of electro-chemical energy that sweeps down the axon of a neuron when the nerve cell releases its resting potential and hence "fires."

Active learning

Refers to the role of the learner in the learning process. Contrasted with passive learning. In active learning, the learner participates in the learning process by making a conscious effort to learn, by taking notes, by outlining, by intensive review, and so on.

Actualization

Realization of one's full potential.

Acute confusional state

1. A form of delirium in which the most prominent symptoms are disorders of memory and orientation, usually with short-term memory deficit and both retrograde and anterograde amnesia and clouding of consciousness (i.e. reduced clarity of awareness of environment with reduced capacity to shift, focus, and sustain attention to environmental stimuli).
2. An acute stress reaction to new surroundings or new demands, common in adolescence; it generally subsides as the person adjusts to the situation.

Adapted

Adaptation

Fitting one's behavior to meet the needs of one's environment, which often involves a modification of impulses, emotions or attitudes.

In Piaget's Theory of Development, there are two cognitive processes that are crucial for progressing from stage to stage: assimilation, accommodation. These two concepts are described below.

- **Assimilation**

This refers to the way in which a child transforms new information so that it makes sense within their existing knowledge base. That is, a child tries to understand new knowledge in terms of their existing knowledge. For example, a baby who is given a new knowledge may grasp or suck on that object in the same way that he or she grasped or sucked other objects.

- **Accommodation**

This happens when a child changes his or her cognitive structure in an attempt to understand new information. For example, the child learns to grasp a new object in a different way, or learns that the new object should not be sucked. In that way, the child has adapted his or her way of thinking to a new experience.

Taken together, assimilation and accommodation make up adaptation, which refers to the child's ability to adapt to his or her environment.

Adaption

As used in connection with the senses, this refers to the fact that after continual stimulation a sense gradually loses its ability to respond. For example, after prolonged exposure to a strong odor, the odor seems to fade away.

Adaptive reaction

A reaction toward a source of frustration that is reality-oriented; that is, oriented toward direct removal of the frustrating situation.

Addiction

Dependence on a chemical substance to the extent that a physiological and/or psychological need is established. This may be manifested by any combination of the following symptoms; tolerance, preoccupation with obtaining and using the substance, use of the substance despite anticipation of probable adverse consequences, repeated efforts to cut down or control substance use, and withdrawal symptoms when the substance is unavailable or not used.

Adjustment

Often transitory functional alteration or accommodation by which one can better adapt oneself to the immediate environment and to one's inner self.

ADHD

Attention-deficit/hyperactivity disorder

Adjustment disorder

An imprecise term referring to emotional or behavioral symptoms that develop in response to an identifiable stressor. The symptoms, which may include anxiety, depressed mood, and disturbance of conduct, are clinically significant in that the distress exceeds what would be expected under the circumstances, or significant impairment in social or occupational functioning is produced. Duration of symptoms tends to be self-limited, not persisting more than 6 months after termination of the stressor or its consequences. Sometimes the disorder is designated as "acute" if duration is 6 months or less, and as "persistent" or "chronic" if symptoms endure beyond 6 months.

Adolescence

A chronological period of accelerated physical and emotional growth leading to the sexual and psychological maturity. It often begins at about age 12 and ends at a loosely defined time, when the individual achieves independence and social productivity (usually at about age 20).

Adrenal glands

Two small areas of tissue located just above the kidneys. The inner core of each gland, the medulla, secretes epinephrine and norepinephrine; the outer cortex secretes cortisone and other steroid hormones.

Adrenaline

A hormone that is secreted by the adrenal glands; also called epinephrine.

Adrenergic

Referring to neural activation by catecholamines, such as epinephrine, norepinephrine, and dopamine.

Adrenergic system

That system of organs and nerves in which catecholamines are the neurotransmitters.

All the nerve cells for which epinephrine and norepinephrine (and more broadly, other monoamines, dopamine, and serotonin) are the transmitter substances, as opposed to the cholinergic system, which consists of the nerve cells activated by acetylcholine.

Affect

□ Behavior that expresses a subjectively experienced feeling state (emotion); affect is responsive to changing emotional states, whereas mood refers to a pervasive and sustained emotion. Common affects are euphoria, anger, and sadness. Some types of affect disturbance are:

- **blunted:** severe reduction in the intensity of affective expression
- **flat:** absence or near absence of any signs of affective expression such as monotonous voice and an immobile face.
- **inappropriate:** discordance of voice and movements with the content of the person's speech or ideation
- **labile:** Abnormal variability, with repeated, rapid, and abrupt shifts in affective expression.
- **restricted or constricted:** Reduction in the expressive range and intensity of affects.

A subjective feeling or emotional tone often accompanied by bodily expressions noticeable to others.

Affective disorder

A disorder in which mood change or disturbance is the primary manifestation. Now referred to as mood disorder.

Affective flattening

Negative symptom of schizophrenia that consists of a severe reduction or complete absence of affective responses to the environment.

Afterimage

A sensory experience that continues in the absence of the stimulus. A negative afterimage involves seeing the complementary of the color we have been staring at. A positive afterimage involves seeing the actual color.

Age associated memory impairment

(AAMI) The mild disturbance in memory function that occurs normally with aging; benign senescent forgetfulness.

Ageism

Systematic stereotyping of and discrimination against elderly people. It is distinguished from gerontophobia, a specific pathological fear of old people and aging.

Prejudicial attitudes toward old people.

Aim

Aggression

Forceful physical, verbal or symbolic action. May be appropriate and self-protective, including healthy self-assertiveness, or inappropriate as in hostile or destructive behavior. May also be directed toward the environment, toward another person, or toward the self, as in depression.

Aging

Characteristic pattern of life changes that occur normally in humans, plants, and animals as they grow older. Some age changes begin at birth and continue until death; other changes begin at maturity and end at death.

Agitated depression

A severe major depressive disorder in which psychomotor agitation is prominent; formerly known as involuntal melancholia.

Agitation

Excessive motor activity, usually non-purposeful and associated with internal tension. Examples include inability to sit still, fidgeting, pacing, wringing of hands, and pulling of the clothes.

Agnosia

Failure to recognize or identify objects despite intact sensory function; may be seen in dementia.

Agonist

In pharmacology, a substance that stimulates or mimics a receptor-mediated biological response by occupying cell receptors. Contrast to antagonist.

Agoraphobia

A mental disorder characterized by fear of and avoidance of being alone in public places; this disorder is often accompanied by panic attacks.

Alcohol abuse

Diagnosis given to someone who uses alcohol in dangerous situations, fails to meet obligations at work or at home due to alcohol use, and has recurrent legal or social problems as a result of alcohol use.

Alcohol dependence

Dependence on alcohol characterized by either tolerance to the agent or development of withdrawal phenomena on cessation of, or reduction in, or intake. Other aspects of the syndrome are psychological dependence and impairment in social and/or vocational functioning. This is also called alcoholism.

Alcohol-induced dementia

Loss of intellectual abilities, including memory, abstract thinking, judgment, and problem solving, often accompanied by changes in personality, such as increases in paranoia.

Alcoholism

An addiction to ethanol, which is the psychoactive agent in alcohol.

Alexia

Loss of the ability to grasp the meaning of written or printed words and sentences.

Algophobia

Fear of pain.

Alienation

The estrangement felt in a setting one views as foreign, unpredictable, or unacceptable. For example, in depersonalization phenomena, feelings of unreality or strangeness produce a sense of alienation from one's self or

environment. In obsessions, which involve a fear of one's emotions, avoidance of situations that arouse emotions, and continuing effort to keep feelings out of awareness, there is alienation of affect

All-or-none law

Refers to the fact that neurons either fire or fail to fire as a function of whether or not the stimulus applied is above the threshold. Neurons do not fire in proportion to the intensity of the stimulus applied.

Alogia

□ Literally, speechlessness. Most commonly used to refer to the lack of spontaneity in speech and diminished flow of conversation that occur as negative symptoms in schizophrenia.

A negative symptom in schizophrenia, marked by blocking and poverty of speech content

Alpha rhythm

The dominant pattern (8 to 13 cps) of the brain waves of a resting but awake adult.

Altruism

The unselfish concern of one individual for the welfare of another.

Ambiguous

Unclear or not well structured.

Amnesia

Pathologic loss of memory; a phenomenon in which an area of experience becomes inaccessible to conscious recall. The loss in memory may be organic, emotional, dissociative, or of mixed origin, and may be permanent or limited to a sharply circumscribed period of time. Two types are distinguished:

- **Anterograde:** inability to form new memories for events following such a condition(s).
- **Retrograde:** loss of memory for events preceding the amnesia proper and the condition(s) presumed to be responsible for it.

Total or partial loss of memory that can be associated with a dissociative disorder, brain damage, or hypnosis.

Amniocentesis

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A prenatal diagnostic technique in which fluid drawn from the uterus is tested for birth defects, such as Down syndrome and Tay-Sachs disease.

Amphetamines

A group of chemicals that stimulate dopamine release in the central nervous system; often misused by adults and adolescents to control normal fatigue and to induce euphoria. Used clinically to treat hyperkinetic disorder and narcolepsy.

A group of stimulating drugs that produce heightened levels of energy and, in large doses, nervousness, sleeplessness, and paranoid delusions.

Amygdala

A part of the limbic system of the brain located deep in the temporal lobe; damage causes changes in emotional and aggressive behavior.

Anal character, anal personality, anal phase

Anal Stage

The second of Freud's psychosexual stages, during which the primary erogenous zone is the anal region. During this time, children take pleasure in retaining or expelling feces.

Analgesia

Absence of appreciation of painful sensation.

An insensitivity to pain without loss of consciousness; sometimes found in conversion disorder

Analysis of defenses

The study by a psychoanalyst of the ways in which a patient avoids troubling topics by the use of defense mechanisms.

Analytic psychology

The name given by the Swiss psychoanalyst Carl Gustav Jung to his theoretical system, which minimizes the influences of sexual factors in emotional disorders and stresses mystical and religious influences and a belief in the collective unconscious.

A variation of Freud's psychoanalysis introduced by Carl Jung and focusing less on biological drives and more on such factors as self-fulfillment, collective unconscious, and religious symbolism.

Anchor

As used in psychology, this term refers to an internalized reference point that is of significance in determining the individual's reactions to specified external stimulus situations.

Androgens

The primary class of sex hormones in males. The most important androgen is testosterone

Anesthesia

Absence of sensation; may result from nerve damage, anesthetic, drugs, or psychological processes such as hysterical neurosis, conversion type (see under hypnosis) or hypnosis.

An impairment or loss of sensation, usually of touch but sometimes of the other senses, that is often part of conversion disorder

Anima

In Jungian psychology, a person's inner being as opposed to the character or persona presented to the world. Further, the anima may be the more feminine "soul" or inner self of a man, and the animus the more masculine soul of a woman.

Animal phobias

Anorexia Nervosa

An eating disorder characterized by attempts to lose weight, sometimes to the point of starvation.

Anoxia

A deficiency in oxygen reaching the tissues that is severe enough to damage the brain permanently.

Anterior/Posterior

Toward the front/back.

Antagonist

In pharmacology, a substance that opposes, blocks, or neutralizes a receptor-mediated biologic response. For example, the morphine antagonist naloxone competes with morphine for receptor sites in the brain and other tissues. By occupying these sites, naloxone prevents the narcotic from binding to the receptors and exerting its effect. Contrast with agonist.

Anterograde amnesia

Deficit in the ability to learn new information.

Antidepressant drugs

Drugs used to treat the symptoms of depression, such as sad mood, negative thinking, and disturbances of sleep and appetite. Three common types are monoamine oxidase inhibitors, tricyclics, and selective serotonin reuptake inhibitors.

A drug that alleviates depression, usually by energizing the patient and thus elevating mood.

antipsychotic drugs

Drugs used to treat the symptoms of depression, such as sad mood, negative thinking, and disturbances of sleep and appetite. Three common types are monoamine oxidase inhibitors, tricyclics, and selective serotonin reuptake inhibitors.

A drug that alleviates depression, usually by energizing the patient and thus elevating mood.

Antianxiety Drug

A "tranquilizer," which reduces anxiety. The most common include chlordiazepoxide (Librium) and diazepam (Valium).

Antidepressant Drugs

Drugs used to treat depression.

Antipsychotic Drugs

Drugs used to treat psychotic disorders such as schizophrenia.

Antisocial behavior

Conduct indicating indifference to another's person or property; criminal behavior, dishonesty, or abuse are examples. In DSM-IV, childhood or adolescent antisocial behavior (in contrast to antisocial personality disorder, etc.) are included as "other conditions that may be a focus of clinical attention."

Antisocial Personality Disorder

A disorder characterized by a failure to conform to standards of decency; repeated lying and stealing; a failure to sustain lasting, loving relationships; low tolerance of boredom; and a complete lack of guilt.

Antisocial personality

Anxiety

A sense of apprehension or doom that is accompanied by many physiological reactions, such as accelerated heart rate, sweaty palms, and tightness in the stomach.

Anxiety disorders, anxiety hysteria, anxiety neurosis, anxiety state, anxiety-depressive disorder, mixed

Approach-Approach Conflict

The conflict presented when two opposite but equally appealing choices are available but cannot both be obtained.

Approach-Avoidance Conflict

The conflict presented when the best positive choice will result in a negative outcome as well as positive.

Apathy

Lack of feeling, emotion, interest, or concern.

Aphasia

Loss of the ability to use or understand words; may be seen in dementia.

The loss or impairment of the ability to use language because of lesions in the brain.

- **Executive:** difficulties in speaking or writing the words intended.
- **Receptive:** difficulties in understanding written or spoken language.

Apnea

Cessation of breathing for short periods of time, sometimes occurring during sleep.

Aptitude

Aptitude test

A paper and pencil assessment of a person's intellectual functioning that is supposed to predict how he or she will perform at a later time. Well known examples include the Scholastic Aptitude Test (SAT) and the Graduate Record Examination (GRE).

Archetypes

Universal thought forms and patterns that Jung believed resided in the collective unconscious.

Arousal

A state of activation, either behavioral or physiological.
arousal disorder, autonomic, arousal, sexual

Assertion training

Behavior therapy procedures that attempt to help a person express more easily thoughts, wishes, beliefs, and legitimate feelings of resentment or approval.

Assessment

Process of gathering information about a person's symptoms and their possible causes.

Assimilation

A Piagetian term (see Piaget) describing a person's ability to comprehend and integrate new experiences.

Association

Relationship between ideas and emotions by contiguity, continuity, or similarity.

Ataxia

Loss of muscle coordination; irregularity of muscle action.

Attachment

A social and emotional bond between infant and caregiver that spans both time and space..

Attention

Ability to sustain focus on one activity. A disturbance in attention may appear as having difficulty in finishing tasks that have been started, being easily distracted, or having difficulty in concentrating.

Attention-deficit/hyperactivity disorder

Attitude

An evaluation of persons, places, and things.

Attribution

The explanation a person has for his or her behavior.

Atypical

An adjective used to describe unusual or uncharacteristic variations of a disorder.

Auditory hallucination

Autism

A form of thinking or a style of object relationships and life approach in which the subjective predominates and the “me” is favored, sometimes resulting in the exclusion of the “not-me.” The subject is unable to turn his or her energies to outside reality. Introversion may be marked, with an avoidance of contact with life and satisfying relationships with peers.

Automatic thoughts

Thoughts processed without active effort.

Autonomic nervous system

The portion of the peripheral nervous system that controls the functions of the glands and internal organs.

Aversion therapy

A form of treatment in which the client is trained to respond negatively to a neutral stimulus that has been paired with an aversive stimulus.

Aversive classical conditioning

Aversive conditioning

Process believed to underlie the effectiveness of aversion therapy.

Aversive stimulus

A stimulus that elicits pain, fear, or avoidance.

Average

Avoidance Response

An operant response acquired through negative reinforcement that prevents an aversive stimulus from occurring.

Avoidant Attachment

Avoidance conditioning

Learning to move away from a stimulus that has previously been paired with an aversive stimulus such as electric shock.

Avoidant disorder

Avoidant personality

Pervasive anxiety, sense of inadequacy, and fear of being criticized, that leads to the avoidance of most social interactions with others and to restraint and nervousness in

social interactions.

Individuals with an avoidant personality have poor self-esteem and thus are extremely sensitive to potential rejection and remain aloof, even though they very much desire affiliation and affection.

Avoidant personality disorder

A negative symptom of schizophrenia in which the individual lacks interest and drive.

Aware

Awareness

Axon

A long, thin part of a neuron attached to the soma; divides into a few or many branches, ending in terminal buttons.

Barbiturates

Drugs that depress the activities of the central nervous system; primarily used for sedation or treatment of convulsive disorders.

□ A class of synthetic sedative drugs that are addictive and in large doses can cause death by almost completely relaxing the diaphragm.

Baseline

The state of a phenomenon before the independent variable is manipulated, providing a standard against which the effects of the variable can be measured.

Behavior

Any observable overt movement of the organism generally taken to include verbal behavior as well as physical movements.

Behavior disorders of childhood

Behavior Genetics

The branch of psychology that studies the role of genetics in behavior

Behavior Modification

Behavior therapy based on the principles of operant conditioning.

Behavior Analysis

A branch of psychology that studies the effect of the environment on behavior; primarily, the effects of the consequences of behaviors on the behaviors themselves.

behavior rehearsal, behavior therapy, behavioral assessment, behavioral neurology, behavioral observation, behavioral sciences, behavioral theories of depression, behaviorism

Bell and pad, benzodiazepines

Behaviorism

A movement in psychology that asserts that the only proper subject matter for scientific study in psychology is observable behavior.

Bereavement

Feelings of deprivation, desolation, and grief at the loss of a loved one. The grieving person does not need to seek professional help unless these feelings last for a long period of time or relief is sought for symptoms such as anorexia nervosa or insomnia.

Beta rhythm

Binge drinking

A pattern of heavy alcoholic intake that occurs in bouts of a day or more that are set aside for drinking. During periods between bouts, the subject may abstain from alcohol.

Binge eating

A period of time of overeating during which a larger amount of food is ingested than most people would eat during that time. The person feels that he or she cannot stop eating or has no control over what or how much is consumed. During the episode, the person may eat more rapidly than usual, eat until feeling uncomfortably full, eat large amounts of food although not feeling hungry, and eat alone because of embarrassment over how much is being eaten. After a bout of overeating, depression, guilt feelings, and feelings of disgust with oneself are common. When binge eating is accompanied by compensatory behavior to control weight, it is termed bulimia nervosa.

Binge-eating disorder

Eating disorders in which people compulsively overeat either continuously or on discrete binges but do not behave in ways to compensate for the overeating.

Biochemistry

Biofeedback

Biological approach

Biological paradigm, biological psychiatry, biological rhythms

A broad theoretical view that holds that mental disorders are caused by some aberrant somatic process or defect.

Bipolar Disorder

Alternating states of depression and mania separated by periods of relatively normal affect.

Bisexuality

Originally a concept of Freud, indicating a belief that components of both sexes could be found in each person. Today the term is often used to refer to persons who are capable of achieving orgasm with a partner of either sex.

Blackout

Amnesia for events that occurred during one's intoxication.

Blind spot

Body image, body language

Bonding

The unity of two people whose identities are significantly affected by their mutual interactions. Bonding often refers to the attachment between a mother and her child.

Borderline personality disorder

brain, brain disorders, brain electrical activity mapping, brain imaging, brain metabolism, brain stem, brain waves, breathing-related sleep disorder, brief psychotherapy

Brief therapy

Time-limited psychotherapy, usually ego-analytic in orientation and lasting no more than 25 sessions.

Brightness

A perceptual dimension of color, most closely related to the intensity or degree of radiant energy emitted by a visual stimulus.

Brightness Constancy

The tendency to perceive objects as having constant brightness even when they are observed under varying levels of illumination

Broca's Aphasia

Severe difficulty in articulating words, especially function words, caused by damage that includes Broca's area, a region of the frontal cortex on the left (speech-dominant) side of the brain.

Bulimia nervosa

A loss of control over food intake characterized by gorging binges followed by self-induced vomiting or use of laxatives; also accompanied by feelings of guilt and depression.

Bystander Intervention

The intervention of a person in a situation that appears to require his or her aid.

Cardiovascular disorder

A medical problem involving the heart and blood circulation system, such as hypertension or coronary heart disease.

Caregiver

Any person involved in the treatment or rehabilitation of a patient; includes the psychiatrist and other members of the traditional treatment team as well as community workers and other nonprofessionals.

Case study, castration, castration anxiety, CAT scan

Catalepsy

A generalized condition of diminished responsiveness shown by trance-like states, posturing, or maintenance of physical attitudes for a prolonged period of time. May occur in organic or psychological disorders, or under hypnosis.

Cataplexy

Sudden loss of postural tone without loss of consciousness, typically triggered by some emotional stimulus such as laughter, anger, or excitement. It is a characteristic of narcolepsy.

Catatonic Schizophrenia

A form of schizophrenia characterized primarily by various motor disturbances, including catatonic postures and waxy flexibility.

Catatonia

Immobility with muscular rigidity or inflexibility and at times excitability.

catatonic behavior, catatonic disorder due to general medical condition, catatonic excitement, catatonic immobility, catatonic posturing, catatonic schizophrenia, catatonic stupor

Catharsis

The healthful (therapeutic) release of ideas through "talking out" conscious material accompanied by an appropriate emotional reaction. Also, the release into awareness of repressed ("forgotten") material from the unconscious.

central nervous system, cerebellum, cerebral cortex, cerebral hemisphere, cerebral hemorrhage, cerebral thrombosis, cerebrovascular, cerebrovascular disease, cerebrum

Character

The sum of a person's relatively fixed personality traits and habitual modes of response.

Central Nervous System

The brain and the spinal cord.

Cerebellum

A pair of hemispheres resembling the cerebral hemispheres but much smaller and lying beneath and in back of them; controls posture and movements, especially rapid ones.

Cerebral Cortex

The outer layer of the cerebral hemispheres of the brain, approximately 3 mm thick.

Chemotherapy, child abuse, child and adolescent psychiatry, child sexual abuse, childhood schizophrenia, chlorpromazine

Cholinergic

Activated or transmitted by acetylcholine (e.g., parasympathetic nerve fibers).

Cholinergic hypothesis, cholinergic system, chromosome 21, chromosomes

Chronic

Continuing over a long period of time or recurring frequently. Chronic conditions often begin inconspicuously, and symptoms may be less pronounced than in acute conditions.

Chronic schizophrenic

Circadian rhythm sleep disorder

Sleep-wake schedule disorder; a dyssomnia consisting of sleep disruption leading to excessive sleepiness or insomnia that is due to a mismatch between the sleep-wake schedule required by a person's environment and his or her circadian sleep-wake pattern. In the delayed sleep phase type, sleep onset and awakening times are late and the person is unable to fall asleep and awaken at a desired earlier time. The desynchronized type includes sleep disruption produced by jet lag and by recurrent changes in work shifts; it is characterized by insomnia during the major sleep period or excessive sleepiness during the major wake period.

Circadian rhythms: biological rhythms

classical conditioning, client-centered therapy, clinical psychology, clinical interview, clinical method, clinical psychologist,

Classical Conditioning

The process by which a response normally elicited by one stimulus (the UCS) comes to be controlled by another stimulus (the CS) as well.

Client-Centered Therapy

A form of therapy in which the client is allowed to decide what to talk about without strong direction and judgment from the therapist.

Clinical Psychology

The branch of psychology devoted to the investigation and treatment of abnormal behavior and mental disorders.

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)

Clinical social worker

A social worker who applies the theory and methods of social work to the treatment and prevention of psychosocial dysfunction, disability, or impairment with individuals, families, and small groups. Many states require a license to practice clinical social work. Usually certification requires a master's degree in social work, at least 2 years work experience, and the passing of an examination.

Closed-system thinking

Thinking that takes place within the boundaries of a specific field or area of knowledge, in contrast to open-system, or adventurous, thinking.

clozapine

Cluster suicides

Multiple suicides, usually among adolescents, in a circumscribed period of time and area. Thought to have an element of contagion.

Cocaine, cocaine use disorders,

cognition, cognitive, cognitive development, cognitive disorders, cognitive paradigm, cognitive restructuring, cognitive-behavioral psychotherapy , cognitive-emotional therapies

Cognitive-Behavior Therapy

A treatment method that focuses on altering the client's thoughts, beliefs, and perceptions.

Cognitive Dissonance

he realization of contradictions in one's own attitudes and behaviors

Cohort effects

The consequences of having been born in a given year and having grown up during a particular time period with its own unique pressures, problems, challenges, and opportunities.

Collective unconscious

In Jungian theory, a portion of the unconscious common to all people; also called "racial unconscious."

Commitment

A legal process for admitting, ordinarily involuntarily, a mentally ill person to a psychiatric treatment program. The legal definition and procedure vary from state to state, although commitment usually requires a court or judicial procedure. Commitment may also be voluntary.

Coma, communication disorders, community psychology

Compensation

A defense mechanism, operating unconsciously (see unconscious), by which one attempts to make up for real or fancied deficiencies. Also a conscious process in which one strives to make up for real or imagined defects of physique, performance skills, or psychological attributes. The two types frequently merge.

Comparative Psychology

A branch of psychology that studies the behaviors of a variety of organisms in an attempt to understand the adaptive and functional significance of the behaviors and their relation to evolution.

Complex

A group of associated ideas having a common, strong emotional tone. These ideas are largely unconscious and significantly influence attitudes and associations.

Compulsion

Repetitive ritualistic behavior such as hand washing or ordering or a mental such as praying or repeating words silently that aims to prevent or reduce distress or prevent some dreaded event or situation. The person feels driven to perform such actions in response to an obsession or according to rules that must be applied rigidly, even though the behaviors are recognized to be excessive or unreasonable.

Compulsive, compulsive personality, computerized axial tomography scanning, computerized tomography

Concrete thinking

Thinking characterized by immediate experience, rather than abstractions. It may occur as a primary, developmental defect, or it may develop secondary to organic brain disease or schizophrenia.

Conditioned avoidance response

Type of behavior in which a person avoids stimuli that he or she associates with anxiety-provoking symptoms, reducing anxiety, which then becomes a positive reinforcer for continuing avoidance.

Conditioned response, conditioned stimulus, conditioning, operant, conditioning, respondent

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.

Conditions of Worth

Conditions that others place on us for receiving their positive regard.

Conduct disorder

A disruptive behavior disorder of childhood characterized by repetitive and persistent violation of the rights of others or of age-appropriate social norms or rules. Symptoms may include bullying others, truancy or work absences, staying out at night despite parental prohibition before the age of 13, using alcohol or other substances before the age of 13, breaking into another's house or car, fire setting with the intent of causing serious damage, physical cruelty to people or animals, stealing, or use more than once of a weapon that could cause harm to others (e.g., brick, broken bottle, or gun).

Consciousness

Awareness of yourself and the world around you.

Cones

Cone like structures in the retina responsible for color vision.

Confidentiality

The ethical principle that a physician may not reveal any information disclosed in the course of medical attendance.

Conflict

Conformity

The adoption of attitudes and behaviors shared by a particular group of people.

Confounds

Variables whose effects are so intermixed that they cannot be measured separately, making the design of an experiment internally invalid and its results impossible to interpret.

Confrontation

A communication that deliberately pressures or invites another to self-examine some aspect of behavior in which there is a discrepancy between self-reported and observed behavior.

Confusion

Disturbed orientation in respect to time, place, or person.

Congenital

Literally, present at birth. It may include conditions that arise during fetal development or with the birth process as well as hereditary or genetically determined conditions. It does not refer to conditions that appear after birth.

Conjoint therapy

A form of marital therapy in which a therapist sees the partners together in joint sessions.

Conscience, conscious, constant error

Conservation

Understanding that specific properties of objects (height, weight, volume, length) remain the same despite apparent changes in the shape or arrangement of those objects.

Consistency

The extent to which a person's behavior is consistent across time.

constitution

A person's intrinsic physical and psychological endowment; sometimes used more narrowly to indicate physical inheritance or intellectual potential.

Consolidation

The process by which information in short-term memory is transferred to long-term memory, presumably because of physical changes that occur in neurons in the brain.

Constant

Any variable that remains the same throughout a study.

Construct

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

Construct Validity

The general validity of a measuring device. Construct validity answers the question of whether or not the measuring device actually measures the construct under question.

Content Validity

A measurement device's ability to be generalized to the entire content of what is being measured

Construct

An entity inferred by a scientist to explain observed phenomena.

construct validity, content validity

Contingency

A close relationship, especially of a casual nature, between two events, one of which regularly follows the other.

Continuous reinforcement schedule

System of behavior modification in which certain behaviors are always rewarded or punished, leading to rapid learning of desired responses.

contract

Explicit commitment between patient and therapist to a well-defined course of action to achieve the treatment goal.

Control group

A comparison group used in an experiment, the members of which are exposed to the naturally occurring or zero value of the independent variable.

Convergence

The result of conjugate eye movements whereby the fixation point for each eye is identical; feedback from these movements provides information about the distance of objects from the viewer.

Convergent Thinking

Logical and conventional thought leading to a single answer

Conversion

A defense mechanism that involves converting an intrapsychic conflict into a physical form, such as blindness, deafness, paralysis, or numbness.

Coping mechanisms

Ways of adjusting to environmental stress without altering one's goals purposes; includes both conscious and unconscious mechanisms.

coronary heart disease, corpus callosum, correlation, correlation coefficient, correlational method, correlational study, cortex

Correlation Coefficient

A measurement of the degree to which two variables are related.

Correlational Study

The observation of two or more variables in the behavior or other characteristics of people or other animals.

Co-twin

In behavior genetics, research using the twin method, the member of the pair who is tested later to determine whether he or she has the same diagnosis or trait discovered earlier in the birth partner, the index case.

Counseling, counseling psychologist, counter conditioning

Couples therapy

Course

The length of time that a disorder typically lasts and the likelihood that the client will relapse following the current episode of the disorder

Criminal commitment

A procedure whereby a person is confined in a mental institution either for determination of competency to stand trial or after acquittal by reason of insanity.

Crisis

A state of sudden psychological disequilibrium; turning point in a person's life.

Critical period

A stage of early development in which an organism is susceptible to certain influences and during which important irreversible patterns of behavior are acquired.

Cross-Cultural Psychology

The branch of psychology that studies the effects of culture on behavior.

Cross-sectional studies

Studies in which different age groups are compared at the same time. Compare with longitudinal studies.

Crystallized intelligence

Semantic knowledge, such as grammatical structure and conceptual knowledge; tends to increase rather than decrease with age.

Cyclothymiacs disorder

In DSM-IV. one of the bipolar disorders characterized by numerous hypo manic episodes and frequent periods of depressed mood or loss of interest or pleasure.

These episodes do not meet the criteria for a full manic episode or major depressive disorder. See depressive disorders

Culture

The sum of socially-transmitted knowledge, customs, and behavior patterns common to a particular group of people.

Defense mechanism

Unconscious intrapsychic processes serving to provide relief from emotional conflict and anxiety. Conscious efforts are frequently made for the same reasons, but true defense mechanisms are unconscious. Some of the common defense mechanisms defined in this glossary are compensation, conversion, denial, displacement, dissociation, idealization, identification, incorporation, interjection, projection, rationalization, reaction formation, regression, sublimation, substitution, symbolization, and undoing.

Deductive Reasoning

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

Deficit

Insufficient quantity or inadequate supply. In neurology it refers to inability to perform (e.g., a motor action) because of some interference along the chain of neurophysiological and neurochemical events that lies between stimulus and response.

Delirium

A cognitive disorder characterized by impairment in consciousness, attention, and changes in cognition (e.g., memory deficit, disorientation, language or perceptual disturbance). The following types of delirium are recognized by DSM-IV; delirium due to a general medical condition, substance-induced delirium (in intoxication and withdrawal states), delirium due to multiple etiologies, and delirium of unknown etiology or not otherwise specified.

Delusion

A false belief based on an incorrect inference about external reality and firmly sustained despite clear evidence to the contrary. The belief is not part of a cultural tradition such as an article of religious faith. Among the more frequently reported delusions are the following:

- **Delusion of control**
The belief that one's feelings, impulses, thoughts, or actions are not one's own but have been imposed by some external force.
- **Delusion of poverty**
The conviction that one is, or will be, bereft of all material possessions.
- **Delusion of reference**
The conviction that events, objects, or other people in the immediate environment have a particular and unusual significance (usually negative).
- **delusional jealousy**
The false belief that one's sexual partner is unfaithful; also called the Othello delusion.

Delusions of grandeur

Belief that one is an especially important or powerful person.

Delusions of persecution

Belief that one is being plotted against or oppressed by others.

Dementia

A cognitive disorder characterized by defects in memory, aphasia, apraxia, agnosia, and executive functioning.

Demographic variable

A varying characteristic that is a vital or social statistic of an individual, sample group, or population, for example, age, sex, socioeconomic status, racial origin, education.

Dendrite

A branch of the nerve cell that receives nerve impulses from the axon of a neighboring nerve; a tree-like extension of the neuron cell body. It receives information, along with the cell body, from other neurons.

Denial

a defense mechanism, operating unconsciously, used to resolve emotional conflict and allay anxiety by disavowing thoughts, feelings, wishes, needs, or external reality factors that are consciously tolerable.

Dependence

Reliance of someone or something else for support. In psychiatry, used to refer to needs for protection, security, food, and so forth, as in the child's dependence on a caregiver (see dependent personality disorder). It also applies to the substance-abusing person's need to continue use of the psychoactive substance; see dependence, substance.

Dependent personality

Lacking in self-confidence, people with a dependent personality passively allow others to run their lives and make no demands on them so as not to endanger protective relationships.

Dependent variable

In a psychological experiment, the behavior that is measured and is expected to change with manipulation of the independent variable. The factor that one seeks to predict.

Depersonalization

Feelings of unreality or strangeness concerning either the environment, the self, or both. This is characteristic of depersonalization disorder and may also occur in schizotypal personality disorder, schizophrenia, and in those persons experiencing overwhelming anxiety, stress or fatigue.

Depression

When used to describe a mood, depression refers to feelings of sadness, despair, and discouragement. As such, depression may be a normal feeling state. The overt manifestations are highly variable and may be culture specific. Depression may be a symptom seen in a variety of mental or physical disorders, a syndrome of associated symptoms secondary to an underlying disorder, or a specific mental disorder. Slowed thinking, decreased pleasure, decreased purposeful physical activity, guilt, and hopelessness, and disorders of eating and sleeping may be seen in the depressive syndrome. DSM-IV classifies depression by severity, recurrence, and association with hypomania or mania. Other categorizations divide depression into reactive and endogenous depressions on the basis of precipitants or symptom clusters. Depression in children may be indicated by a refusal to go to school, anxiety, excessive reaction to separation from parental figures, antisocial behavior, and somatic complaints.

Depressive disorders

In DSM-IV, a group of mood disorders that includes major depressive disorder (single episode or recurrent); dysthymic disorder; and depressive disorder not otherwise specified (NOS).

Descriptive Statistics

The branch of statistics that focuses on describing in numerical format what is happening now within a population. Descriptive statistics require that all subjects in the population (the entire class, all males in a school, all professors) be tested.

Desensitization

Treatment used to reduce anxiety by rendering a previously threatening stimulus innocuous by repeated and guided exposure to the stimulus under nonthreatening circumstances.

Developmental Approach

An approach to the study of intelligence that studies the way infants and children learn to perceive, manipulate, and think about the world.

Developmental Psychology

The branch of psychology that studies the changes in behavioral, perceptual, and cognitive capacities of organisms as a function of age and experience.

Detachment

A behavior pattern characterized by general aloofness in interpersonal contact; may include intellectualization, denial, and superficiality.

Diagnosis

The process of determining, through examination and analysis, the nature of a patient's illness.

Directive counseling

A type of counseling or psychotherapy which involves giving advice, asking questions, and providing information.

Discrimination

Learning to react differentially to different stimuli. Such learning is brought about through reinforcement of responses to one stimulus, but not to any others.

Disease

The medical concept that distinguishes an impairment of the normal state of the organism by its particular group of symptoms and its specific cause.

Disinhibition

Freedom to act according to one's inner drives or feelings, with less regard for restraints imposed by cultural norms or one's superego; removal of an inhibitory, constraining, or limiting influence, as in the escape from higher cortical control in neurologic injury, or in uncontrolled firing of impulses, as when a drug interferes with the usual limiting or inhibiting action of GABA within the central nervous system.

Disorientation

Loss of awareness of the position of the self in relation to space, time or other persons; confusion.

Display Rule

A culturally determined rule that prescribes the expression of emotions in particular situations.

Displacement

A defense mechanism, operating unconsciously (see unconscious), in which emotions, ideas, or wishes are

transferred from their original object to a more acceptable substitute; often used to allay anxiety.

Dissociation

The splitting off of clusters of mental contents from conscious awareness, a mechanism central to hysterical conversion and dissociative disorders; the separation of an idea from its emotional significance and affect as seen in the inappropriate affect of schizophrenic patients

Dissociative Disorders

A class of disorders in which anxiety is reduced by a sudden disruption in consciousness, which in turn produces changes in one's sense of identity.

Dopamine

A synaptic neurotransmitter found in the brain, specifically associated with some forms of psychosis and movement disorders.

Double-Blind Study

An experiment in which neither the subjects nor the experimenter knows the value of the independent variable..

Dream analysis

A key psychoanalytic technique in which the unconscious meanings of dream material uncovered. Freud believed unconscious wishes are often manifested in dreams, sometimes in their true forms, sometimes in symbolic form.

Drive

Basic urge, instinct, motivation; a term used to avoid confusion with the more purely biological concept of instinct.

Drugs

Chemicals that alter one's physical and mental state.

Drug Therapy

The use of medication to treat a mental illness

Dualism

Philosophical doctrine, advanced most definitively by Descartes, that a human being is both mental and physical and that these two aspects are separate but interacting. Contrast with monism.

Dysfunction

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An impairment or disturbance in the functioning of an organ, organ system, behavior or cognition.

Eating disorder

Marked disturbance in eating behavior. In DSM-IV, this category includes anorexia nervosa, bulimia nervosa, and eating disorder not otherwise specified.

Ecology

The study of the mutual relationship between people and their environment.

ECT

electroconvulsive therapy.

EEG

electroencephalogram.

Ego

Defined in several different ways in psychology. In Freudian personality theory, the ego serves as a mediator between the id, the superego, and reality. In some other personality theories, the ego refers to a constellation of attitudes relative to the self. See also id and superego.

Egocentrism

Self-centeredness; preoperational children can see the world only from their own perspective.

Elaboration

An unconscious process consisting of expansion and embellishment of detail, especially with reference to a symbol or representation in a dream.

Electra complex

In Freudian theory, the desire and conflict of the female child who wants to possess her father sexually and to eliminate the mother rival. The threat of punishment from the mother causes repression of these id impulses. Conflict in little girls between their love for their fathers, their jealousy of their mothers, and their fear that their mothers will punish them for loving their fathers. Boys have a similar sexual desire for the mother which is repressed in analogous fashion and is called the Oedipus complex.

Emotion

Feelings about a situation, person, or objects that involves changes in physiological arousal and cognitions. Examples are fear, anger, love, and hate. See affect.

Emotional Intelligence (EQ)

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

Empathy

Awareness and understanding of another's feelings and thoughts. See primary empathy and advanced accurate empathy.

Empirical method

A method of research used in psychology that involves observation under controlled conditions.

Encoding

The process by which sensory information is converted into a form that can be used by the brain's memory system

Endocrine gland

Any of a number of ductless glands that release hormones directly into the blood or lymph. The secretions of some endocrine glands increase during emotional arousal.

Endorphins

A neurotransmitter involved in pain relief, and feelings of pleasure and contentedness.

Epinephrine

A neurotransmitter involved in energy and glucose metabolism. Too little has been associated with depression.

Episodic Memory

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

endogenous

Attributable to internal causes.

endorphin

One family of endogenous brain peptides with morphine-like action; the other brain opioids are dynorphin and the enkephalins. The endorphins modulate pain perception and possibly mood and response to stress

Epinephrine

One of the catecholamines secreted by the adrenal gland and by fibers of the sympathetic nervous system. It is responsible for many of the physical manifestations of fear and anxiety. Also known as adrenalin.

ESP

extrasensory perception.

Estrogen

A female sex hormone produced especially in the ovaries that stimulates the development and maintenance of the secondary sex characteristics, such as breast enlargement.

Etiology

All the factors that contribute to the development of an illness or disorder.

Expectancy

The belief that a certain consequence will follow a certain action.

Explicit Memory

Memory that can be described verbally and of which a person is therefore aware.

Extinction

The elimination of a response that occurs when the CS is repeatedly presented without being followed by the US (classical conditioning) or when the response is not followed by the reinforcer (operant conditioning).

Experiment

The most powerful research technique for determining causal relationships, requiring the manipulation of an independent variable, and the random assignment of subjects to the several different conditions being investigated.

External Locus of Control

The belief that the environment has more control over life circumstances than the individual does.

External Validity

The extent to which the data collected from a sample can be generalized to the entire population.

Extroversion

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

Extraversion

A personality type described originally by the psychoanalyst, Jung. The extravert is one who enjoys being with other people - an outgoing type of person.

Family therapy

A form of group therapy in which members of a family are helped to relate better to one another.

Factor Analysis

A statistical procedure that identifies common factors among groups of tests.

Fantasy

Thoughts determined mainly by one's motives or feelings, rather than by reality - for example, daydreaming or night dreaming.

Fear

unpleasant emotional and physiological response to recognized sources of danger, to be distinguished from anxiety.

Fetal Stage

The third and final stage of prenatal development, which lasts for about 7 months, beginning with the appearance of bone tissue and ending with birth.

Fight-or-Flight Response

Physiological reactions that help ready us to fight or to flee a dangerous situation.

Fixed-Interval Schedule

A schedule of reinforcement in which the first response that is made after a fixed interval of time since the previous reinforcement (or the start of the session) is reinforced.

Fixed-Ratio Schedule

A schedule of reinforcement in which reinforcement occurs only after a fixed number of responses have been made since the previous reinforcement (or the start of the session).

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.

Feminine

A set of sex-specific social role behaviors unrelated to procreative and nurturing biologic functions. See also femaleness; gender identity; gender role.

Frequency Distribution

A table showing the number of occurrences for each score

Form Constancy

The tendency to perceive objects as having a constant form, even when they are rotated or their distance from the observer changes.

Frontal lobe

The forward or upper half of each cerebral hemisphere, in front of the central sulcus, active in reasoning and other higher mental processes.

Fluid Intelligence

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

Formal Operational Stage

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

Frustration

A term used in two ways. In one sense, frustration refers to any interference with the satisfaction of a motive. In another sense, frustration refers to the consequences or internal state resulting from such interference with goal-directed behavior.

Fundamental Attribution Error

The tendency to overestimate the significance of dispositional factors and underestimate the significance of situational factors in explaining other people's behavior.

Fugue

A dissociative disorder marked by sudden, unexpected travel away from one's customary environment, with inability to recall one's past and assumption of a new identity, which may be partial or complete.

Functional

In medicine, referring to changes in the way an organ system operates that are not attributed to known structural alterations.

Functional autonomy, functional disorder

Functionalism

The school of psychology concerned with the fundamental utilities of consciousness. It was out of this school of psychology that applied psychology developed.

Free Association

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

GABA

Gamma-amino butyric acid. A major inhibitory neurotransmitter in the brain, implicated in several psychiatric and neurologic conditions.

GAD

Generalized anxiety disorder.

Galvanic skin response

(GSR) The change in the electrical resistance of the skin following stimulation; an easily measured variable widely used in experimental studies.

Ganser's syndrome

Also called nonsense syndrome, syndrome of approximate answers, or prison psychosis; classified in DSM-IV as one of the dissociative disorders. It is characterized by giving deviously relevant or approximate answers to questions.

gender identity

The deeply ingrained sense a person has of being either a man or a woman, the perception of oneself as male or female.

Genital Stage

The final of Freud's psychosexual stages, during which the adolescent develops adult sexual desires.

Gene

An ultramicroscopic area of the chromosome, the gene is the smallest physical unit of the DNA molecule that carries a piece of hereditary information.

Genetics

The study of the genetic makeup of organisms and how it influences their physical and behavioral characteristics.

genetic counseling, genetic endowment, genetic marker, genetic viewpoint

Generalization

In classical conditioning, CRs elicited by stimuli that resemble the CS used in training. In operant conditioning,

the occurrence of responding when a stimulus similar (but not identical) to the discriminative stimulus is present.

Genotype

An individual's unobservable, physiological genetic constitution; the totality of genes possessed by an individual. Compare phenotype.

Gestalt

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

Gustation

Sense of taste.

Gestalt psychology

The school of psychology concerned with studying unitary function, such as perceiving, learning, and thinking. The term "gestalt" is most accurately translated as "form" or "configuration."

Gestalt therapy

Grief

Normal, appropriate emotional response to an external and consciously recognized loss; it is usually time-limited and subsides gradually. To be distinguished from depression.

Group

A collection of individuals who generally have common interests and goals

Group Psychotherapy

Therapy in which two or more clients meet simultaneously with a therapist, discussing problems within a supportive and understanding environment.

Guilt

Emotion resulting from doing what one conceives of as wrong, thereby violating superego precepts; results in feelings of worthlessness and at times the need for punishment.

Habituation

In physiology, a process whereby an organism's response to the same stimulus temporarily lessens with repeated presentations.

Hallucination

A sensory perception in the absence of an actual external stimulus; to be distinguished from an illusion, which is a misperception or misinterpretation of an external stimulus. Hallucinations may involve any of the senses.

- **Auditory hallucination**
Perception of sound, most frequently of voices but sometimes of clicks or other noises.
- **Olfactory hallucination**
Perception of odor such as of burning rubber or decaying fish.
- **Somatic hallucination**
Perception of a physical sensation within the body such as a feeling of electricity running through one's body.
- **Tactile hallucination**
Perception of being touched or of something being under one's skin such as the sensation of pins being stuck into one's finger. The sensation of something crawling under one's skin is called formication; it occurs most frequently in alcohol withdrawal syndrome and in cocaine withdrawal.
- **Visual hallucination**
Perception of an image such as people (formed) or a flash of light (unformed).

Health psychology

A branch of psychology dealing with the role of psychological factors in health and illness.

Helplessness

A construct referring to the sense of having no control over important events; considered by many theorists to play a central role in anxiety and depression. Also see learned helplessness theory.

Heredity

Transmission of genetic characteristics from parents to offspring. In some situations the tendency to inherit genetic traits is referred to as heritability.

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.

Hindbrain

The area where the spinal cord enters to join the skull and widens into the brain stem.

Hippocampus

A structure in the brain associated with the regulation of emotions and the transfer of information from short term memory 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

Histrionic personality

This person is overly dramatic, has an intense need for attention and approval, is also given to emotional excess, rapidly shifting moods, unstable relationships, impatient with minor annoyances, immature, dependent on others, and often sexually seductive without taking responsibility for flirtations. Formerly called hysterical personality.

Holistic approach

An approach in medicine that emphasizes all factors affecting the individual's health, both physical and psychological.

Homeostasis

Refers to the maintenance of certain processes of the organism in a steady state.

homosexuality

Sexual desire or activity directed toward a member of one's own sex.

Hormone

A discrete chemical substance secreted into the body fluids by an endocrine gland, which has a specific effect on the activities of other organs.

Hostility

Actual or threatened aggressive contact, destructive in intent.

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.

Humiliation

Sense of disgrace and shame often experienced in depression.

Hyperactivity

Excessive motor activity that may be purposeful or aimless; movements and utterances are usually more rapid than normal. Hyperactivity is a prominent feature of the attention-deficit disorder, so much so that in DSM-IV the latter is called attention-deficit/hyperactivity disorder.

Hypertension

Abnormally high arterial blood pressure, with or without known organic causes.

Hypnosis

A trancelike state or behavior resembling sleep, characterized primarily by increased suggestibility and induced by suggestion.

Hypnotherapy

A technique of psychotherapy that involves the use of hypnosis. The patient may be regressed to an earlier age under hypnosis and asked to describe certain events that took place.

hypomania

An above-normal elevation of mood, but not as extreme as mania.

Hypothalamus

A collection of nuclei and fibers in the lower part of the diencephalon concerned with the regulation of many visceral processes, such as metabolism, temperature, water balance, and so on.

Hypothesis

Testable statement about two or more variables and the relationship between them.

Hysterics

Lay term for uncontrollable emotional outbursts.

Iconic Memory

A form of sensory memory that holds a brief visual image of a scene that has just been perceived.

Id

One of the three parts of personality postulated by Freud. This part of personality consists of biological or instinctual strivings that demand immediate gratification. See also ego and superego.

Ideal Self

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

Idealization

A mental mechanism in which the person attributes exaggeratedly positive qualities to the self or others.

Identification

Defense mechanism in which a person adopts the ideas, values, and tendencies of someone in a superior position in order to elevate self-worth.

Identity

The state of being oneself and not another.

Identity crisis, identity problem

Illusion

A misperception of a real external stimulus. .

Imagery

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

Immune System

A network of organs and cells that protects the body from invading bacteria, viruses, and other foreign substances.

Implicit Memory

Memory that cannot be described verbally and of which a person is therefore not aware

Imprinting

The irreversible acquisition of behavior by a neonate of a social species during a critical period of development. The neonate is attracted to and mimics the first moving object seen, thereby acquiring specific patterns of behavior.

Impulse

A desire or propensity to act in a certain way, typically in order to ease tension or gain pleasure.

Impulse control disorders

Independent Samples

Sample data that is independent or not related to each other.

Independent Variable

The variable in an experiment that is manipulated or compared.

Incidence

In community studies of a particular disorder, the rate at which new cases occur in a given place at a given time. Compare with prevalence.

Incoherence

In schizophrenia, an aspect of thought disorder wherein verbal expression is marked by disconnectedness, fragmented thoughts, jumbled phrases, and neologisms.

Industrial/Organizational Psychology

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

Individual psychology

A variation of Freud's psychoanalysis introduced by Alfred Adler and focusing less on biological drives and more on such factors as people's conscious beliefs and goals for self-betterment.

Information Processing

An approach used by cognitive psychologists to explain the workings of the brain; information received through the senses is processed by systems of neurons in the brain

Informed consent

Agreement to participate as a subject in an experiment after being informed about the nature of the research and any possible adverse effects.

Inhibition

Behavioral evidence of an unconscious defense against forbidden instinctual drives (see instinct); may interfere with or restrict specific activities.

Insanity

A legal term representing the inability to know right from wrong or the inability to understand the consequences of one's actions.

Insecurity

A feeling of helplessness against anxiety arising from uncertainty about one's goals, ideals, abilities, and relationships.

Insight

Used in two ways. In one sense, it refers to a sudden grasp of the relationships in a problem or the sudden solution of a problem. In another sense, it refers to one's understanding of his personal problems and/or motives.

Innate

Occurring without learning, inborn

Insomnia

The state of being unable to sleep.

Instinct

Refers to unlearned, patterned, goal-directed behavior that is species specific.

Integration

The useful organization and incorporation of both new and old data, experience, and emotional capacities into the personality. Also refers to the organization and amalgamation of functions at various levels of psychosexual development.

Intelligence

Often defined as the aggregate or global ability to act purposefully, think rationally, and deal effectively with one's environment.

Intelligence quotient, intelligence test

Interpretation

The process by which the therapist brings the patient to an understanding of a particular aspect of the problems or behavior.

Introspection

The method used by Structuralists to investigate the nature of consciousness. Introspection involves the subject's reporting on his own conscious experience.

Internal Consistency

An estimate of how reliable a test is when items on the test are compared to each other. See split-half and odd-even reliability.

Internal Locus of Control

The belief that an individual has more control over life circumstances than the environment does.

Internal Validity

A measure of the trustworthiness of a sample of data. Internal validity looks at the subject, testing, and environment in which the data collection took place.

Interview

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

Introversion

The tendency to avoid the company of other people, especially large groups of people; shyness..

IQ

Intelligence quotient.

Isolation

A defense mechanism operating unconsciously (see unconscious) central to obsessive-compulsive phenomena in which the affect is detached from an idea and rendered unconscious, leaving the conscious idea colorless and emotionally neutral.

James-Lange Theory

A theory of emotion that suggests that behaviors and physiological responses are directly elicited by situations and that feelings of emotions are produced by feedback from these behaviors and responses.

Just-Noticeable Difference (jnd)

The smallest difference between two similar stimuli that can be distinguished. Also called *difference threshold*.

Judgment

Mental act of comparing choices between a given set of values in order to select a course of action.

Kinesics

The study of body posture, movement, and facial expressions.

Language disorder

Difficulties understanding spoken language (receptive) or expressing thoughts verbally (expressive).

Latency

The time between stimulus and response. A measure of habit strength.

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

The hidden message of a dream, produced by the unconscious.

Latent learning

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

Law of effect

Thorndike's observation that behaviors followed by reward are strengthened and behaviors followed by punishment are weakened. A principle of learning that holds that behavior is acquired by the virtue of its consequences.

Leadership

The position at the top of the status hierarchy of a group.

Learned helplessness

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

Learned helplessness deficits, learned helplessness theory

Learning

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

Learning curve, learning disabilities, learning disorders, learning paradigm

Libido

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

Limbic system

Part of the brain that relays information from the primitive brain stem about changes in bodily functions to the cortex where the information is interpreted. The lower parts of the cerebrum, made up of primitive cortex; controls visceral and bodily changes associated with emotion and regulates drive-motivated behavior. Also see brain stem and cortex.

Locus of Control

A belief about the amount of control a person has over situations in their life.

Long-Term Memory

Memory in which information is represented on a permanent or near-permanent basis.

logo therapy

A form of existential psychotherapy associated with the name of Viktor Frankl. See Outline of Schools of Psychotherapy.

Longitudinal studies

A research design that assesses the effects of development (maturation) by using the same subjects over an extended period of time. Compare with cross-sectional studies.

long-term memory

The final phase of memory in which information storage may last from hours to a lifetime. Contrast with immediate memory.

Lucid Dream

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

Magical thinking

Mainstreaming

A policy of placing disabled children in regular classrooms; although special classes are provided as needed, the children share as much as possible in the opportunities and ambience afforded normal youngsters.

Magnetic resonance imaging

Major affective disorders

Major depression

Major depressive disorder

Epilepsy

Maladaptive

Term referring to behaviors that cause people to who have them physical or emotional harm, prevent them from functioning in daily life, and/or indicate that they have lost touch with reality and/or cannot control their thoughts and behavior. Also called dysfunctional.

Maladjustment

Unsuccessful attempts at adaptation

Male orgasmic disorder

Maleness, masculine

Anatomic and physiological features that relate to the male's procreative capacity. See masculine.

Major Depression

Persistent and severe feelings of sadness and worthlessness accompanied by changes in appetite, sleeping, and behavior.

Mania

Bipolar disorder; a mood disorder characterized by excessive elation, inflated self-esteem and grandiosity, hyperactivity, agitation, and accelerated thinking and speaking. Flight of ideas may be present. A manic syndrome may also occur in organic mental disorders.

Manic episode

Manic-depressive illness

Manifest Content

The apparent story line of a dream.

Manipulation

A behavior pattern characterized by attempts to exploit interpersonal contact.

Marital therapy

A treatment whose goal is to ameliorate the problems of married couples. Various psychodynamic, sexual, ethical, and economic aspects of marriage are considered. Husband and wife are usually seen individually or conjointly. A broader term is couples therapy, which encompasses unmarried couples.

Matching

Process of selecting subjects who are identical on all variables that might affect the dependent variable other than the variables of interest.

Maternal deprivation

The result of the premature loss or absence of the mother, or the lack of proper mothering.

Mathematics disorder, dyscalculia

developmental disorder involving deficits in the ability to learn mathematics. Difficulties dealing with arithmetic symbols and operations.

Maturation

As used in psychology, the term refers to the development of certain behavior as a result of underlying physical growth, rather than learning.

Or:

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

Maturational crises

Predictable life events or turning points that occur for most individuals in the course of development.

Mean

The measure of central tendency obtained by adding all the scores together and dividing by the number of scores.

Median

The measure of central tendency that exactly divides the distribution of scores in half.

Mediator

In psychology, an inferred state intervening between the observable stimulus and response, activated by the stimulus and in turn initiating the response. In more general terms, a thought, drive, emotion, or belief. Also called a construct.

Medical ethics

The moral code adopted by health professionals in assigning primary value to their patients' needs and interests

Memory

The cognitive processes of encoding, storing, and retrieving information.

Memory consolidation, memory impairment, age-associated

Mental age

(MA) A measure of mental ability as determined by psychological tests.

mental age scale, mental deficiency, mental disease, mental disorder, mental health, mental illness, mental retardation, mental status, mental status examination

Meta-analysis

A quantitative method of analyzing and comparing various therapies by standardizing their results.

Metabolism

The sum of the intercellular processes by which large molecules are broken down into smaller ones, releasing energy and wastes, and by which small molecules are built up into new living matter by consuming energy.

Metacognition

The knowledge people have about the way they know their world, such as recognizing the usefulness of a map in finding one's way in a new city.

Midbrain

The middle part of the brain that consists of a mass of nerve fiber tracts connecting the spinal cord and pons, medulla, and cerebellum to the cerebral cortex.

Mild mental retardation

Mind-body problem

The philosophical problem dealing with the relationship between mind and body.

Mode

The most frequently appearing score in a distribution.

Modeling

Learning through the imitation or observation of others

Mood Disorder

A disorder characterized by significant shifts or disturbances in mood that affect normal perception, thought, and behavior. Mood disorders may be characterized by deep, foreboding depression, or a combination of the depression and euphoria

Moral anxiety**Motivation**

The process that energizes and/or maintains a behavior.

Motive

Internal states that provide direction for one's behaviors.

Motor skills disorder**Multimodal therapy**

A cognitive-behavioral therapy introduced by Arnold Lazarus which employs techniques from diverse approaches in an effort to help people make positive changes in their BASIC IB, or behavior, affects, sensations, images, cognitions, interpersonal relationships, and biological functioning.

Multiple personality disorder

A rarely seen dissociative disorder in which two or more distinct personalities exist within the same person; each personality dominates in turn. Also called MPD.

Myelin Sheath

The insulating material that encases most large axons.

Narcissistic personality

Extremely selfish and self-centered, people with a narcissistic personality have a grandiose view of their uniqueness, achievements, and talents and an insatiable craving for admiration and approval from others. They are arrogant, exploitative to achieve their own goals and expect much more from others than they themselves are willing to give.

Narcotics

Addictive sedative drugs, for example, morphine and heroin, that in moderate doses relieve pain and induce sleep.

Naturalistic observation

It involves observing the behavior of people or animals in their natural environment. This is a particularly non-intrusive form of observation which makes no attempt to control variables but simply watches and records whatever unfolds in the natural situation.

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.)

Negative reinforcement

The strengthening of a tendency to exhibit desired behavior by virtue of the of the fact that previous responses in that situation have been rewarded by the removal of an aversive stimulus.

Negative symptoms

In schizophrenia, deficits in functioning that indicate the absence of a capacity present in normal people, such as flat affect and apathy (also called Type II symptoms).

Nerve impulse

A change in the electric potential of a neuron; a wave of depolarization spreads along the neuron and causes the release of a neurotransmitter.

Nervous system

General term referring to one or more of the following: autonomic nervous system, central nervous system, parasympathetic nervous system, somatic nervous system, and sympathetic nervous system.

Neuron

A single nerve cell.

Neurosis

A large group of non-psychotic disorders characterized by unrealistic anxiety and other associated problems, for example, phobic avoidances, obsessions, and compulsions.

Neurotic anxiety**Neurotransmitters**

Biochemicals released from a sending neuron that transmits messages (nerve impulses) to a receiving neuron in the brain and nervous system.

Neutral stimulus

A stimulus that fails to elicit a response.

Nightmare

A frightening dream occurring in REM sleep.

Nonparametric Test

Any statistic that is designed for ordinal or nominal data or data that is not normally distributed

Norms

Used in two ways in psychology. In one sense, the term refers to accepted ways of behaving that are developed in group settings. In the second sense, the term refers to standards for the interpretation of test scores with standardized tests.

Null hypothesis

Alternative to the primary hypothesis, stating that there is no relationship between the independent variable and the dependent variable.

Object Permanence

The idea that objects do not disappear when they are out of sight.

Object constancy

The tendency to perceive known objects in the same way, regardless of how these objects are presented to the senses. There are three types of object constancy - relating to size, color, and shape

Objective anxiety

Observational Learning

Learning through observing the kinds of consequences others (called *models*) experience as a result of their behavior

Obsession

An involuntary recurring thought, idea, or image.

Obsessive-compulsive disorder

Recurrent, unwanted thoughts or ideas and compelling urges to engage in repetitive ritual-like behavior.

obsessive-compulsive personality, obsessive-compulsive personality disorder

Occipital Lobe

The rearmost portion of the cerebral cortex; contains the primary visual cortex..

Oedipus complex

In Freudian theory, the desire and conflict of the four-year-old male child who wants to possess his mother sexually and to eliminate the father rival. The threat of punishment from the father causes repression of these id impulses. Conflict in little boys between their love for their mothers, their

jealousy of their fathers, and their fear that their fathers will punish them for loving their mothers. Girls have a similar sexual desire for the father which is repressed in analogous fashion and is called the Electra complex.

Olfactory receptors

Sense organs responsible for smell; located in the nose.

Operant Conditioning

A form of learning in which behavior is affected by its consequences. Favorable consequences strengthen the behavior and unfavorable consequences weaken the behavior.

Oral stage

In psychoanalytic theory, the first psychosexual stage, which extends into the second year; during it the mouth is the principal erogenous zone.

Orgasm

The involuntary, intensely pleasurable discharge of neuromuscular tension built up during sexual activity. In men, this entails rhythmic contractions of the prostate, seminal vesicles, vas deferens and penis, culminating in seminal discharge or ejaculation. In women, entails contractions of the orgasmic platform and uterus.

Panic

A feeling of fear mixed with hopelessness or helplessness.

Panic attacks

Short, intense periods during which an individual experiences physiological and cognitive symptoms of anxiety, characterized by intense fear or discomfort.

Panic disorder

Paranoid disorder

Unpredictable attacks of acute anxiety that are accompanied by high levels of physiological arousal and that last from a few seconds to a few hours

Paranoid personality, paranoid personality disorder, paranoid schizophrenia

Parietal Lobe

The region of the cerebral cortex behind the frontal lobe and above the temporal lobe; contains the somatosensory cortex; is involved in spatial perception and memory

Pathology

The anatomical, physiological, and psychological deviations of a disease or disorder. The study of these abnormalities.

Perception

A rapid, automatic, unconscious process by which we recognize what is represented by the information provided by our sense organs.

Personality disorder, personality disorders, personality inventory, personality trait

Peripheral Nervous System

The cranial and spinal nerves; that part of the nervous system peripheral to the brain and spinal cord.

Phallic stage

In psychoanalytic theory, the third psychosexual stage, extending from ages three to six, during which maximal gratification is obtained from genital stimulation.

Phenomenology

As applied in psychology, the philosophical view that the phenomena of subjective experience should be studied because behavior is considered to be determined by how people perceive themselves and the world, rather than by objectively described reality.

Phenotype

The totality of observable characteristics of a person. Compare with genotype.

Phobia

An unrealistic but very severe fear of any object or environment; for example, claustrophobia (a fear of enclosed spaces).

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)

Personality

A particular pattern of behavior and thinking prevailing across time and situations that differentiates one person from another.

Personality Psychology

The branch of psychology that attempts to categorize and understand the causes of individual differences in patterns of behavior.

Personality Trait

An enduring personal characteristic that reveals itself in a particular pattern of behavior in a variety of situations.

Personality Types

Different categories into which personality characteristics can be assigned based on factors such as developmental experiences or physical characteristics.

Permissive [parents] Parenting style consisting of very few rules and allowing children to make most decisions and control their own behavior

Phobia

Unreasonable fear of specific objects or situations, such as insects, animals, or enclosed spaces, learned through classical conditioning.

Phallic Stage

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

Placebo

Any inactive therapy or chemical agent, or any attribute or component of such a therapy or chemical, that affects a person's behavior for reasons related to his or her expectation of change.

Placebo control group, placebo effect

Play therapy

The use of play as a means of uncovering what is troubling a child and of establishing rapport.

Pleasure principle

In psychoanalytic theory, the demanding manner by which the id operates, seeking immediate gratification of its needs.

Polygenic

Combination of many genes, each of which makes a small contribution to an inherited trait.

Positive reinforcement

Positive symptoms

In schizophrenia, behavioral excesses, hallucinations, bizarre behavior, delusions, and disorganization in thought and behavior. Also called Type I symptoms. Compare with negative symptoms.

Post-traumatic stress disorder

Preconscious

Area of the psyche that contains material from the unconscious before it reaches the conscious mind.

Prevalence

In epidemiological studies of a disorder, the percentage of a population that has it at a given time. Number of people who have a disorder during a specified period of time. Compare with incidence.

Prevention

Projection

A defense mechanism in which one's unacceptable behaviors or thoughts are attributed to someone else.

Projective hypothesis, projective techniques, projective test

Psychiatrist

A physician (M.D.) who has taken specialized postdoctoral training, called a residency, in the diagnosis, treatment, and prevention of mental and emotional disorders.

Psychoactive drugs

Chemical compounds having a psychological effect that alters mood or thought process. Valium is an example of a psychoactive drug.

Psychoanalysis

A theory of personality as well as a set of treatment methods used with the mentally ill.

Psychodynamic theory

Theory that explains cognition, emotion, and behavior in terms of a system of unconscious drives. Also known as psychoanalytic theory.

Psychological deficit, psychological dependency, psychological tests, psychological types

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Psychology

The scientific study of the causes of behavior; also, the application of the findings of psychological research to the solution of problems..

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

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.

Primary Reinforcer

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

Psychosexual stages

In psychoanalytic theory, critical developmental phases that the individual passes through, each stage characterized by the body area providing maximal erotic gratification. The adult personality is formed by the pattern and intensity of instinctual gratification at each stage.

Psychosis

A severe psychological disturbance that generally requires hospitalization of the person.

Psychotherapy

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

Psychosocial approach

View that psychological characteristics and social events cause abnormality.

Psychosomatic disorders

Syndromes marked by identifiable physical illness or defect caused at least partly by psychological factors

Puberty

The period during which the reproductive systems mature, marking the beginning of the transition from childhood to adulthood

Psychotherapy

A verbal method of treatment of mental illness. Various types include directive counseling, client-centered therapy, and psychoanalysis.

Punishment

A consequence that decreases the frequency of a response that is regularly and reliably followed by an aversive stimulus.

Random assignment

An assignment of subjects to the various groups of an experiment by random means, thereby ensuring comparable groups.

Range

The difference between the highest score and the lowest score of a sample.

Rapid Eye Movement (REM) Sleep

A period of sleep during which dreaming, rapid eye movements, and muscular paralysis occur and the EEG shows beta activity.

Rational-emotive therapy

(RET) Therapy based on the belief that psychological problems are caused not by upsetting events but by how people think about them.

Rationalization

A defense mechanism that justifies an unacceptable action with a more acceptable, but false, excuse.

Reaction formation

A defense mechanism that involves behaving in a way that is the opposite of how one really feels because the true feelings produce anxiety.

Reading disorder

Developmental disorder involving deficits in reading ability.

Receptor

Proteins embedded in the membrane covering a neural cell that interact with one or more neurotransmitters.

Recovery

Reference group

Any group with which the individual relates psychologically. He may or may not be a member of such a group, but the norms in the reference group influence his behavior nonetheless.

Regression

Defense mechanism in which a person retreats to a behavior of an earlier developmental period in order to prevent anxiety and satisfy current needs. Anxiety is avoided by retreating to the behavior patterns of an earlier psychosexual stage.

Rehearsal

Repeating information in order to improve our recall of this information

Reinforcement

Defined by some psychologists as any stimulus that results in the reduction of a drive; defined by other psychologists as any stimulus that brings about learning.

Relationship therapy

A type of therapy used with children in which the primary emphasis is placed on the establishment of a healthy relationship between the therapist and the child.

Reliability

Degree of consistency in a test, measurement, or classification system that produces the same scientific observation each time it is applied. Reliability yields accurate measurements of a phenomenon across several trials, different populations, and in different forms. Some specific kinds of reliability are test-retest, interrater, split half, and alternate form.

Repression

A defense mechanism that involves the unconscious exclusion of certain thoughts or feelings from conscious awareness.

Reflex

An automatic response to a stimulus, such as the blink reflex to the sudden approach of an object toward the eyes.

Resistance

Refers to blocks that occur in psychoanalysis during free association in which the patient reports he cannot think of anything to say. Freud believed such resistance is caused by unconscious forces designed to keep repressed material from gaining conscious awareness.

Repression

The mental force responsible for actively keeping memories, most of which are potentially threatening or anxiety-provoking, from being consciously discovered.

Rod

The loss of the ability to retrieve memories of one's past, particularly memories episodic or autobiographical events.

Resistance

A development during therapy in which the client becomes defensive, unconsciously attempting to halt further insight by censoring his or her true feelings.

Retrieval

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

Resting potential

The amount of electrical energy stored up by a nerve cell that can be discharged in a short burst.

Reliability

The repeatability of a measurement; the likelihood that if the measurement was made again it would yield the same value.

Replication

Repetition of an experiment or observational study to see whether previous results will be obtained.

Retina

The photosensitive part of the eye containing rods and cones.

Retroactive inhibition

Occurs when learning one piece of material has a negative effect on the retention of something learned previously.

Retrograde amnesia

Deficit in the ability to recall previously learned information or past events.

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 $3-2=1$).

Risk factor

A condition or variable that, if present, increases the likelihood of developing a disorder.

Role-playing

Teaching people to behave in a certain way by encouraging them to pretend that they are in a particular situation. This helps people acquire complex behaviors in an efficient way.

Sample

A selection of items from a larger population-for example; a group of subjects selected to participate in an experiment.

Schedules of reinforcement

Refers to the various plans for applying reinforcement - for example, one for each trial, or one for every three trials.

Schema

A mental structure for organizing information about the world.

Schizoaffective disorder

Diagnosis to be applied when it is difficult to determine whether a patient has an affective (mood) disorder or either schizophreniform disorder.

Schizoid personality

This person, emotionally aloof and indifferent to the praise, criticism, and feelings of others, is usually a loner with few, if any, close friends and with solitary interests. Marked by chronic lack of interest in and avoidance of interpersonal relationships as well as emotional coldness in interactions with others.

Schizophrenia

A serious mental disorder characterized by thought disturbances, hallucinations, anxiety, emotional withdrawal, and delusions.

Schizophreniform disorder

Schizotypal personality disorder

Chronic pattern of inhibited or inappropriate emotion and social behavior as well as aberrant cognitions and disorganized speech.

School phobia

Scientific Method

A set of rules that govern the collection and analysis of data gained through observational studies or experiments.

Seasonal affective disorder

(SAD) Disorder identified by a two-year period in which a person experiences major depression during winter months and then recovers fully during the summer. Some people with this disorder also experience mild mania during summer months.

Secure Attachment

A kind of attachment in which infants use their mothers as a base for exploring a new environment. They will venture out from their mothers to explore a Strange Situation but return periodically.

Self-Concept

Self-identity. One's knowledge, feelings, and ideas about oneself.

Self-Control

Behavior that produces the larger, longer-term reward when people are faced with the choice between it and the smaller, short-term reward.

Secondary Reinforcer

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

Secondary sexual characteristics

Self-actualization

Fulfilling one's potential as an always growing human being. Believed by client-centered therapists to be the master motive.

Self-efficacy

The expectation of success; the belief in one's own competencies.

Self-Serving Bias

The tendency to attribute our accomplishments and successes to internal causes and our failures and mistakes to external causes.

Semantic Memory

A type of long-term memory that contains data, facts, and other information, including vocabulary.

Sensation

The detection of the elementary properties of a stimulus.

Sensor motor Period

The first period in Piaget's theory of cognitive development, from birth to 2 years. Marked by an orderly progression of increasingly complex cognitive development: reflexes, permanence, appreciation of causality, imitation, and symbolic thinking.

Sensory Memory

Memory in which representations of the physical features of a stimulus are stored for very brief durations.

Self-esteem

Refers to the feelings the individual has relative to himself as a person - that is, his subjective feelings of worth.

Sensory pathways

Bundles of nerves rather like telephone cables that feed information about the outside world (inputs) into the brain for processing.

Separation anxiety

A set of fearful responses, such as crying, arousal, and clinging to the caregiver, that infants exhibit when the caregiver attempts to leave the infant.

Serotonin

An indoleamine that is a neurotransmitter involved in the regulation of mood and impulsive responses. Disturbances in its tracts apparently figure in depression and mania.

Severe mental retardation

sexual arousal disorders, sexual aversion disorder, sexual desire, sexual disorders, sexual dysfunctions, sexual masochism, sexual orientation, sexual orientation disturbance, sexual response cycle, sexual sadism, sexual script, sexual value system

Shaping

In operant conditioning, reinforcing responses that are successively closer approximations to the desired behavior.

Sibling

One of two or more persons having the same parents.

Single case study

In depth analysis of a single individual.

Situational determinants

The environmental conditions that precede and follow a particular piece of behavior, a primary focus of behavioral assessment.

Situational tests

Situational Factors

Environmental stimuli that affect a person's behavior

Short-Term Memory

An immediate memory for stimuli that have just been perceived. It is limited in terms of both capacity (7 ± 2 chunks of information) and duration. Sometimes called "working memory."

Simple Phobia

An excessive and irrational fear of specific things, such as snakes, darkness, or heights.

Social Norms

Informal rules defining the expected and appropriate behavior in specific situations.

Social Phobia

A mental disorder characterized by an excessive and irrational fear of situations in which the person is observed by others.

Social Psychology

The branch of psychology that studies our social nature or how the actual, imagined, or implied presence of others influences our thoughts, feelings, and behaviors.

Social Facilitation

The effect of other's presence on one's performance. Typically we perform simple or well-learned tasks better in front of others and difficult or novel tasks worse.

Social Roles

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Accepted behaviors associated with a particular position within a group.

Social Skills

Skills or behaviors deemed desirable or necessary to effectively interact with society.

Social Support

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

Sociability

The ability to engage in an appropriate range of social relationships and activities. The different ages and the means by which it develops is one of the major topics of development psychology.

social group, social learning theory, social motive, social norm, social phobia, social problem-solving, social role, social-skills training, social-withdrawal disorder

Socialization

The process of learning to behave in socially acceptable ways.

Socioeconomic status

A relative position in the community as determined by occupation, income and amount of education.

Soma

A cell body; the largest part of a neuron.

Somatic nervous system

That part of the nervous system that controls muscles under voluntary control.

Somatoform Disorder

A mental disorder involving a bodily or physical problem for which there is no physiological basis.

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.

Standard deviation

A statistic that expresses the variability of a measurement; square root of the sum of the squared deviations from the mean.

Stanford-Binet Scale

An intelligence test that consists of various tasks grouped according to mental age; provides the standard measure of the intelligence quotient.

Standardization

The process of making a test or procedure the same for everyone so that results can be compared to each other.

Statistical Significance

The likelihood that an observed relation or difference between two variables is not due to chance factors.

Spinal Cord

A long, thin collection of nerve cells attached to the base of the brain and running the length of the spinal column.

Status

Refers to the relative influence that an individual has in determining the course of action of a group of which he is a member.

Stereotypes

Standardized concepts usually used to refer to members of an outgroup. Generally, stereotypes have little basis in reality. A common stereotype, for example, is that all Asians excel at mathematics.

Simulation

An attempt to express an emotion that one does not actually feel.

Stimulant

A drug that increases alertness and motor activity and at the same time reduces fatigue, allowing an individual to remain awake for an extended period of time. These drugs are used to increase attention, focus, and self-control.

Spontaneous Recovery

After an interval of time, the reappearance of a response that had previously been extinguished.

Stress

A pattern of physiological, behavioral, and cognitive responses to stimuli that are perceived as endangering one's well-being.

Storage

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The process of maintaining information in memory.

Strategy

A plan of action used in thinking or problem-solving.

Stranger Anxiety

The wariness and fearful responses, such as crying and clinging to their caregivers, that infants exhibit in the presence of strangers.

Stress management

A range of psychological procedures that help people control and reduce their stress or anxiety.

Stressors

Stimuli that are perceived as endangering one's well-being.

Structuralism

Wundt's system of experimental psychology; it emphasized introspective analysis of sensation and perception.

Structured interview

Meeting between a clinician and a client or a client's associate(s) in which the clinician asks questions that are standardized, written in advance, and asked of every client.

Sublimation

A defense mechanism that involves redirecting pleasure-seeking or aggressive instincts toward socially acceptable goals.

Subliminal Perception

The perception of a stimulus, as indicated by a change in behavior, at an intensity insufficient to produce a conscious sensation.

Substance

Naturally occurring or synthetically produced product that alters perceptions, thoughts, emotions, and behaviors when ingested, smoked or injected.

Substance abuse, substance dependence, substance intoxication, substance withdrawal, substance-related disorder

Suicide

The intentional taking of one's own life.

Superego

The part of personality, as depicted by Freud, that has sometimes also been called the conscience. It consists of all of the behavioral restrictions the individual has internalized from his social environment.

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

Part of the autonomic nervous system that creates physiological arousal, such as an increased heart rate when experiencing fear, speeding up the contractions of the blood vessels during extreme cold, slowing those of the intestines during emotional stress, and increasing the heartbeat during exertion.

Symptom

An observable physiological or psychological manifestation of a disease, often occurring in a patterned group to constitute a syndrome.

Synapse

Space between the sending neuron and the receiving neurons into which neurotransmitters are first released. A small gap between two neurons where the nerve impulse passes from the axon of the first to the dendrites, cell body, or axon of the second. Also known as the synaptic gap.

Syndrome

Set or pattern of symptoms that tend to occur together in a specific disease.

Systematic Desensitization

A method of treatment in which the client is trained to relax in the presence of increasingly fearful stimuli.

TAT

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

Telepathy

The transmission of thoughts directly from one person to another.

Temporal lobe

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The portion of the cerebral cortex below the frontal and parietal lobes and containing the auditory cortex.

Temperament

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

Testosterone

Male sex hormone secreted by the testes that is responsible for the development of the sex characteristics such as enlargement of the testes and growth of facial hair.

Test-retest reliability

The relationship between the scores that a person achieves when he or she takes the same test twice.

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

Theory

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

Thinking

A cognitive form of behavior that occurs when retention or simple memory is inadequate.

Thought disorder

A pattern of disorganized, illogical, and irrational thought that often accompanies schizophrenia.

Thought stopping techniques

Strategy that involves finding ways to stop intrusive thoughts.

Threshold

The point at which a stimulus, or a change in the value of a stimulus, can just be detected.

Token economy

A program often used in institutions in which a person's adaptive behavior is reinforced with tokens that are exchangeable for desirable goods or special privileges.

Tolerance

The decreased sensitivity to a drug resulting from its continued use.

Trait

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

Trial and Error Learning

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

Tranquilizer

A drug that reduces anxiety and agitation, such as Valium.

Transference

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

Trauma

A severe physical injury or wound to the body caused by an external force. It can also be defined as a psychological shock having a lasting effect on mental life. Pl. traumata.

Tumor

Abnormal growth that when located in the brain can either be malignant and directly destroy brain tissue or be benign and disrupt functioning by increasing intracranial pressure.

Type A Personality

A theory used to describe a person with a significant number of traits focused on urgency, impatience, success, and excessive competition.

Type B Personality

A theory used to describe person with a significant number of traits focused on relaxation, lack of urgency, and normal or reduced competition.

Unconditional positive regard

According to Rogers, a crucial attitude for the client-centered therapist to adopt toward the client, who needs to feel complete acceptance as a person in order to evaluate the extent to which current behavior contributes to self-actualization.

=Unconditional love and acceptance of an individual by another person.

Unconditioned response

(UCR or UR) In classical conditioning, a response that naturally follows when a certain stimulus appears, as a dog salivating when it smells food.

Unconditioned stimulus

Unconscious

The inaccessible part of the mind.

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

Unconscious motives

Undifferentiated schizophrenia

A type of schizophrenia characterized by fragments of the symptoms of other, different types of schizophrenia.

Unipolar depression

Validity

The degree to which the operational definition of a variable accurately reflects the variable it is designed to measure or manipulate.

Variable

A characteristic or aspect in which people, objects, events, or conditions vary. Measurable factor or characteristic that can vary within an individual, between individuals, or both.

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

Variation

The differences found across individuals of any given species in terms of their genetic, biological (size, strength, physiology), and psychological characteristics (intelligence, sociability, behavior).

Vascular

Verbal

Visual

Visual hallucination

Wechsler Adult Intelligence Scale

An intelligence test for adults devised by David Wechsler; contains eleven subtests divided into the categories of verbal and performance.

Wechsler Intelligence Scale for Children

An intelligence test for children devised by David Wechsler; similar in form to the Wechsler Adult Intelligence Scale.

Wernicke's area

A region of auditory association cortex located in the upper part of the left temporal lobe; involved in the recognition of spoken words.

Withdrawal symptoms

Negative physiological and psychological reactions evidenced when a person suddenly stops taking an addictive drug. These symptoms include cramps, restlessness, and death in extreme cases.

Word salad

Speech that is so disorganized that a listener cannot comprehend it.

Chromosome

Zygote

The fertilized egg cell formed when the male sperm and female ovum unite.

Tantrum

Childhood

Temper

Character

Toddler

Brain

Touch

Body image

Train

Bereavement

Skill

Bias

Sight

Aware

Sensitive

Aim

Recall

Ability

Process

Principle (pain, pleasure, reality)

Performance

Overt

Orientation

Nature-nurture

Marital

Growth

Environment

Distress

Disorder

Disease

Development

Decision-making

Counselor

Coping

Consistent

Conscience

Clue



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