

1.1 What Is Psychology?

Reflection Questions

Based on what you already know about psychology, what do you think it means to study the mind and behavior?

Reflection Questions

Do you agree with Freud that dreams have meaning in your day-to-day life? Why or why not?

Reflection Questions

What factors do you think led Watson to believe that analysis of the mind was impossible?

Reflection Questions

Think about a time when you used operant conditioning to try to control a person or an animal's behavior. Was it successful?

Reflection Questions

Do you favor humanism over psychoanalysis and behaviorism? Why or why not?

1.2 Contemporary Psychology

Reflection Questions

Developmental psychologists have proposed several methods of learning. Vygotsky proposed the concept of scaffolding and the zone of proximal development (Figure 6). The theory explains how individuals move from areas of knowledge they already have to areas of new skills through the use of assistance, or scaffolding.

Can you think of activities you engaged in as a child, or skills you have tried to teach another, that utilizes the scaffolding method?

Reflection Questions

Think about the following questions:

- Is the phenomenon of false or “implanted” memories real?
- What are memories, and are they as accurate as we believe them to be?
- Consider the role of the eyewitness in identifying the person who committed the crime. Are you more likely to believe the victim if there is a witness to the sexual assault? Why might we discredit a victim, if they are unable to remember certain aspects of the crime or assailant?

For more, check out the research of Elizabeth Loftus and her “Lost in the Mall” studies.

1.4 Approaches to Research

Reflection Questions

A researcher is interested in the long-term effects of child abuse. She believes that child abuse can lead to depression symptoms in adults.

1. What are the pros and cons of using archival research? Survey research? Case studies?
2. A research assistant suggests naturalistic observation. Is this a good idea?
3. How would you design this experiment? What are the ethical challenges to using this design?

2.1 Human Genetics

Reflection Questions

How do you think genetics influence our body type?

2.3 Parts of the Nervous System

Reflection Questions

What are some ways you can increase parasympathetic nervous system activity?

2.4 The Brain and Spinal Cord

Reflection Questions

What would you do if you were told that a family member is brain-dead, and there is no hope for recovery of brain function? Would you continue or discontinue life support? What if your family member had a living will that specified that life support be discontinued in these circumstances? Would you honor their wishes?

2.5 The Endocrine System

Reflection Questions

How is it evolutionarily advantageous for our neurotransmitters to be fast-acting and our hormones to be released and act more slowly?

3.1 What Is Consciousness?

Reflection Questions

What are some factors in your life that have disrupted your circadian rhythm?

Reflection Questions

Have you noticed changes in your circadian rhythm before? Describe what the experience was like.

3.2 Sleep and Why We Sleep

Reflection Questions

Are you impacted by getting too little sleep? Too much sleep? How does sleep quantity and quality affect your body and mind?

3.4 Sleep Problems and Disorders

Reflection Questions

Have you ever experienced insomnia? Describe what it was like and why you think you were unable to sleep.

Reflection Questions

Do you think Falater should have been convicted of murder if he has a sleepwalking disorder? Why or why not?

Reflection Questions

Have you ever fallen asleep during a task where you were supposed to be awake? What was that experience like?

3.5 Substance Use and Abuse

Reflection Questions

Think about your own experience with caffeine. Do you feel it has an impact on you? If so, what has that impact been?

Reflection Questions

Did you know that heroin was made by Bayer pharmaceuticals and was marketed as a cough suppressant during the days of rampant tuberculosis? What are your thoughts on the origins of this drug of abuse?

3.6 Other States of Consciousness

Reflection Questions

There are some who believe that practices like hypnosis are immoral. Why do you think people would make this argument? Do you see any merit in this perspective? Why or why not?

4.1 Sensation Versus Perception

Reflection Questions

If someone lost one of their senses, do you think their perceptions would alter? An example might be losing a sense of smell and no longer being able to equate cinnamon with Grandma's baked goods. Would another sense take over, and how would it work?

4.2 Waves and Wavelengths

Reflection Questions

People have often assumed that dogs are color-blind. Instead, their ability to see color is slightly different from that of humans. Specifically, they see the world in yellows and blues (without the ability to perceive green). Given that information, how is a dog's experience of the world different from your own?

Reflection Questions

How would your life differ if you could see beyond the visible spectrum that humans are able to perceive?

Reflection Questions

How likely do you think it is that you have already suffered some level of hearing loss? What have you experienced in your life that may have caused damage?

4.3 Vision

Reflection Questions

What do you think the world would look like if we could only view it in two dimensions?

4.4 Hearing

Reflection Questions

For individuals who experience hearing loss, they often lose the ability to hear the highest pitches.

How would both the temporal theory and place theory of pitch perception explain these losses?

Reflection Questions

Which do you think would be a more difficult situation for you: congenital deafness or total conductive hearing loss in your 20s? Why?

4.5 The Other Senses

Reflection Questions

How might your life differ if you had the olfactory system of a dog? What would be the benefits? Challenges?

Reflection Questions

How might your life be improved if you were unable to feel pain? Would there be drawbacks?

5.1 What Is Learning?

Reflection Questions

Can you think of something you have learned to do simply by watching someone else?

5.3 Operant Conditioning

Reflection Questions

Edward Thorndike (1898) tested the law of effect by placing cats in puzzle boxes that had to be manipulated in order for the cat to escape. How do you think the cats' behaviors differed from the first time in the box, to the fifth, to the final trial?

Reflection Questions

In 1998, a book about the Nurtured Heart approach hit shelves. Within the book, the authors described a method by which parents should notice each time their children acted in non-disruptive ways and to reward that behavior by commenting or actively seeing the child in those times of good (or neutral) behavior. What would Skinner think about this program?

Reflection Questions

How could shaping be applied to humans? For example, let's say you wanted to shape your roommate to clean up after themselves. How would you do this?

5.4 Observational Learning (Modeling)

Reflection Questions

Who has been a prosocial model in your life? What kinds of behaviors did they model for you?

6.2 Language

Reflection Questions

What are your thoughts on if language can limit thought? Do you think this is possible? Why or why not?

6.3 Problem Solving

Reflection Questions

In your opinion, how can salespeople use the anchoring bias to their advantage?

Reflection Questions

Think of a time when you or someone you know committed confirmation bias. What was the situation, and why do you think you or the person in question ignored the other facts of the argument?

Reflection Questions

Think of a time when you or someone you know committed hindsight bias. What about the situation do you think led to it?

6.4 What Are Intelligence and Creativity?

Reflection Questions

How do you define *intelligence*? Can you think of ways that you would measure intelligence as you define it?

6.5 Measures of Intelligence

Reflection Questions

When might an IQ test be used? What do we learn from the results, and how might people use this information?

Reflection Questions

What do you think causes the Flynn effect?

If younger generations aren't necessarily more intelligent, what are some possible explanations for higher IQ scores than the generation that comes before?

Reflection Questions

Do you think changing the title of departments for intellectual development disorders has any impact on how people regard those with developmental disabilities? Does a different name give people more dignity, and if so, how? Does it change the expectations for those with developmental or cognitive disabilities?

Reflection Questions

What does Candace's score say about her ability to excel or even succeed in a regular education class without assistance?

6.6 The Source of Intelligence

Reflection Questions

What about a child's environment do you think is most important for them to achieve their full intellectual potential?

Reflection Questions

What do you think IQ test makers can do to ensure that intelligence tests are unbiased and culturally sensitive?

7.1 How Memory Functions

Reflection Questions

What are some ways that you can incorporate semantic encoding and the self-reference effect into the classes you are taking now?

Reflection Questions

How did you do on the previous exercise? Did it confirm that you had a good, bad, or average short-term memory? Explain.

Reflection Questions

What type of test would you rather have, an essay or a multiple-choice test? Why? What do you think this says about your preferred method of retrieval?

7.2 Parts of the Brain Involved with Memory

Reflection Questions

Do you think it is okay to hurt animals if it is for research purposes? Why or why not?

7.3 Problems with Memory

Reflection Questions

In the movie *Eternal Sunshine of the Spotless Mind* (2004), Clementine and Joel go through a procedure that removes all memory of their relationship. If you could take a pill or undergo a procedure to erase memories from your past, would you choose to do so? Why or why not?

Reflection Questions

Can you remember your house or apartment number from when you were 5 years old? What about your first cell phone number? If you can't, what type(s) of interference is this, or is it a memory error?

7.4 Ways to Enhance Memory

Reflection Questions

Think of a time when you used chunking to remember information. Why do you suppose chunking works as a memory aid?

Reflection Questions

How can you apply the concepts of elaborative rehearsal, chunking, and mnemonic devices to learning psychology?

8.1 What Is Lifespan Development?

Reflection Questions

To what extent do you believe that the adult you are today was influenced by the child you were? To what extent is a child fundamentally different from the adult they become?

Reflection Questions

In the case of Louisa, should she be worried about her daughter? Should she be worried if her daughter is not yet walking by 15 months? 18 months?

Reflection Questions

Why do children sometimes act like their biological parents? Is it because of genetics or their early childhood environment? How can siblings from the same family be so different?

8.2 Lifespan Theories

Reflection Questions

How might parenting styles impact a child's initiative?

Reflection Questions

What are some things parents and teachers can do to help children develop a sense of competence and a belief in themselves and their abilities?

Reflection Questions

What stage of Erikson's theory are you in right now? How do you feel like you are progressing through it?

Reflection Questions

Do you think that cognitive development stops at age 20, or do you think there is a postformal stage? Why?

Reflection Questions

If you only had two options, to steal a can of baby formula and not steal a can of baby formula, which one would you choose and why?

Reflection Questions

Do you agree with Kohlberg that stage four should be higher than stage three? Explain your response.

8.3 Stages of Development

Reflection Questions

Some people encourage pregnant women to literally “eat for two,” as in they should double their caloric intake when pregnant. The recommendation is to increase caloric intake and protein consumption but to listen to your body’s cues. What might be some drawbacks to “eating for two”?

Reflection Questions

In the previous excerpt regarding substance use in pregnancy, what are some of the major differences in prenatal treatment around the world? What are the ethical implications of charging pregnant women with child abuse here in the U.S.?

Reflection Questions

How do you think these reflexes promote survival in the first months of life?

Reflection Questions

Does your receptive vocabulary outpace your expressive vocabulary? Why do you think this might be the case?

Reflection Questions

What would you say to a father who was jealous of the closeness his wife shared with their newborn because she was able to feed the baby?

Reflection Questions

Would you say that success in school is the best measure of the effectiveness of the authoritarian parenting style? Why or why not?

Reflection Questions

Many parents fear the adolescent years with their children due to the popular belief that it is a period of storm and stress, yet the research does not support this notion. Why do you think the idea persists?

Reflection Questions

Does your future career meet the previous criteria? How might being unemployed or being in a dead-end job challenge adult well-being?

8.4 Death and Dying

Reflection Questions

Does it surprise you to learn that it's a fairly recent trend for doctors in the United States to inform their patients if they're dying?

Which approach to this bad news do you agree with more? Why?

9.1 Motivation

Reflection Questions

Have you ever considered what kind of things keep you motivated? Money? Success? Love? Do different things motivate you in different situations?

Reflection Questions

Do humans have instincts that do not differ across individuals? Identify at least five instincts.

Reflection Questions

Think back to a recent challenge you faced. Did you approach the problem with high or low self-efficacy?

9.2 Hunger and Eating

Reflection Questions

When your body tells you that you've eaten enough food, do you generally listen to it? How often do you ignore this message and choose to overeat?

Reflection Questions

Do you agree with the set-point theory, or do you think body weight over time is influenced mostly by diet or exercise?

Reflection Questions

Why do you think socioeconomic status might be related to obesity?

Reflection Questions

Why do you think eating disorders are more common in the United States than other areas of the world?

9.3 Emotion

Reflection Questions

Think about a time when your body reacted in fear before you had a chance to even consciously experience that you were afraid.

Reflection Questions

Imagine a situation in which you feel fear, but you do not experience the physiological component of fear—no heart racing, no sweaty palms. Would you feel as afraid in this situation?

Reflection Questions

Think about an experience where your appraisal might differ from others', resulting in a different experience of emotion for you than most people. For example, a person who has owned a pet tarantula is less likely to react with fear when confronted with a spider due to the difference in cognitive appraisal of the stimulus.

Reflection Questions

What constraints do you have on how you can express your emotions? Are they culture-based? Gender-based? Something else?

Reflection Questions

Does smiling make you happy? Or does being happy make you smile? Or could both be true? Why do you think so?

10.1 Sex and Gender

Reflection Questions

- How do you think the way a person is raised can affect how they feel about their gender?
- How do you think gender construction and socialization affect girls and boys differently?
- What are some stereotypes about girls and/or boys that do not apply to everyone?

10.2 Understanding Sexual Behavior

Reflection Questions

The Kinsey Scale for sexual orientation indicates that sexual orientation is on a continuum that can range from exclusively heterosexual to exclusively homosexual with a variety of shades in between. Considering Kinsey's research, how do you feel sexual orientation should be represented?

10.3 Sexuality

Reflection Questions

Is conversion therapy banned in your state? What are your thoughts on your state's legislation for conversion therapy for minors?

Reflection Questions

- How is your sexuality tied to your gender?
- How conscious are you of how you perform your gender roles and sexual orientation on a daily basis?
- How much do cultural expectations about gender and sexuality affect the way you feel about your own ability to perform gender roles?
- Are the performance of gender and sexual identities changing? How so?
- Do people of differing races, ethnicities, nationalities, religions, and social classes experience their gender roles differently or similarly? Why or why not?

11.5 Humanistic Approaches

Reflection Questions

Take some time to think about your ideal self and your real self. How do these versions of self compare in your own life? Does your ideal self include plausible qualities that you can work toward?

11.6 Biological Approaches

Reflection Questions

How much of our personality is in-born and biological? How much is influenced by the environment and culture we are raised in?

Reflection Questions

Which somatotype are you? Do you agree with the personality description that fits your body type?

11.8 Cultural Understandings of Personality

Reflection Questions

Consider your personal experience with collectivistic and individualistic cultures, in real life, through media, etc., and answer the following questions:

1. In which culture would you expect a greater degree of happiness? Why?
2. In which culture would you expect a higher crime rate? Why?
3. How might students in such cultures react differently to personal success and failure?
4. How and why might individuals in these two cultures have different orientations to dealing with time? What would be an easy way to examine cross-cultural comparisons to time orientation?

One answer: “In which culture would you expect a greater degree of happiness? In a survey of nations that included 75% of the world’s population, the level of happiness was positively associated with the degree to which a country was rated as individualistic (Diener et al., 1995). Feelings of independence and autonomy tend to contribute to a greater sense of life satisfaction for those individuals living in individualistic cultures (Lucas & Diener, 2008). Such individuals tend to be happier because their life choices reflect their personal needs and values to a greater degree than individuals whose choices reflect more the needs and values of others. For example, a young female who is allowed to marry someone she selects for herself after deciding to attend college is likely to feel more happy than a young female who marries the man selected by her parents and enters the family business instead of pursuing her desire to attend college” (Carducci, 2012).

Review this study summary (hawkes.biz/culturepersonality) to find out what research has to say about the differences between cultures and personality.

12.1 What Is Social Psychology?

Reflection Questions

Why do you think that most Americans tend to take a dispositional approach? What values or historical developments might contribute to this cultural norm?

Reflection Questions

Research has shown that we are hardwired to blame the victim. Check out this blog (hawkes.biz/justworld) on the role of just-world belief and the #metoo movement.

Can you think of other examples in current news that demonstrate the effect of the just-world belief?

12.2 Self-Presentation

Reflection Questions

What are some social norms when using Snapchat? How do people react when these norms are not followed?

Reflection Questions

What is your reaction to this experiment? Why do you think both the prisoners and the guards were so quick to adapt to their roles? What does this suggest about the ways in which human beings rise to, and fall from, power?

12.3 Attitudes and Persuasion

Reflection Questions

There has been at least one hazing-related death in the U.S. every year since the early 1960s.

Research hazing deaths in the United States. Evaluate any one story and consider the following:

- Why would an individual allow themselves to be hazed, even to the point of death?
- How is hazing a form of cognitive dissonance?
- What social groups utilize hazing (or other forms of cognitive dissonance) to increase group cohesion?

12.4 Conformity, Compliance, and Obedience

Reflection Questions

What factors do you think make a person more likely to yield to group pressure?

Reflection Questions

How do you think you would have responded if you were in Asch's study?

Reflection Questions

What do you think makes someone obey authority to the point of causing serious harm to another person?

Reflection Questions

Describe a time when your opinion of something changed because of a group discussion. What was the opinion, and why do you think you changed it?

Reflection Questions

When you've worked on a group project, have you had to contribute more than your fair share because your group members weren't putting in the work? Have you exerted less effort on a project because you knew that you were graded as a group? Describe what your experience was like.

12.5 Prejudice and Discrimination

Reflection Questions

What are some stereotypes and prejudices that you hold about people who are from a race, gender, and age group different from your own? Have you been on the receiving end of stereotyping or prejudice?

Reflection Questions

Have you ever been the target of discrimination? If so, how did this negative treatment make you feel?

Reflection Questions

Have you ever experienced or witnessed sexism? Why do you think there are perceptions about certain jobs as being more male- or female-oriented?

Reflection Questions

Have you ever experienced ageism? How did it impact you?

Reflection Questions

Have you experienced or witnessed homophobia in real life? If not, have you witnessed it portrayed in media? What stereotypes, prejudiced attitudes, and discrimination were evident?

Reflection Questions

If a child from a low-income family received a merit scholarship to attend a private school, what concerns might their parents have about their treatment by classmates?

Reflection Questions

Have you ever fallen prey to the self-fulfilling prophecy or confirmation bias? Were you the source or target?

12.6 Aggression

Reflection Questions

Based on what you have learned about child development and social roles, why do you think boys and girls display different types of bullying behavior?

Reflection Questions

More than half of bullying situations (57%) stop when a peer intervenes on behalf of the student being bullied (Hawkins et al., 2001; Gaffney et al., 2021).

What do you think are the barriers for a peer to stand up to a bully on behalf of another?

Why do you think that bullying ends more easily when another defends the target of the bullying?

Reflection Questions

What features of technology make cyberbullying easier and perhaps more accessible to young adults? What can parents, teachers, and social networking platforms, like Instagram, do to prevent cyberbullying?

12.7 Prosocial Behavior

Reflection Questions

The mere-exposure effect is a psychological phenomenon by which people tend to develop a preference for things merely because they are familiar with them. This is an extension of proximity effects in regards to attraction. In other words, the more we see it, the more familiar we are with it, the more we like it.

Can you think of a person, a song, TV show, or product that you started to like after being exposed to it several times?

13.1 What Is Industrial and Organizational Psychology?

Reflection Questions

Consider a job interview you attended. What kind of questions were you asked? Were they all about the role and the company, or were you also asked personal questions about yourself?

13.2 Industrial Psychology: Selecting and Evaluating Employees

Reflection Questions

What tips have you learned to improve your performance at job interviews?

Reflection Questions

Do you think it important to having a mentor when starting a career? Why or why not?

Reflection Questions

If you were CEO of a large company, would you include 360-degree feedback appraisals to evaluate employees' performances? Why or why not?

Reflection Questions

What do you think organizations can do to prevent discriminatory hiring practices on the job?

Reflection Questions

What do you think can be done to reduce the gender pay gap?

13.3 Organizational Psychology: The Social Dimension of Work

Reflection Questions

Have you ever felt highly satisfied or dissatisfied with your job? How did it affect your thoughts, feelings, and motivation to perform?

Reflection Questions

Do you agree with McGregor (1960), or do you see a case where Theory X may be more desirable than Theory Y?

Reflection Questions

Why do you think certain teams work well together and certain teams do not?

Reflection Questions

Which team would you like to be a part of—problem resolution, creative, or tactical? Why?

Reflection Questions

What do you think are some challenges employees face when reporting workplace aggression?

Reflection Questions

What is an example of implementing a procedural justice policy in the workplace that may prevent aggression to a supervisor?

13.4 Human Factors Psychology and Workplace Design

Reflection Questions

Why do you think psychologists are employed to help address issues related to workplace safety?

14.1 What Is Stress?

Reflection Questions

Can you think of a scenario in which you might not feel stressed, but most other people would? How about a scenario you find particularly stressful that others might not? What do you think causes these reactions for you?

Reflection Questions

Does it surprise you to learn of the potential serious impacts of stress? Why or why not?

14.2 Stressors

Reflection Questions

What are some stressors that you face in your life currently? How does your mind and body generally react to these stressors?

Reflection Questions

What career aspirations do you have? Do you think that stress will play a large role in these positions? Why or why not?

14.3 Stress and Illness

Reflection Questions

Have you ever experienced a physical effect of stress? If so, what happened? Did you make any attempts to cope with this stress?

Reflection Questions

Do you feel that you are more of a Type A person or a Type B person? What behaviors do you exude that reflect your thoughts on this?

Reflection Questions

Does it surprise you to learn of the ways in which social media has created an unhealthy situation for this man? Why or why not?

14.4 Regulation of Stress

Reflection Questions

Why do you think that people in a higher economic status are more likely to believe that their vote actually matters when we live in a system where each vote is counted equally? What larger issues might be at play here?

Reflection Questions

Does it surprise you to learn of the enormous impact of a social support system? How might this research have implications for the way human beings should treat one another?

Reflection Questions

Do you use any forms of social media? If so, do you think that it helps you to feel connected to others? Why or why not?

Reflection Questions

How has exercise, or a lack thereof, impacted your mental health?

14.5 The Pursuit of Happiness

Reflection Questions

Do you feel that most people you come in contact with are truly happy? Why or why not?

Reflection Questions

Does it surprise you to learn that the United States ranked 16th in happiness? Why or why not? Have you ever visited one of the top five happiest countries?

Reflection Questions

Does it surprise you to learn that so many people gain happiness from their marriage and family relationships? Why or why not?

Reflection Questions

Why do you think less wealthy countries are more religious? What relationship might exist between those two things?

Reflection Questions

Do you feel that you are a genuinely happy person? If so, why? If not, what strategies might you employ to boost your happiness (and health)?

Reflection Questions

Have you ever experienced this state of flow? If so, what were you doing? How did you feel during that time?

15.2 Diagnosing and Classifying Psychological Disorders

Reflection Questions

Given the prediction that over half of Americans will suffer from mental illness at some point in their lives, do you think we are over-pathologizing? Why is it surprising that most of us might suffer mental illness at some point but not surprising that we will suffer physical illness?

Reflection Questions

How do you think labels of psychological disorders can be harmful to individuals who suffer from mental illness?

15.3 Perspectives on Psychological Disorders

Reflection Questions

How do you think the understanding of psychological disorders affected their treatment in the 15th through 17th centuries?

Reflection Questions

Have you ever been asked at a doctor's appointment about your family's history of mental health disorders? Why do you think this is a common question on patient forms and during wellness appointments?

15.4 Anxiety, Trauma, and Stress-Related Disorders

Reflection Questions

What would your life be like if you had a severe phobia of elevators?

Reflection Questions

Have you ever experienced a panic attack or sudden extreme fear that made your heart race? How did you calm yourself after that event?

Reflection Questions

What do you think is the difference between an individual who has body dysmorphic disorder and someone who is just very concerned with how they look?

Reflection Questions

How do you think hoarding disorder relates to OCD?

Reflection Questions

Why do you think women are more likely to receive a PTSD diagnosis than men?

15.5 Mood Disorders

Reflection Questions

What do you think might be a challenge in helping a friend or family member with bipolar disorder?

Reflection Questions

Have you ever had a negative view about something that may not have been accurate? What was it? Why do you think you didn't look at it positively?

Reflection Questions

If you were a therapist, how would you challenge the following statement?
“I am always going to fail, no matter how hard I try.”

Reflection Questions

Why do you think individuals of some races are more likely to commit suicide than others?

Reflection Questions

Why do you think there is a relationship between media coverage of suicides and suicide rates? Do you think it is a coincidence? Why or why not?

Reflection Questions

What do you think are the most important factors that lead someone who is depressed to consider suicide? What are some things we can do to support someone who may be experiencing those factors?

15.6 Schizophrenia

Reflection Questions

Based on what you know about pregnancy and schizophrenia, what can mothers do to reduce their child's risk of developing schizophrenia?

Reflection Questions



Figure 6 Do you think the link between marijuana use and schizophrenia should be considered by legislators who are considering legalizing marijuana? Why or why not?

15.7 Dissociative Disorders

Reflection Questions

Why do you think people have dissociative amnesia?

15.8 Personality Disorders

Reflection Questions

How would your life differ if you had antisocial personality disorder? What rules and regulations do you follow on a daily basis that may mean less to you with this disorder?

Reflection Questions

If a person with antisocial personality disorder commits a crime, do you feel the person is less responsible for the crime?

15.9 Disorders in Childhood

Reflection Questions

Why do you suppose the idea that ADHD is caused by sugar consumption persists?

Reflection Questions

What impact does the idea that autism is a spectrum have on the prevalence of diagnosis?

16.1 Mental Health Treatment: Past and Present

Reflection Questions

Can you think of some possible reasons for the differences in treatment rates between anxiety disorders and ADHD/conduct disorders? What other disorders among children may have a higher rate of treatment?

Reflection Questions

Why do you suppose that places like the Willard Psychiatric Center remained open into the 1990s?

Reflection Questions

Do you imagine that treatment success is influenced by whether the individual is there voluntarily or involuntarily? How might success rates be increased for involuntary treatment?

16.2 Types of Treatment

Reflection Questions

Do you, a friend, or a family member have an unhealthy habit that you would like to stop? How do you think aversive conditioning would work to eliminate the behavior in question? Do you think this strategy would be effective? Why or why not?

Reflection Questions

Do you have any irrational fears that impact your daily life? How do you think the fears started? Do you think exposure therapy and systematic desensitization would work for you? Why or why not?

Reflection Questions

Which type of therapy discussed in this lesson most appeals to you, and why?

Reflection Questions

Do you think biomedical therapies are preferable to psychotherapies? Why or why not?

16.3 Treatment Modalities

Reflection Questions

If a client has issues with angry outbursts with his family and friends, what goals might he and his therapist set for his improvement?

16.4 Substance-Related and Addictive Disorders: A Special Case

Reflection Questions

What is your reaction to the idea that treatment for substance abuse is actually more cost effective than incarceration for these individuals?

Reflection Questions

What additional challenges would be present in treating a person who has both a mental disorder and is addicted to heroin?

16.5 The Sociocultural Model and Therapy Utilization

Reflection Questions

How culturally competent are you? Which diverse groups do you have knowledge about?

Reflection Questions

How can we change the belief that having a mental illness means the individual is weak?