

# GLOSSARY

## A

### absentmindedness

lapses in memory that are caused by breaks in attention or our focus being somewhere else

### absolute threshold

minimum amount of stimulus energy that must be present for the stimulus to be detected 50% of the time

### abstinence-only education

teaches delaying engaging in sexual activity until marriage

### accommodation

adjustment of a schema by changing a scheme to accommodate new information different from what was already known

### acoustic encoding

input of sounds, words, and music

### acquisition

period of initial learning in classical conditioning in which a human or an animal begins to connect a neutral stimulus and an unconditioned stimulus so that the neutral stimulus will begin to elicit the conditioned response

### action potential

electrical signal that moves down the neuron's axon

### actor-observer bias

phenomenon of explaining other people's behaviors as due to internal factors, and our own behaviors are due to situational forces

### adolescence

period of development that begins at puberty and ends at early adulthood

### adrenal gland

sits atop our kidneys and secretes hormones involved in the stress response

### adrenarche

maturing of the adrenal glands

### afterimage

continuation of a visual sensation after removal of the stimulus

### ageism

prejudice and discrimination toward individuals based solely on their age

### aggression

seeking to cause harm or pain to another person

### agonist

drug that mimics or strengthens the effects of a neurotransmitter

### agoraphobia

anxiety disorder characterized by intense fear, anxiety, and avoidance of situations in which it might be difficult to escape if one experiences symptoms of a panic attack

### alarm reaction

first stage of the general adaptation syndrome; characterized as the body's immediate physiological reaction to a threatening situation or some other emergency; analogous to the fight-or-flight response

### algorithm

problem-solving strategy characterized by a specific set of instructions

### all-or-none

phenomenon that the incoming signal from another neuron is either sufficient or insufficient to reach the threshold of excitation

### allele

specific version of a gene

### alpha wave

type of relatively low frequency, relatively high amplitude brain wave that becomes synchronized; characteristic of the beginning of stage 1 sleep

### altruism

humans' desire to help others even if the costs outweigh the benefits of helping

### American Psychological Association

professional organization representing psychologists in the United States

### Americans with Disabilities Act

employers cannot discriminate against any individual based on a disability

### amnesia

loss of long-term memory that occurs as the result of disease, physical trauma, or psychological trauma

### amplitude

height of a wave

### amygdala

structure in the limbic system involved in our experience of emotion and tying emotional meaning to our memories

### anal stage

psychosexual stage in which children experience pleasure in their bowel and bladder movements

### analytical intelligence

aligned with academic problem solving and computations

### analytical psychology

Jung's theory focusing on the balance of opposing forces within one's personality and the significance of the collective unconscious

### anchoring bias

faulty heuristic in which you fixate on a single aspect of a problem to find a solution

### anorexia nervosa

eating disorder characterized by an individual maintaining body weight that is well below average through starvation and/or excessive exercise

### antagonist

drug that blocks or impedes the normal activity of a given neurotransmitter

### anterograde amnesia

loss of memory for events that occur after the brain trauma

### antisocial personality disorder

characterized by a lack of regard for others' rights, impulsivity, deceitfulness, irresponsibility, and lack of remorse over misdeeds

### anxiety disorder

characterized by excessive and persistent fear and anxiety, and by related disturbances in behavior

### archetype

pattern that exists in our collective unconscious across cultures and societies

### archival research

method of research using past records or data sets to answer various research questions, or to search for interesting patterns or relationships

### arousal theory

strong emotions trigger the formation of strong memories and weaker emotional experiences form weaker memories

### artificial concept

concept that is defined by a very specific set of characteristics

### Asch effect

group majority influences an individual's judgment, even when that judgment is inaccurate

### asexuality

lack of sexual attraction and arousal

### assimilation

adjustment of a schema by adding information similar to what is already known

**associative learning**

form of learning that involves connecting certain stimuli or events that occur together in the environment (classical and operant conditioning)

**asthma**

psychophysiological disorder in which the airways of the respiratory system become obstructed, leading to great difficulty expelling air from the lungs

**asylum**

institution created for the specific purpose of housing people with psychological disorders

**Atkinson-Shiffrin model (A-S)**

memory model that states we process information through three systems: sensory memory, short-term memory, and long-term memory

**attachment**

long-standing connection or bond with others

**attention-deficit/hyperactivity disorder**

disorder characterized by inattentiveness and/or hyperactive, impulsive behavior

**attitude**

evaluations of or feelings toward a person, idea, or object that are typically positive or negative

**attribution**

explanation for the behavior of other people

**attrition**

reduction in number of research participants as some drop out of the study over time

**atypical**

describes behaviors or feelings that deviate from the norm

**auditory cortex**

strip of cortex in the temporal lobe that is responsible for processing auditory information

**authoritarian parenting style**

when parents place a high value on conformity and obedience, are often rigid, and express little warmth to the child

**authoritative parenting style**

when parents give children reasonable demands and consistent limits, express warmth and affection, and listen to the child's point of view

**autism spectrum disorder**

disorder characterized by deficits in social interaction and communication, and repetitive patterns of behavior or interests

**automatic processing**

encoding of informational details like time, space, frequency, and the meaning of words

**autonomic nervous system**

controls our internal organs and glands

**availability heuristic**

faulty heuristic in which you make a decision based on information readily available to you

**aversive conditioning**

counterconditioning technique that pairs an unpleasant stimulant with an undesirable behavior

**avoidant attachment**

characterized by child's unresponsiveness to parent, not using the parent as a secure base, and not caring if parent leaves

**axon**

major extension of the soma

**B****bariatric surgery**

type of surgery that modifies the gastrointestinal system to reduce the amount of food that can be eaten and/or limiting how much of the digested food can be absorbed

**basilar membrane**

thin strip of tissue within the cochlea that contains the hair cells that serve as the sensory receptors for the auditory system

**basolateral complex**

part of the brain with dense connections with a variety of sensory areas of the brain; it is critical for classical conditioning and attaching emotional value to memory

**behaviorism**

focus on observing and controlling behavior

**behavior therapy**

therapeutic orientation that employs principles of learning to help clients change undesirable behaviors

**bias**

how feelings and view of the world distort memory of past events

**binaural cue**

two-eared cue to localize sound

**binge eating disorder**

type of eating disorder characterized by binge eating and associated distress

**binocular cue**

cue that relies on the use of both eyes

**binocular disparity**

slightly different view of the world that each eye receives

**biofeedback**

stress-reduction technique using electronic equipment to measure a person's involuntary (neuromuscular and autonomic) activity and provide feedback to help the person gain a level of voluntary control over these processes

**biological perspective**

view that psychological disorders like depression and schizophrenia are associated with imbalances in one or more neurotransmitter systems

**biological rhythm**

internal cycle of biological activity

**biomedical therapy**

treatment that involves medication and/or medical procedures to treat psychological disorders

**biopsychological model**

perspective that asserts that biology, psychology, and social factors interact to determine an individual's health

**biopsychology**

study of how biology influences behavior

**bipolar and related disorders**

group of mood disorders in which mania is the defining feature

**bipolar disorder**

mood disorder characterized by mood states that vacillate between depression and mania

**bisexuality**

attraction to individuals of either sex

**blind spot**

point where we cannot respond to visual information in that portion of the visual field

**blocking**

memory error in which you cannot access stored information

**body dysmorphic disorder**

involves excessive preoccupation with an imagined defect in physical appearance

**body language**

emotional expression through body position or movement

**bona fide occupational qualification (BFOQ)**

requirement of certain occupations for which denying an individual employment would otherwise violate the law, such as requirements concerning religion or sex

**borderline personality disorder**

instability in interpersonal relationships, self-image, and mood, as well as impulsivity; key features include intolerance of being alone and fear of abandonment, unstable relationships, unpredictable behavior and moods, and intense and inappropriate anger

**bottom-up processing**

system in which perceptions are built from sensory input

**Broca's area**

region in the left hemisphere that is essential for language production

**bulimia nervosa**

type of eating disorder characterized by binge eating followed by purging

**bullying**

a person, often an adolescent, being treated negatively repeatedly and over time

**bystander effect**

situation in which a witness or bystander does not volunteer to help a victim or person in distress

**C****Cannon-Bard theory of emotion**

physiological arousal and emotional experience occur at the same time

**cardiovascular disorders**

disorders that involve the heart and blood circulation system

**cataplexy**

lack of muscle tone or muscle weakness, and in some cases complete paralysis of the voluntary muscles

**catatonic behavior**

decreased reactivity to the environment; includes posturing and catatonic stupor

**cause-and-effect relationship**

changes in one variable cause the changes in the other variable; can be determined only through an experimental research design

**central nervous system (CNS)**

brain and spinal cord

**central nucleus**

part of the brain involved in attention and has connections with the hypothalamus and various brainstem areas to regulate the autonomic nervous and endocrine systems' activity

**central route persuasion**

logic-driven arguments using data and facts to convince people of an argument's worthiness

**central sleep apnea**

sleep disorder with periods of interrupted breathing due to a disruption in signals sent from the brain that regulate breathing

**cerebellum**

hindbrain structure that controls our balance, coordination, movement, and motor skills, and it is thought to be important in processing some types of memory

**cerebral cortex**

surface of the brain that is associated with our highest mental capabilities

**checklist**

method used to reduce workplace accidents

**chromosome**

long strand of genetic information

**chunking**

organizing information into manageable bits or chunks

**circadian rhythm**

biological rhythm that occurs over approximately 24 hours

**cisgender**

people whose gender identity aligns with the sex they were assigned at birth

**classical conditioning**

learning in which the stimulus or experience occurs before the behavior and then gets paired or associated with the behavior

**clinical or case study**

observational research study focusing on one or a few people

**clinical psychology**

area of psychology that focuses on the diagnosis and treatment of psychological disorders and other problematic patterns of behavior

**closure**

organizing our perceptions into complete objects rather than as a series of parts

**cochlea**

fluid-filled, snail-shaped structure that contains the sensory receptor cells of the auditory system

**cochlear implant**

electronic device that consists of a microphone, a speech processor, and an electrode array to directly stimulate the auditory nerve to transmit information to the brain

**codeine**

opiate with relatively low potency often prescribed for minor pain

**cognition**

thinking, including perception, learning, problem solving, judgment, and memory

**cognitive-behavioral therapy (CBT)**

form of psychotherapy that aims to change problematic thought processes and behaviors through cognition, learning, and behavioral techniques

**cognitive-mediational theory**

our emotions are determined by our appraisal of the stimulus

**cognitive development**

domain of lifespan development that examines learning, attention, memory, language, thinking, reasoning, and creativity

**cognitive dissonance**

psychological discomfort that arises from a conflict in a person's behaviors, attitudes, or beliefs that runs counter to one's positive self-perception

**cognitive empathy**

ability to take the perspective of others and to feel concern for others

**cognitive map**

mental picture of the layout of the environment

**cognitive psychology**

study of cognitions, or thoughts, and their relationship to experiences and actions

**cognitive script**

(also, *event schema*) set of behaviors that are performed the same way each time

**cognitive therapy**

form of psychotherapy that focuses on how a person's thoughts lead to feelings of distress, with the aim of helping them change these irrational thoughts

**collective unconscious**

common psychological tendencies that have been passed down from one generation to the next

**collective unconscious**

theoretical repository of information shared by all people across cultures, as described by Carl Jung

**collectivistic culture**

culture that focuses on communal relationships with others such as family, friends, and community

**comorbid disorder**

individual who has two or more diagnoses, which often include a substance abuse diagnosis and another psychiatric diagnosis, such as depression, bipolar disorder, or schizophrenia

**comorbidity**

co-occurrence of two disorders in the same individual

**companionate love**

type of love consisting of intimacy and commitment but not passion; associated with close friendships and family relationships

**components of emotion**

physiological arousal, psychological appraisal, and subjective experience

**comprehensive sex education**

teaches about safe-sex practices, including the use of contraception, sexually transmitted infections, pregnancy, consent, sexual orientation, and gender

**computerized tomography (CT) scan**

imaging technique in which a computer coordinates and integrates multiple X-rays of a given area

**concept**

category or grouping of linguistic information, objects, ideas, or life experiences

**conception**

when a sperm fertilizes an egg and forms a zygote

**concrete operational stage**

third stage in Piaget's theory of cognitive development; from about 7 to 11 years old, children can think logically about real (concrete) events

**conditioned response (CR)**

response caused by the conditioned stimulus

**conditioned stimulus (CS)**

stimulus that elicits a response due to its being paired with an unconditioned stimulus

**conductive hearing loss**

failure in the vibration of the eardrum and/or movement of the ossicles

**cone**

specialized photoreceptor that works best in bright light conditions and detects color

**confederate**

person who works for a researcher and is aware of the experiment but who acts as a participant; used to manipulate social situations as part of the research design

**confidentiality**

therapist cannot disclose confidential communications to any third party, unless mandated or permitted by law

**confirmation bias**

tendency to focus on information that supports our beliefs while ignoring or failing to seek contradictory evidence

**conformity**

when individuals change their behavior to go along with the group even if they do not agree with the group

**confounding variable**

unanticipated outside factor that affects both variables of interest, often giving the false impression that changes in one variable causes changes in the other variable, when, in actuality, the outside factor causes changes in both variables

**congenital deafness**

deafness from birth

**congenital insensitivity to pain (congenital analgesia)**

genetic disorder that results in the inability to experience pain

**congruence**

state of being in which our thoughts about our real and ideal selves are very similar

**conscious**

mental activity (thoughts, feelings, and memories) that we can access at any time

**consciousness**

awareness of internal and external stimuli

**conservation**

idea that even if you change the appearance of something, it is still equal in size, volume, or number as long as nothing is added or removed

**construction**

formulation of new memories

**consummate love**

type of love occurring when intimacy, passion, and commitment are all present

**Contemporized-Themes Concerning Blacks Test (C-TCB)**

projective test designed to be culturally relevant to Black Americans, using images that relate to Black American culture

**continuity**

being more likely to perceive continuous, smooth flowing lines rather than jagged, broken lines

**continuous development**

view that development is a cumulative process: gradually improving on existing skills

**continuous positive airway pressure (CPAP)**

device used to treat sleep apnea; includes a mask that fits over the sleeper's nose and mouth, which is connected to a pump that pumps air into the person's airways, forcing them to remain open

**continuous reinforcement**

rewarding a behavior every time it occurs

**control group**

serves as a basis for comparison and controls for chance factors that might influence the results of the study—by holding such factors constant across groups so that the experimental manipulation is the only difference between groups

**convergent thinking**

providing correct or established answers to problems

**coping**

mental or behavioral efforts used to manage problems relating to stress, including its cause and the unpleasant feelings and emotions it produces

**cornea**

transparent covering over the eye

**corpus callosum**

thick band of neural fibers connecting the brain's two hemispheres

**correlation coefficient**

number from  $-1$  to  $+1$ , indicating the strength and direction of the relationship between variables, and usually represented by  $r$

**correlation**

relationship between two or more variables; when two variables are correlated, one variable changes as the other does

**cortisol**

stress hormone released by the adrenal glands when encountering a stressor; helps to provide a boost of energy, thereby preparing the individual to take action

**counseling psychology**

area of psychology that focuses on improving emotional, social, vocational, and other aspects of the lives of psychologically healthy individuals

**counterconditioning**

classical conditioning therapeutic technique in which a client learns a new response to a stimulus that has previously elicited an undesirable behavior

**couples therapy**

two people in an intimate relationship, such as husband and wife, who are having difficulties and are trying to resolve them with therapy

**creative intelligence**

ability to produce new products or ideas or inventing a new, novel solution to a problem

**creativity**

ability to generate, create, or discover new ideas, solutions, and possibilities

**critical (sensitive) period**

time during fetal growth when specific parts or organs develop

**cross-sectional research**

compares multiple segments of a population at a single time

**crystallized intelligence**

characterized by acquired knowledge and the ability to retrieve it

**cultural competence**

therapist's understanding and attention to issues of race, culture, and ethnicity in providing treatment

**cultural display rule**

one of the culturally specific standards that govern the types and frequencies of emotions that are acceptable

**cultural intelligence**

ability with which people can understand and relate to those in another culture

**culture**

all of the beliefs, customs, art, and traditions of a particular society

**cyberbullying**

repeated behavior that is intended to cause psychological or emotional harm to another person and that takes place online

**D****daily hassles**

minor irritations and annoyances that are part of our everyday lives and are capable of producing stress

**deafness**

partial or complete inability to hear

**debriefing**

when an experiment involved deception, participants are told complete and truthful information about the experiment at its conclusion

**deception**

purposely misleading experiment participants in order to maintain the integrity of the experiment

**decibel (dB)**

logarithmic unit of sound intensity

**declarative memory**

type of long-term memory of facts and events we personally experience

**deductive reasoning**

results are predicted based on a general premise

**defense mechanism**

unconscious protective behaviors designed to reduce ego anxiety

**deinstitutionalization**

process of closing large asylums and integrating people back into the community where they can be treated locally

**delta wave**

type of low frequency, high amplitude brain wave characteristic of stage 3 sleep

**delusion**

belief that is contrary to reality and is firmly held, despite contradictory evidence

**dendrite**

branch-like extension of the soma that receives incoming signals from other neurons

**deoxyribonucleic acid (DNA)**

helix-shaped molecule made of nucleotide base pairs

**dependent variable**

variable that the researcher measures to see how much effect the independent variable had

**depersonalization/derealization disorder**

dissociative disorder in which people feel detached from the self (depersonalization), and the world feels artificial and unreal (derealization)

**depressant**

drug that tends to suppress central nervous system activity

**depressive disorder**

one of a group of mood disorders in which depression is the defining feature

**depth perception**

ability to perceive depth

**developmental milestone**

approximate ages at which children reach specific normative events

**developmental psychology**

scientific study of development across a lifespan

**diabetes**

disease related to insufficient insulin production

**diagnosis**

determination of which disorder a set of symptoms represents

***Diagnostic and Statistical Manual of Mental Disorders, fifth edition, text revision (DSM-5-TR)***

authoritative index of mental disorders and the criteria for their diagnosis; published by the American Psychiatric Association (APA)

**diathesis-stress model**

suggests that people with a predisposition for a disorder (a diathesis) are more likely to develop the disorder when faced with stress; model of psychopathology

**diffusion of responsibility**

tendency for no one in a group to help because the responsibility to help is spread throughout the group

**discontinuous development**

view that development takes place in unique stages, which happen at specific times or ages

**discrimination**

negative actions toward an individual or group of people as a result of their membership in a particular group

**disorganized/abnormal motor behavior**

highly unusual behaviors and movements (such as childlike behaviors), repeated and purposeless movements, and displaying odd facial expressions and gestures

**disorganized attachment**

characterized by the child's odd behavior when faced with the parent; type of attachment seen most often with kids that are abused

**disorganized thinking**

disjointed and incoherent thought processes, usually detected by what a person says

**displacement**

ego defense mechanism in which a person transfers inappropriate urges or behaviors toward a more acceptable or less threatening target

**dispositionism**

describes a perspective common to personality psychologists, which asserts that our behavior is determined by internal factors, such as personality traits and temperament

**dissertation**

long research paper about research that was conducted as a part of the candidate's doctoral training

**dissociative amnesia**

dissociative disorder characterized by an inability to recall important personal information, usually following an extremely stressful or traumatic experience

**dissociative disorders**

group of DSM-5 disorders in which the primary feature is that a person becomes dissociated, or split off, from their core sense of self, resulting in disturbances in identity and memory

**dissociative fugue**

symptom of dissociative amnesia in which a person suddenly wanders away from one's home and experiences confusion about his or her identity

**dissociative identity disorder**

dissociative disorder (formerly known as *multiple personality disorder*) in which a person exhibits two or more distinct, well-defined personalities or identities and experiences memory gaps for the time during which another identity emerged

**distorted body image**

individuals view themselves as overweight even though they are not

**distress**

bad form of stress; usually high in intensity; often leads to exhaustion, fatigue, feeling burned out; associated with erosions in performance and health

**divergent thinking**

ability to think "outside the box" to arrive at novel solutions to a problem

**diversity training**

training employees about cultural differences with the goal of improving teamwork

**dominant allele**

allele whose phenotype will be expressed in an individual that possesses that allele

**dopamine hypothesis**

theory of schizophrenia that proposes that an overabundance of dopamine or dopamine receptors is responsible for the onset and maintenance of schizophrenia

**double-blind study**

experiment in which both the researchers and the participants are blind to group assignments

**double standard**

a rule or principle that is unfairly applied in different ways to different people

**downsizing**

process in which an organization tries to achieve greater overall efficiency by reducing the number of employees

**dream analysis**

technique in psychoanalysis in which patients recall their dreams and the psychoanalyst interprets them to reveal unconscious desires or struggles

**drive theory**

deviations from homeostasis create physiological needs that result in psychological drive states that direct behavior to meet the need and ultimately bring the system back to homeostasis

**dysgraphia**

learning disability that causes extreme difficulty in writing legibly

**dyslexia**

learning disability in which letters are not processed properly by the brain

**E****effortful processing**

encoding of information that takes effort and attention

**ego**

aspect of personality that represents the self, or the part of one's personality that is visible to others

**egocentrism**

preoperational child's difficulty in taking the perspective of others

**elaborative rehearsal**

thinking about the meaning of the new information and its relation to knowledge already stored in your memory

**electroconvulsive therapy (ECT)**

type of biomedical therapy that involves using an electrical current to induce seizures in a person to help alleviate the effects of severe depression

**electroencephalography (EEG)**

recording the electrical activity of the brain via electrodes on the scalp

**electromagnetic spectrum**

all the electromagnetic radiation that occurs in our environment

**embryo**

multicellular organism in its early stages of development

**emerging adulthood**

newly defined period of lifespan development from 18 years old to the mid-20s; young people are taking longer to complete college, get a job, get married, and start a family

**emotion**

subjective state of being often described as feelings

**emotional intelligence**

ability to understand emotions and motivations in yourself and others

**empathy**

capacity to understand another person's perspective—to feel what he or she feels

**empirical**

grounded in objective, tangible evidence that can be observed time and time again, regardless of who is observing

**empirical method**

method for acquiring knowledge based on observation, including experimentation, rather than a method based only on forms of logical argument or previous authorities

**encoding**

input of information into the memory system

**endocrine system**

series of glands that produce chemical substances known as hormones

**engram**

physical trace of memory

**epigenetics**

study of gene-environment interactions, such as how the same genotype leads to different phenotypes

**episodic memory**

(also, *autobiographical memory*) type of declarative memory that contains information about events we have personally experienced

**equipotentiality hypothesis**

some parts of the brain can take over for damaged parts in forming and storing memories

**etiology**

cause or causes of a psychological disorder

**euphoric high**

feelings of intense elation and pleasure from drug use

**eustress**

good form of stress; low to moderate in intensity; associated with positive feelings, as well as optimal health and performance

**event schema**

(also, *cognitive script*) set of behaviors that are performed the same way each time

**evolutionary psychology**

discipline that studies how universal patterns of behavior and cognitive processes have evolved over time as a result of natural selection

**excitement**

phase of the sexual response cycle that involves sexual arousal

**experimental group**

group designed to answer the research question; experimental manipulation is the only difference between the experimental and control groups, so any differences between the two are due to experimental manipulation rather than chance

**experimenter bias**

researcher expectations skew the results of the study

**explicit memory**

memories we consciously try to remember and recall

**F****facial feedback hypothesis**

facial expressions are capable of influencing our emotions

**fact**

objective and verifiable observation, established using evidence collected through empirical research

**false memory syndrome**

recall of false autobiographical memories

**falsifiable**

able to be disproven by experimental results

**family therapy**

special form of group therapy consisting of one or more families

**fight-or-flight response**

set of physiological reactions (increases in blood pressure, heart rate, respiration rate, and sweat) that occur when an individual encounters a perceived threat; these reactions are produced by activation of the sympathetic nervous system and the endocrine system

**figure-ground relationship**

segmenting our visual world into figure and ground

**fine motor skills**

use of muscles in fingers, toes, and eyes to coordinate small actions

**five factor model**

theory that personality is composed of five factors or traits, including openness, conscientiousness, extroversion, agreeableness, and neuroticism

**fixed interval reinforcement schedule**

behavior is rewarded after a set amount of time

**fixed ratio reinforcement schedule**

set number of responses must occur before a behavior is rewarded

**exposure therapy**

counterconditioning technique in which a therapist seeks to treat a client's fear or anxiety by presenting the feared object or situation with the idea that the person will eventually get used to it

**extinction**

decrease in the conditioned response when the unconditioned stimulus is no longer paired with the conditioned stimulus

**extrinsic motivation**

motivation that arises from external factors or rewards

**flashback**

psychological state lasting from a few seconds to several days, during which one relives a traumatic event and behaves as though the event were occurring at that moment

**flashbulb memory**

exceptionally clear recollection of an important event

**flight of ideas**

symptom of mania that involves an abruptly switching in conversation from one topic to another

**flow**

state involving intense engagement in an activity; usually is experienced when participating in creative, work, and leisure endeavors

**fluid intelligence**

ability to see complex relationships and solve problems

**Flynn effect**

observation that each generation has a significantly higher IQ than the previous generation

**foot-in-the-door technique**

persuasion of one person by another person, encouraging a person to agree to a small favor, or to buy a small item, only to later request a larger favor or purchase of a larger item

**forebrain**

largest part of the brain, containing the cerebral cortex, the thalamus, and the limbic system, among other structures

**forensic psychology**

area of psychology that applies the science and practice of psychology to issues within and related to the justice system

**forgetting**

loss of information from long-term memory

**formal operational stage**

final stage in Piaget's theory of cognitive development; from age 11 and up, children are able to deal with abstract ideas and hypothetical situations

**fovea**

small indentation in the retina that contains cones

**fraternal twins**

twins who develop from two different eggs fertilized by different sperm, so their genetic material varies the same as in non-twin siblings

**free association**

technique in psychoanalysis in which the patient says whatever comes to mind at the moment

**frequency**

number of waves that pass a given point in a given time period

**frontal lobe**

part of the cerebral cortex involved in reasoning, motor control, emotion, and language; contains motor cortex

**functional fixedness**

inability to see an object as useful for any other use other than the one for which it was intended

**functionalism**

focused on how mental activities helped an organism adapt to its environment

**functional magnetic resonance imaging (fMRI)**

MRI that shows changes in metabolic activity over time

**fundamental attribution error**

tendency to overemphasize internal factors as attributions for behavior and underestimate the power of the situation

**G****gender**

a social construction based on a person's identity, presentation of self, behavior, and interaction with others

**gender binary**

the dichotomous view of gender or the classification of sex and gender into two distinct, opposite, and disconnected forms of masculine and feminine

**gender dysphoria**

APA's diagnosis for an individual who does not identify as the gender that most people would assume they are, and this discrepancy causes significant distress and/or impairment to daily functioning

**gender expression**

how a person presents themselves externally, including physical appearance and behavior

**gender fluidity**

when a person's gender identity or expression can change over time or even day to day

**gender identity**

a person's deeply held internal perception of their gender

**gender nonbinary**

one of the most common terms used for people to self-identify when their gender is not male or female

**gender nonconforming**

behavior, appearance, or expression that does not conform to the prevailing social expectations about masculine or feminine gender norms

**gender norm**

a behavior or attribute that society attributes to a particular sex

**genderqueer**

used to describe a person whose gender identity does not follow conventional binary gender characteristics

**gender spectrum**

a way of describing gender without conforming to the gender binary

**gender stereotypes**

overgeneralizations surrounding the attitudes, traits, or behavior patterns of certain genders

**gender stratification**

refers to the social ranking where men typically inhabit higher status than women

**gene**

sequence of DNA that controls or partially controls physical characteristics

**general adaptation syndrome**

Hans Selye's three-stage model of the body's physiological reactions to stress and the process of stress adaptation: alarm reaction, stage of resistance, and stage of exhaustion

**generalize**

inferring that the results for a sample apply to the larger population

**generalized anxiety disorder**

characterized by a continuous state of excessive, uncontrollable, and pointless worry and apprehension

**genetic environmental correlation**

view of gene-environment interaction that asserts our genes affect our environment, and our environment influences the expression of our genes

**genital stage**

psychosexual stage in which the focus is on mature sexual interests

**genotype**

genetic makeup of an individual

**Gestalt psychology**

field of psychology based on the idea that the whole is different from the sum of its parts

**glial cell**

nervous system cell that provides physical and metabolic support to neurons, including neuronal insulation and communication and nutrient and waste transport

**gonadarche**

maturing of the sex glands

**gonad**

secretes sexual hormones, which are important for successful reproduction, and mediates both sexual motivation and behavior

**grammar**

set of rules that are used to convey meaning through the use of a lexicon

**grandiose delusion**

characterized by beliefs that one holds special power, unique knowledge, or is extremely important

**gross motor skills**

use of large muscle groups to control arms and legs for large body movements

**group polarization**

strengthening of the original group attitude after discussing views within the group

**group therapy**

treatment modality in which five to 10 people with the same issue or concern meet together with a trained clinician

**groupthink**

group members modify their opinions to match what they believe is the group consensus

**gyrus**

(plural: *gyri*) distinctive pattern of folds or bumps and grooves on the cerebral cortex

**H****habit**

pattern of behavior in which we regularly engage

**habituation**

when we learn not to respond to a stimulus that is presented repeatedly without change

**hair cell**

auditory receptor cell of the inner ear

**hallucination**

perceptual experience that occurs in the absence of external stimulation, such as the auditory hallucinations (hearing voices) common to schizophrenia

**hallucinogen**

one of a class of drugs that results in profound alterations in sensory and perceptual experiences, often with vivid hallucinations

**happiness**

enduring state of mind consisting of joy, contentment, and other positive emotions; the sense that one's life has meaning and value

**harmful dysfunction**

model of psychological disorders resulting from the inability of an internal mechanism to perform its natural function

**Hawthorne effect**

increase in performance of individuals who are noticed, watched, and paid attention to by researchers or supervisors

**health psychology**

subfield of psychology devoted to studying psychological influences on health, illness, and how people respond when they become ill

**heart disease**

several types of adverse heart conditions, including those that involve the heart's arteries or valves or those involving the inability of the heart to pump enough blood to meet the body's needs; can include heart attack and stroke

**hemisphere**

left or right half of the brain

**heritability**

proportion of difference among people that is attributed to genetics

**hertz (Hz)**

cycles per second; measure of frequency

**heteronormativity**

the belief or assumption that heterosexuality, predicated on the gender binary, is the default, preferred, or normal mode of sexual orientation

**heterosexism**

an ideology and a set of institutional practices that privilege heterosexuals and heterosexuality over other sexual orientations

**heterosexuality**

attraction to individuals of a different sex

**heterozygous**

consisting of two different alleles

**heuristic**

mental shortcut that saves time when solving a problem

**hierarchy of needs**

spectrum of needs ranging from basic biological needs to social needs to self-actualization

**higher-order conditioning**

(also, *second-order conditioning*) using a conditioned stimulus to condition a neutral stimulus

**hindbrain**

division of the brain containing the medulla, pons, and cerebellum

**hindsight bias**

belief that the event just experienced was predictable even though it really wasn't

**hippocampus**

structure in the temporal lobe associated with learning and memory

**hoarding disorder**

characterized by persistent difficulty in parting with possessions, regardless of their actual value or usefulness

**homeostasis**

tendency to maintain a balance, or optimal level, within a biological system

**homophily**

tendency for people to form social networks, including friendships, marriages, business relationships, and many other types of relationships, with others who are similar

**homophobia**

prejudice and discrimination against individuals based solely on their sexual orientation

**homosexuality**

attraction to individuals of the same sex

**homozygous**

consisting of two identical alleles

**hopelessness theory**

cognitive theory of depression proposing that a style of thinking that perceives negative life events as having stable and global causes leads to a sense of hopelessness and then to depression

**hormone**

chemical messenger released by endocrine glands

**hospice**

service that provides a death with dignity; pain management in a humane and comfortable environment; usually outside of a hospital setting

**hostile aggression**

aggression motivated by feelings of anger with intent to cause pain

**human factors psychology**

branch of psychology that studies how workers interact with the tools of work and how to design those tools to optimize workers' productivity, safety, and health

**humanism**

perspective within psychology that emphasizes the potential for good that is innate to all humans

**humanistic therapy**

therapeutic orientation aimed at helping people become more self-aware and accepting of themselves

**hypertension**

high blood pressure

**hypnosis**

state of extreme self-focus and attention in which minimal attention is given to external stimuli

**hypomanic episode**

a distinct period of abnormally elevated, expansive, or irritable mood and persistently increased level of energy, lasting at least 4 consecutive days

**hypothalamic-pituitary-adrenal (HPA)****axis**

set of structures found in both the limbic system (hypothalamus) and the endocrine system (pituitary gland and adrenal glands) that regulates many of the body's physiological reactions to stress through the release of hormones

**hypothalamus**

forebrain structure that regulates sexual motivation and behavior and a number of homeostatic processes; serves as an interface between the nervous system and the endocrine system

**hypothesis**

(plural: *hypotheses*) tentative and testable statement about the relationship between two or more variables

**id**

aspect of personality that consists of our most primitive drives or urges, including impulses for hunger, thirst, and sex

**ideal self**

person we would like to be

**identical twins**

twins that develop from a single fertilized egg that split, so the genetic material is exactly the same in each

**illusory correlation**

seeing relationships between two things when in reality no such relationship exists

**immune system**

various structures, cells, and mechanisms that protect the body from foreign substances that can damage the body's tissues and organs

**immunosuppression**

decreased effectiveness of the immune system

**immutable characteristic**

traits that employers cannot use to discriminate in hiring, benefits, promotions, or termination; these traits are fundamental to one's personal identity (e.g. skin color and hair texture)

**implicit memory**

memories that are not part of our consciousness

**inattentive blindness**

failure to notice something that is completely visible because of a lack of attention

**incongruence**

state of being in which there is a great discrepancy between our real and ideal selves

**incus**

(also, *anvil*) middle ear ossicle

**independent variable**

variable that is influenced or controlled by the experimenter; in a sound experimental study, the independent variable is the only important difference between the experimental and control group

**individualistic culture**

culture that focuses on individual achievement and autonomy

**individual psychology**

school of psychology proposed by Adler that focuses on our drive to compensate for feelings of inferiority

**individual therapy**

treatment modality in which the client and clinician meet one-on-one

**inductive reasoning**

conclusions are drawn from observations

**industrial and organizational (I-O) psychology**

field in psychology that applies scientific principles to the study of work and the workplace

**industrial psychology**

branch of psychology that studies job characteristics, applicant characteristics, and how to match them; also studies employee training and performance appraisal

**inferiority complex**

refers to a person's feelings that they lack worth and don't measure up to others' or to society's standards

**inflammatory pain**

signal that some type of tissue damage has occurred

**informational social influence**

conformity to a group norm prompted by the belief that the group is competent and has the correct information

**informed consent**

process of informing a research participant about what to expect during an experiment, any risks involved, and the implications of the research, and then obtaining the person's consent to participate

**in-group**

group that we identify with or see ourselves as belonging to

**in-group bias**

preference for our own group over other groups

**insomnia**

consistent difficulty in falling or staying asleep for at least three nights a week over a month's time

**instinct**

unlearned knowledge, involving complex patterns of behavior; instincts are thought to be more prevalent in lower animals than in humans

**Institutional Animal Care and Use Committee (IACUC)**

committee of administrators, scientists, veterinarians, and community members that reviews proposals for research involving non-human animals

**institutional review board (IRB)**

committee of administrators, scientists, and community members that reviews proposals for research involving human participants

**instrumental aggression**

aggression motivated by achieving a goal and does not necessarily involve intent to cause pain

**intake**

therapist's first meeting with the client in which the therapist gathers specific information to address the client's immediate needs

**intelligence quotient**

(also, *IQ*) score on a test designed to measure intelligence

**interaural level difference**

sound coming from one side of the body is more intense at the closest ear because of the attenuation of the sound wave as it passes through the head

**interaural timing difference**

small difference in the time at which a given sound wave arrives at each ear

**internal factor**

internal attribute of a person, such as personality traits or temperament

**International Classification of Diseases (ICD)**

authoritative index of mental and physical diseases, including infectious diseases, and the criteria for their diagnosis; published by the World Health Organization (WHO)

**inter-rater reliability**

measure of agreement among observers on how they record and classify a particular event

**intersex**

an individual that possesses reproductive or sexual anatomy that doesn't fit the typical definitions of female or male

**intrinsic motivation**

motivation based on internal feelings rather than external rewards

**introspection**

process by which someone examines their own conscious experience in an attempt to break it into its component parts

**involuntary treatment**

therapy that is mandated by the courts or other systems

**iris**

colored portion of the eye

**J****James-Lange theory of emotion**

emotions arise from physiological arousal

**jet lag**

collection of symptoms brought on by travel from one time zone to another that results from the mismatch between our internal circadian cycles and our environment

**job analysis**

determining and listing tasks associated with a particular job

**job burnout**

general sense of emotional exhaustion and cynicism in relation to one's job; consists of three dimensions: exhaustion, depersonalization, and sense of diminished personal accomplishment

**job satisfaction**

degree of pleasure that employees derive from their job

**job strain**

work situation involving the combination of excessive job demands and workload with little decision-making latitude or job control

**just noticeable difference**

difference in stimuli required to detect a difference between the stimuli

**just-world hypothesis**

ideology common in the United States that people get the outcomes they deserve

**K****K-complex**

very high amplitude pattern of brain activity associated with stage 2 sleep that may occur in response to environmental stimuli

**kinesthesia**

perception of the body's movement through space

## L

**language**

communication system that involves using words to transmit information from one individual to another

**latency period**

psychosexual stage in which sexual feelings are dormant

**latent content**

hidden meaning of a dream, per Sigmund Freud's view of the function of dreams

**latent learning**

learning that occurs, but it may not be evident until there is a reason to demonstrate it

**lateralization**

concept that each hemisphere of the brain is associated with specialized functions

**law of effect**

behavior that is followed by consequences satisfying to the organism will be repeated, and behaviors that are followed by unpleasant consequences will be discouraged

**learning**

change in behavior or knowledge that is the result of experience

**lens**

curved, transparent structure that provides additional focus for light entering the eye

**leptin**

satiety hormone

**levels of processing**

information that is thought of more deeply becomes more meaningful and thus better committed to memory

**lexicon**

the words of a given language

**limbic system**

collection of structures involved in processing emotion and memory

**linear perspective**

perceive depth in an image when two parallel lines seem to converge

**locus coeruleus**

area of the brainstem that contains norepinephrine, a neurotransmitter that triggers the body's fight-or-flight response; has been implicated in panic disorder

**locus of control**

beliefs about the power we have over our lives; an external locus of control is the belief that our outcomes are outside of our control; an internal locus of control is the belief that we control our own outcomes

**longitudinal fissure**

deep groove in the brain's cortex separating the hemispheres

**longitudinal research**

studies in which the same group of individuals is surveyed or measured repeatedly over an extended period of time

**long-term memory (LTM)**

continuous storage of information

**lucid dream**

people become aware that they are dreaming and can control the dream's content

**lymphocytes**

white blood cells that circulate in the body's fluids and are especially important in the body's immune response

## M

**magnetic resonance imaging (MRI)**

magnetic fields used to produce a picture of the tissue being imaged

**major depressive disorder**

commonly referred to as *depression* or *major depression*, characterized by sadness or loss of pleasure in usual activities, as well other symptoms

**malleus**

(also, *hammer*) middle ear ossicle

**mania**

state of extreme elation and agitation

**manic episode**

period in which an individual experiences mania, characterized by extremely cheerful and euphoric mood, excessive talkativeness, irritability, increased activity levels, and other symptoms

**manifest content**

storyline of events that occur during a dream, per Sigmund Freud's view of the function of dreams

**meditation**

clearing the mind in order to achieve a state of relaxed awareness and focus

**medulla**

hindbrain structure that controls automated processes like breathing, blood pressure, and heart rate

**Meissner's corpuscle**

touch receptor that responds to pressure and lower frequency vibrations

**melatonin**

hormone secreted by the endocrine gland that serves as an important regulator of the sleep-wake cycle

**membrane potential**

difference in charge across the neuronal membrane

**memory**

system or process that stores what we learn for future use

**memory consolidation**

active rehearsal to move information from short-term memory into long-term memory

**memory-enhancing strategy**

technique to help make sure information goes from short-term memory to long-term memory

**menarche**

beginning of menstrual period; around 12 to 13 years old

**Ménière's disease**

results in a degeneration of inner ear structures that can lead to hearing loss, tinnitus, vertigo, and an increase in pressure within the inner ear

**mental set**

continually using an old solution to a problem without results

**Merkel's disk**

touch receptor that responds to light touch

**metabolic rate**

amount of energy that is expended in a given period of time

**methadone**

synthetic opioid that is less euphorogenic than heroin and similar drugs; used to manage withdrawal symptoms in opiate users

**methadone clinic**

uses methadone to treat withdrawal symptoms in opiate users

**methamphetamine**

type of amphetamine that can be made from pseudoephedrine, an over-the-counter drug; widely manufactured and abused

**midbrain**

division of the brain located between the forebrain and the hindbrain; contains the reticular formation

**Minnesota Multiphasic Personality Inventory (MMPI)**

personality test composed of a series of true/false questions in order to establish a clinical profile of an individual

**misattribution**

memory error in which you confuse the source of your information

**misinformation effect paradigm**

after exposure to incorrect information, a person may misremember the original event

**mitosis**

process of cell division

**mnemonic device**

memory aids that help organize information for encoding

**model**

person who performs a behavior that serves as an example (in observational learning)

**monaural cue**

one-eared cue to localize sound

**monocular cue**

cue that requires only one eye

**mood disorder**

one of a group of disorders characterized by severe disturbances in mood and emotions; the categories of mood disorders listed in the DSM-5 are bipolar and related disorders and depressive disorders

**morbid obesity**

adult with a BMI over 40

**morpheme**

smallest unit of language that conveys some type of meaning

**motivation**

wants or needs that direct behavior toward some goal

**motor cortex**

strip of cortex involved in planning and coordinating movement

**motor skills**

ability to move our body and manipulate objects

**multiple intelligences theory**

Gardner's theory that each person possesses at least eight types of intelligence

**mutation**

sudden, permanent change in a gene

**myelin sheath**

fatty substance that insulates axons

**N****narcolepsy**

sleep disorder in which the sufferer cannot resist falling to sleep at inopportune times

**natural concept**

mental groupings that are created "naturally" through your experiences

**naturalistic observation**

observation of behavior in its natural setting

**nature**

genes and biology

**negative affectivity**

tendency to experience distressed emotional states involving anger, contempt, disgust, guilt, fear, and nervousness

**negative correlation**

two variables change in different directions, with one becoming larger as the other becomes smaller; a negative correlation is not the same thing as no correlation

**negative punishment**

taking away a pleasant stimulus to decrease or stop a behavior

**negative reinforcement**

taking away an undesirable stimulus to increase a behavior

**negative symptom**

characterized by decreases and absences in certain normal behaviors, emotions, or drives, such as an expressionless face, lack of motivation to engage in activities, reduced speech, lack of social engagement, and inability to experience pleasure

**neurodevelopmental disorder**

one of the disorders that is first diagnosed in childhood and involves developmental problems in academic, intellectual, social functioning

**neuron**

cells in the nervous system that act as interconnected information processors, which are essential for all of the tasks of the nervous system

**neuropathic pain**

pain from damage to neurons of either the peripheral or central nervous system

**neurosis**

tendency to experience negative emotions

**neurotransmitter**

chemical messenger of the nervous system

**neutral stimulus (NS)**

stimulus that does not initially elicit a response

**newborn reflexes**

inborn automatic response to a particular form of stimulation that all healthy babies are born with

**night terror**

sleep disorder in which the sleeper experiences a sense of panic and may scream or attempt to escape from the immediate environment

**nociception**

sensory signal indicating potential harm and maybe pain

**nondirective therapy**

therapeutic approach in which the therapist does not give advice or provide interpretations but helps the person identify conflicts and understand feelings

**non-REM (NREM)**

period of sleep outside periods of rapid eye movement (REM) sleep

**normative approach**

study of development using norms, or average ages, when most children reach specific developmental milestones

**normative social influence**

conformity to a group norm to fit in, feel good, and be accepted by the group

**norming**

administering a test to a large population, so data can be collected to reference the normal scores for a population and its groups

**nuture**

environment and culture

## O

**obedience**

change of behavior to please an authority figure or to avoid aversive consequences

**obese**

adult with a BMI of 30 or higher

**object permanence**

idea that even if something is out of sight, it still exists

**observational learning**

type of learning that occurs by watching others

**observer bias**

when observations may be skewed to align with observer expectations

**obsessive-compulsive and related disorders**

group of overlapping disorders listed in the DSM-5 that involves intrusive, unpleasant thoughts and/or repetitive behaviors

**obsessive-compulsive disorder (OCD)**

characterized by the tendency to experience intrusive and unwanted thoughts and urges (obsession) and/or the need to engage in repetitive behaviors or mental acts (compulsions) in response to the unwanted thoughts and urges

**obstructive sleep apnea**

sleep disorder defined by episodes when breathing stops during sleep as a result of blockage of the airway

**occipital lobe**

part of the cerebral cortex associated with visual processing; contains the primary visual cortex

**olfactory bulb**

bulblike structure at the tip of the frontal lobe, where the olfactory nerves begin

**olfactory receptor**

sensory cell for the olfactory system

**–ology**

suffix that denotes “scientific study of”

**omnisexuality**

attraction that acknowledges gender is not limited by sex, gender identity, or gender expression

**operant conditioning**

form of learning in which the stimulus/experience happens after the behavior is demonstrated

**operational definition**

description of what actions and operations will be used to measure the dependent variables and manipulate the independent variables

**opiate/opioid**

one of a category of drugs that has strong analgesic properties; opiates are produced from the resin of the opium poppy; includes heroin, morphine, methadone, and codeine

**opinion**

personal judgments, conclusions, or attitudes that may or may not be accurate

**opponent-process theory of color perception**

outlines color vision as coded in opponent pairs: black-white, yellow-blue, and red-green

**optic chiasm**

X-shaped structure that sits just below the brain’s ventral surface; represents the merging of the optic nerves from the two eyes and the separation of information from the two sides of the visual field to the opposite side of the brain

**optic nerve**

carries visual information from the retina to the brain

**optimism**

tendency toward a positive outlook and positive expectations

**oral stage**

psychosexual stage in which an infant’s pleasure is focused on the mouth

**orbitofrontal cortex**

area of the frontal lobe involved in learning and decision-making

**organizational culture**

values, visions, hierarchies, norms and interactions between its employees; how an organization is run, how it operates, and how it makes decisions

**organizational psychology**

branch of psychology that studies the interactions between people working in organizations and the effects of those interactions on productivity

**orgasm**

peak phase of the sexual response cycle associated with rhythmic muscle contractions (and ejaculation)

**out-group**

group that we don’t belong to—one that we view as fundamentally different from us

**overgeneralization**

extension of a rule that exists in a given language to an exception to the rule

**overweight**

adult with a BMI between 25 and 29.9

## P

**Pacinian corpuscle**

touch receptor that detects transient pressure and higher frequency vibrations

**pancreas**

secretes hormones that regulate blood sugar

**panic attack**

period of extreme fear or discomfort that develops abruptly; symptoms of panic attacks are both physiological and psychological

**panic disorder**

anxiety disorder characterized by unexpected panic attacks, along with at least one month of worry about panic attacks or self-defeating behavior related to the attacks

**pansexuality**

attraction that does not regard gender and is not limited by sex, gender identity, or gender expression

**paranoid delusion**

characterized by beliefs that others are out to harm them

**parasomnia**

one of a group of sleep disorders characterized by unwanted, disruptive motor activity and/or experiences during sleep

**parasympathetic nervous system**

associated with routine, day-to-day operations of the body

**parietal lobe**

part of the cerebral cortex involved in processing various sensory and perceptual information; contains the primary somatosensory cortex

**partial reinforcement**

rewarding behavior only some of the time

**participants**

subjects of psychological research

**pattern perception**

ability to discriminate among different figures and shapes

**peak**

(also, *crest*) highest point of a wave

**peer-reviewed journal article**

article read by several other scientists (usually anonymously) with expertise in the subject matter, who provide feedback regarding the quality of the manuscript before it is accepted for publication

**perceived control**

peoples' beliefs concerning their capacity to influence and shape outcomes in their lives

**perception**

way that sensory information is interpreted and consciously experienced

**perceptual hypothesis**

educated guess used to interpret sensory information

**performance appraisal**

evaluation of an employee's success or lack of success at performing the duties of the job

**peripartum onset**

subtype of depression that applies to women who experience an episode of major depression either during pregnancy or in the 4 weeks following childbirth

**peripheral nervous system (PNS)**

connects the brain and spinal cord to the muscles, organs, and senses in the periphery of the body

**peripheral route persuasion**

one person persuades another person; an indirect route that relies on association of peripheral cues (such as positive emotions and celebrity endorsement) to associate positivity with a message

**permissive parenting style**

when parents make few demands and rarely use punishment

**persistence**

failure of the memory system that involves the involuntary recall of unwanted memories, particularly unpleasant ones

**persistent depressive disorder**

depressive disorder characterized by a chronically sad and melancholy mood

**personality**

long-standing traits and patterns that propel individuals to consistently think, feel, and behave in specific ways

**personality disorder**

group of DSM-5 disorders characterized by an inflexible and pervasive personality style that differs markedly from the expectations of one's culture and causes distress and impairment; people with these disorders have a personality style that frequently brings them into conflict with others and disrupts their ability to develop and maintain social relationships

**personality psychology**

study of patterns of thoughts and behaviors that make each individual unique

**personality trait**

consistent pattern of thought and behavior

**persuasion**

process of changing our attitude toward something based on some form of communication

**phallic stage**

psychosexual stage in which the focus is on the genitals

**PhD**

(doctor of philosophy) doctoral degree conferred in many disciplinary perspectives housed in a traditional college of liberal arts and sciences

**phenotype**

individual's physical characteristics, which are a combination of genetic and environmental influences

**pheromone**

chemical message sent by another individual

**phoneme**

basic sound unit of a given language

**photoreceptor**

light-detecting cell

**physical dependence**

changes in normal bodily functions that cause a drug user to experience withdrawal symptoms upon cessation of use

**physical development**

domain of lifespan development that examines growth and changes in the body and brain, the senses, motor skills, and health and wellness

**pineal gland**

endocrine structure located inside the brain that releases melatonin

**pinna**

visible part of the ear that protrudes from the head

**pitch**

perception of a sound's frequency

**pituitary gland**

secretes a number of key hormones, which regulate fluid levels in the body, and a number of messenger hormones, which direct the activity of other glands in the endocrine system

**placebo effect**

people's expectations or beliefs influencing or determining their experience in a given situation

**placenta**

structure connected to the uterus that provides nourishment and oxygen to the developing baby

**place theory of pitch perception**

different portions of the basilar membrane are sensitive to sounds of different frequencies

**plateau**

phase of the sexual response cycle that falls between excitement and orgasm

**play therapy**

therapeutic process, often used with children, that employs toys to help them resolve psychological problems

**polygenic**

multiple genes affecting a given trait

**polygraph**

lie detector test that measures physiological arousal of individuals as they answer a series of questions

**pons**

hindbrain structure that connects the brain and spinal cord; involved in regulating brain activity during sleep

**population**

overall group of individuals that the researchers are interested in

**positive affect**

state or a trait that involves pleasurable engagement with the environment, the dimensions of which include happiness, joy, enthusiasm, alertness, and excitement

**positive correlation**

two variables change in the same direction, both becoming either larger or smaller

**positive psychology**

scientific area of study seeking to identify and promote those qualities that lead to happy, fulfilled, and contented lives

**positive punishment**

adding an undesirable stimulus to stop or decrease a behavior

**positive reinforcement**

adding a desirable stimulus to increase a behavior

**positron emission tomography (PET)****scan**

involves injecting individuals with a mildly radioactive substance and monitoring changes in blood flow to different regions of the brain

**postdoctoral training program**

allows young scientists to further develop their research programs and broaden their research skills under the supervision of other professionals in the field

**posttraumatic stress disorder (PTSD)**

experiencing a profoundly traumatic event leads to a constellation of symptoms that include intrusive and distressing memories of the event, avoidance of stimuli connected to the event, negative emotional states, feelings of detachment from others, irritability, proneness toward outbursts, hypervigilance, and a tendency to startle easily; these symptoms must occur for at least one month

**practical intelligence**

also known as “street smarts”

**prefrontal cortex**

area in the frontal lobe responsible for higher-level cognitive functioning

**prejudice**

negative attitudes and feelings toward individuals based solely on their membership in a particular group

**prenatal care**

medical care during pregnancy that monitors the health of both the mother and the fetus

**preoperational stage**

second stage in Piaget’s theory of cognitive development; from ages 2 to 7, children learn to use symbols and language but do not understand mental operations and often think illogically

**primary appraisal**

judgment about the degree of potential harm or threat to well-being that a stressor might entail

**primary reinforcer**

has innate reinforcing qualities (e.g., food, water, shelter, sex)

**primary sexual characteristics**

organs specifically needed for reproduction

**proactive interference**

old information hinders the recall of newly learned information

**problem-solving strategy**

method for solving problems

**procedural justice**

fairness by which means are used to achieve results in an organization

**procedural memory**

type of long-term memory for making skilled actions, such as how to brush your teeth, how to drive a car, and how to swim

**prodromal symptom**

in schizophrenia, one of the early minor symptoms of psychosis

**projection**

ego defense mechanism in which a person confronted with anxiety disguises their unacceptable urges or behaviors by attributing them to other people

**projective test**

personality assessment in which a person responds to ambiguous stimuli, revealing hidden feelings, impulses, and desires

**proprioception**

perception of body position

**prosocial behavior**

voluntary behavior with the intent to help other people

**prototype**

best representation of a concept

**proximity**

things that are close to one another tend to be grouped together

**psyche**

Greek word for *soul*

**psychoanalysis**

therapeutic orientation developed by Sigmund Freud that employs free association, dream analysis, and transference to uncover repressed feelings

**psychoanalytic theory**

focus on the role of the unconscious in affecting conscious behavior

**psychological dependence**

emotional, rather than physical, need for a drug which may be used to relieve psychological distress

**psychological disorder**

condition characterized by abnormal thoughts, feelings, and behaviors

**psychology**

scientific study of the mind and behavior

**psychoneuroimmunology**

field that studies how psychological factors (such as stress) influence the immune system and immune functioning

**psychopathology**

study of psychological disorders, including their symptoms, causes, and treatment; manifestation of a psychological disorder

**psychophysiological disorders**

physical disorders or diseases in which symptoms are brought about or worsened by stress and emotional factors

**psychosexual development**

process proposed by Freud in which pleasure-seeking urges focus on different erogenous zones of the body as humans move through five stages of life

**psychosexual stages of development**

stages of child development in which a child’s pleasure-seeking urges are focused on specific areas of the body called erogenous zones

**psychosocial development**

process proposed by Erikson in which social tasks are mastered as humans move through eight stages of life from infancy to adulthood

**psychotherapy**

(also, *psychodynamic psychotherapy*) psychological treatment that employs various methods to help someone overcome personal problems, or to attain personal growth

**psychotropic medication**

drugs that treat psychiatric symptoms by restoring neurotransmitter balance

**PsyD**

(doctor of psychology) doctoral degree that places less emphasis on research-oriented skills and focuses more on application of psychological principles in the clinical context

**punishment**

implementation of a consequence in order to decrease a behavior

**pupil**

small opening in the eye through which light passes

**R****racism**

prejudice and discrimination toward individuals based solely on their race

**random assignment**

method of experimental group assignment in which all participants have an equal chance of being assigned to either group

**random sample**

subset of a larger population in which every member of the population has an equal chance of being selected

**range of reaction**

asserts our genes set the boundaries within which we can operate, and our environment interacts with the genes to determine where in that range we will fall

**rapid eye movement (REM) sleep**

period of sleep characterized by brain waves very similar to those during wakefulness and by darting movements of the eyes under closed eyelids

**rational emotive therapy (RET)**

form of cognitive-behavioral therapy

**rationalization**

ego defense mechanism in which a person confronted with anxiety makes excuses to justify behavior

**reaction formation**

ego defense mechanism in which a person confronted with anxiety swaps unacceptable urges or behaviors for their opposites

**real self**

person we actually are

**recall**

accessing information without cues

**receptor**

protein on the cell surface where neurotransmitters attach

**recessive allele**

allele whose phenotype will be expressed only if an individual is homozygous for that allele

**reciprocal determinism**

belief that one's environment can determine behavior, but at the same time, people can influence the environment with both their thoughts and behaviors

**reciprocity**

give and take in relationships

**recognition**

identifying previously learned information after encountering it again, usually in response to a cue

**reconstruction**

process of bringing up old memories that might be distorted by new information

**reflex**

unlearned, automatic response by an organism to a stimulus in the environment

**refractory period**

time immediately following an orgasm during which an individual is incapable of experiencing another orgasm

**regression**

ego defense mechanism in which a person confronted with anxiety returns to a more immature behavioral state

**rehearsal**

conscious repetition of information to be remembered

**reinforcement**

implementation of a consequence in order to increase a behavior

**relapse**

repeated drug use and/or alcohol use after a period of improvement from substance abuse

**relaxation response technique**

stress reduction technique combining elements of relaxation and meditation

**relearning**

learning information that was previously learned

**reliability**

consistency and reproducibility of a given result

**REM sleep behavior disorder (RBD)**

sleep disorder in which the muscle paralysis associated with the REM sleep phase does not occur; sleepers have high levels of physical activity during REM sleep, especially during disturbing dreams

**replicate**

repeating an experiment using different samples to determine the research's reliability

**representative bias**

faulty heuristic in which you stereotype someone or something without a valid basis for your judgment

**representative sample**

subset of the population that accurately represents the general population

**repression**

ego defense mechanism in which anxiety-related thoughts and memories are kept in the unconscious

**resistant attachment**

characterized by the child's tendency to show clingy behavior and rejection of the parent when they attempt to interact with the child

**resolution**

phase of the sexual response cycle following orgasm during which the body returns to its unaroused state

**resting potential**

the state of readiness of a neuron membrane's potential between signals

**restless legs syndrome**

sleep disorder in which the sufferer has uncomfortable sensations in the legs when trying to fall asleep that are relieved by moving the legs

**reticular formation**

midbrain structure important in regulating the sleep/wake cycle, arousal, alertness, and motor activity

**retina**

light-sensitive lining of the eye

**retrieval**

act of getting information out of long-term memory storage and back into conscious awareness

**retroactive interference**

information learned more recently hinders the recall of older information

**retrograde amnesia**

loss of memory for events that occurred prior to brain trauma

**reuptake**

neurotransmitter is pumped back into the neuron that released it

**reversibility**

principle that objects can be changed but then returned back to their original form or condition

**rod**

specialized photoreceptor that works well in low light conditions

**Rogarian (client-centered) therapy**

nondirective form of humanistic psychotherapy developed by Carl Rogers that emphasizes unconditional positive regard and self-acceptance

**role schema**

set of expectations that define the behaviors of a person occupying a particular role

**romantic love**

type of love consisting of intimacy and passion, but no commitment

**Rorschach Inkblot Test**

projective test that employs a series of symmetrical inkblot cards that are presented to a client by a psychologist in an effort to reveal the person's unconscious desires, fears, and struggles

**rotating shift work**

work schedule that changes from early to late on a daily or weekly basis

**Rotter Incomplete Sentence Blank (RISB)**

projective test that is similar to a word association test in which a person completes sentences in order to reveal their unconscious desires, fears, and struggles

**Ruffini corpuscle**

touch receptor that detects stretch

**rumination**

in depression, tendency to repetitively and passively dwell on one's depressed symptoms, their meanings, and their consequences

## S

**safety behavior**

mental and behavior acts designed to reduce anxiety in social situations by reducing the chance of negative social outcomes; common in social anxiety disorder

**sample**

subset of individuals selected from the larger population

**satiation**

fullness; satisfaction

**scapegoating**

act of blaming an out-group when the in-group experiences frustration or is blocked from obtaining a goal

**Schachter-Singer two-factor theory of emotion**

emotions consist of two factors: physiological and cognitive

**schema**

(plural: *schemata*) mental construct consisting of a cluster or collection of related concepts

**schizophrenia**

severe disorder characterized by major disturbances in thought, perception, emotion, and behavior with symptoms that include hallucinations, delusions, disorganized thinking and behavior, and negative symptoms

**scientific management**

theory of management that analyzed and synthesized workflows with the main objective of improving economic efficiency, especially labor productivity

**script**

person's knowledge about the sequence of events in a specific setting

**seasonal pattern**

subtype of depression in which a person experiences the symptoms of major depressive disorder only during a particular time of year

**secondary appraisal**

judgment of options available to cope with a stressor and their potential effectiveness

**secondary reinforcer**

has no inherent value unto itself and only has reinforcing qualities when linked with something else (e.g., money, gold stars, poker chips)

**secondary sexual characteristics**

physical signs of sexual maturation that do not directly involve sex organs

**secure attachment**

characterized by the child using the parent as a secure base from which to explore

**secure base**

parental presence that gives the infant/toddler a sense of safety as they explore their surroundings

**selective migration**

concept that people choose to move to places that are compatible with their personalities and needs

**self-concept**

our thoughts and feelings about ourselves

**self-disclosure**

sharing personal information in relationships

**self-efficacy**

individual's belief in their own capabilities or capacities to complete a task

**self-fulfilling prophecy**

treating stereotyped group members according to our biased expectations only to have this treatment influence the individual to act according to our stereotypic expectations, thus confirming our stereotypic beliefs

**self-reference effect**

tendency for an individual to have better memory for information that relates to oneself in comparison to material that has less personal relevance

**self-serving bias**

tendency for individuals to take credit by making dispositional or internal attributions for positive outcomes and situational or external attributions for negative outcomes

**semantic encoding**

input of words and their meaning

**semantic memory**

type of declarative memory about words, concepts, and language-based knowledge and facts

**semantics**

process by which we derive meaning from morphemes and words

**semipermeable membrane**

cell membrane that allows smaller molecules or molecules without an electrical charge to pass through it while stopping larger or highly charged molecules

**sensation**

what happens when sensory information is detected by a sensory receptor

**sensorimotor stage**

first stage in Piaget's theory of cognitive development; from birth through age 2, a child learns about the world through senses and motor behavior

**sensorineural hearing loss**

failure to transmit neural signals from the cochlea to the brain

**sensory adaptation**

not perceiving stimuli that remain relatively constant over prolonged periods of time

**sensory memory**

storage of brief sensory events, such as sights, sounds, and tastes

**set-point theory**

assertion that each individual has an ideal body weight, or set point, that is resistant to change

**sex**

denotes the presence of physical or physiological differences—mostly reproductive characteristics—between males and females

**sex education**

teaching about human sexuality, relationships, anatomy, reproduction, sexually transmitted infections, sexual activity, sexual orientation, gender, abstinence, contraception, and reproductive rights

**sexism**

discriminatory and prejudicial beliefs against individuals based on their sex

**sexual attitudes**

values and beliefs about sexuality, based on family and cultural views about sexuality, sex education, and sexual experiences

**sexual fluidity**

a change in sexual attraction, identity, or behavior

**sexual harassment**

sexually based behavior that is knowingly unwanted and has an adverse effect of a person's employment status, interferes with a person's job performance, or creates a hostile or intimidating work environment

**sexuality**

the capacity to experience sexual feelings and attraction

**sexual orientation**

an individual's emotional and erotic attractions to other people

**sexual response cycle**

a person's response to sexual arousal, divided into four phases, including excitement, plateau, orgasm, and resolution

**shaping**

rewarding successive approximations toward a target behavior

**short-term memory (STM)**

(also, *working memory*) holds about seven bits of information before it is forgotten or stored, as well as information that has been retrieved and is being used

**signal detection theory**

change in stimulus detection as a function of current mental state

**similarity**

things that are alike tend to be grouped together

**single-blind study**

experiment in which the researcher knows which participants are in the experimental group and which are in the control group

**situationism**

describes a perspective that behavior and actions are determined by the immediate environment and surroundings; a view promoted by social psychologists

**sleep**

state marked by relatively low levels of physical activity and reduced sensory awareness that is distinct from periods of rest that occur during wakefulness

**sleep apnea**

sleep disorder defined by episodes during which breathing stops during sleep

**sleep debt**

result of insufficient sleep on a chronic basis

**sleep rebound**

sleep-deprived individuals will experience shorter sleep latencies during subsequent opportunities for sleep

**sleep regulation**

brain's control of switching between sleep and wakefulness as well as coordinating this cycle with the outside world

**sleep spindle**

rapid burst of high frequency brain waves during stage 2 sleep that may be important for learning and memory

**sleepwalking**

(also, *somnambulism*) sleep disorder in which the sleeper engages in relatively complex behaviors

**social anxiety disorder**

characterized by extreme and persistent fear or anxiety and avoidance of social situations in which one could potentially be evaluated negatively by others

**social-cognitive theory**

Bandura's theory of personality that emphasizes both cognition and learning as sources of individual differences in personality

**social exchange theory**

humans act as naïve economists in keeping a tally of the ratio of costs and benefits of forming and maintain a relationship, with the goal to maximize benefits and minimize costs

**social facilitation**

improved performance when an audience is watching versus when the individual performs the behavior alone

**social loafing**

exertion of less effort by a person working in a group because individual performance cannot be evaluated separately from the group, thus causing performance decline on easy tasks

**social norm**

group's expectations regarding what is appropriate and acceptable for the thoughts and behavior of its members

**social psychology**

field of psychology that examines how people impact or affect each other, with particular focus on the power of the situation

**Social Readjustment Rating Scale (SRRS)**

popular scale designed to measure stress; consists of 43 potentially stressful events, each of which has a numerical value quantifying how much readjustment is associated with the event

**social role**

socially defined pattern of behavior that is expected of a person in a given setting or group

**social support**

soothing and often beneficial support of others; can take different forms, such as advice, guidance, encouragement, acceptance, emotional comfort, and tangible assistance

**socioemotional selectivity theory**

social support/friendships dwindle in number but remain as close, if not more close, than in earlier years

**soma**

cell body

**somatic delusion**

belief that something highly unusual is happening to one's body or internal organs

**somatic nervous system**

relays sensory and motor information to and from the CNS

**somatosensory cortex**

essential for processing sensory information from across the body, such as touch, temperature, and pain

**specific phobia**

anxiety disorder characterized by excessive, distressing, and persistent fear or anxiety about a specific object or situation

**spermarche**

first male ejaculation

**spontaneous recovery**

return of a previously extinguished conditioned response

**sport and exercise psychology**

area of psychology that focuses on the interactions between mental and emotional factors and physical performance in sports, exercise, and other activities

**stage 1 sleep**

first stage of sleep; transitional phase that occurs between wakefulness and sleep; the period during which a person drifts off to sleep

**stage 2 sleep**

second stage of sleep; the body goes into deep relaxation; characterized by the appearance of sleep spindles

**stage 3 sleep**

third stage of sleep; deep sleep characterized by low frequency, high amplitude delta waves

**stage of exhaustion**

third stage of the general adaptation syndrome; the body's ability to resist stress becomes depleted; illness, disease, and even death may occur

**stage of moral reasoning**

process proposed by Kohlberg; humans move through three stages of moral development

**stage of resistance**

second stage of the general adaptation syndrome; the body adapts to a stressor for a period of time

**standard deviation**

measure of variability that describes the difference between a set of scores and their mean

**standardization**

method of testing in which administration, scoring, and interpretation of results are consistent

**Stanford prison experiment**

Stanford University conducted an experiment in a mock prison that demonstrated the power of social roles, social norms, and scripts

**stapes**

(also, *stirrup*) middle ear ossicle

**statistical analysis**

determines how likely any difference between experimental groups is due to chance

**stereotype**

specific beliefs or assumptions about individuals based solely on their membership in a group, regardless of their individual characteristics

**stimulant**

drug that tends to increase overall levels of neural activity; includes caffeine, nicotine, amphetamines, and cocaine

**stimulus discrimination**

ability to respond differently to similar stimuli

**stimulus generalization**

demonstrating the conditioned response to stimuli that are similar to the conditioned stimulus

**storage**

creation of a permanent record of information

**strategic family therapy**

therapist guides the therapy sessions and develops treatment plans for each family member for specific problems that can be addressed in a short amount of time

**stress**

process whereby an individual perceives and responds to events that one appraises as overwhelming or threatening to one's well-being

**stressors**

environmental events that may be judged as threatening or demanding; stimuli that initiate the stress process

**structural family therapy**

therapist examines and discusses with the family the boundaries and structure of the family: who makes the rules, who sleeps in the bed with whom, how decisions are made, and what are the boundaries within the family

**structuralism**

understanding the conscious experience through introspection

**subcortical structures**

the thalamus, hypothalamus, pituitary gland, and limbic system

**sublimation**

ego defense mechanism in which unacceptable urges are channeled into more appropriate activities

**subliminal message**

message presented below the threshold of conscious awareness

**substantia nigra**

midbrain structure where dopamine is produced; involved in control of movement

**sudden infant death syndrome (SIDS)**

infant (one year old or younger) with no apparent medical condition suddenly dies during sleep

**suggestibility**

effect of misinformation from external sources that leads to the creation of false memories

**suicidal ideation**

thoughts of death by suicide, thinking about or planning suicide, or making a suicide attempt

**suicide**

death caused by intentional, self-directed injurious behavior

**sulcus**

(plural: *sulci*) depressions or grooves in the cerebral cortex

**superego**

aspect of the personality that serves as one's moral compass, or conscience

**supernatural**

describes a force beyond scientific understanding

**suprachiasmatic nucleus (SCN)**

area of the hypothalamus in which the body's biological clock is located

**survey**

list of questions to be answered by research participants—given as paper-and-pencil questionnaires, administered electronically, or conducted verbally—allowing researchers to collect data from a large number of people

**sympathetic nervous system**

involved in stress-related activities and functions

**synapse**

small gap between two neurons where communication occurs

**synaptic vesicle**

storage site for neurotransmitters

**syntax**

manner by which words are organized into sentences

**systematic desensitization**

form of exposure therapy used to treat phobias and anxiety disorders by exposing a person to the feared object or situation through a stimulus hierarchy

**T****taste bud**

grouping of taste receptor cells with hairlike extensions that protrude into the central pore of the taste bud

**telecommuting**

employees' ability to set their own hours allowing them to work from home at different parts of the day

**TEMAS Multicultural Thematic Apperception Test**

projective test designed to be culturally relevant to minority groups, especially Hispanic youths, using images and storytelling that relate to minority culture

**temperament**

innate traits that influence how one thinks, behaves, and reacts with the environment

**temporal lobe**

part of cerebral cortex associated with hearing, memory, emotion, and some aspects of language; contains primary auditory cortex

**temporal theory of pitch perception**

sound's frequency is coded by the activity level of a sensory neuron

**teratogen**

biological, chemical, or physical environmental agent that causes damage to the developing embryo or fetus

**terminal button**

axon terminal containing synaptic vesicles

**thalamus**

sensory relay for the brain

**Thematic Apperception Test (TAT)**

projective test in which people are presented with ambiguous images, and they then make up stories to go with the images in an effort to uncover their unconscious desires, fears, and struggles

**theory**

well-developed set of ideas that propose an explanation for observed phenomena

**theory of evolution by natural selection**

states that organisms that are better suited for their environment will survive and reproduce compared to those that are poorly suited for their environment

**Theory X**

assumes workers are inherently lazy and unproductive; managers must have control and use punishments

**Theory Y**

assumes workers are people who seek to work hard and productively; managers and workers can find creative solutions to problems; workers do not need to be controlled and punished

**thermoception**

temperature perception

**theta wave**

type of low frequency, high amplitude brain wave characteristic of stage 1 and stage 2 sleep

**threshold of excitation**

level of charge in the membrane that causes the neuron to become active

**thyroid gland**

secretes hormones that regulate growth, metabolism, and appetite

**timbre**

sound's purity

**token economy**

controlled setting where individuals are reinforced for desirable behaviors with tokens (e.g., poker chips) that can be exchanged for items or privileges

**tolerance**

state of requiring increasing quantities of the drug to gain the desired effect

**top-down processing**

interpretation of sensations is influenced by available knowledge, experiences, and thoughts

**traits**

characteristic ways of behaving

**transactional leadership style**

characteristic of leaders who focus on supervision and organizational goals achieved through a system of rewards and punishments; maintenance of the organizational status quo

**transduction**

conversion from sensory stimulus energy to action potential

**transference**

process in psychoanalysis in which the patient transfers all of the positive or negative emotions associated with the patient's other relationships to the psychoanalyst

**transformational leadership style**

characteristic of leaders who are charismatic role models, inspirational, intellectually stimulating, and individually considerate and who seek to change the organization

**transgender**

people whose gender identity is different from the sex they were assigned at birth

**transience**

memory error in which unused memories fade with the passage of time

**transphobia**

the hatred of those who are perceived to break or blur stereotypical gender roles, often expressed as stereotyping, discrimination, harassment, and/or violence

**trial and error**

problem-solving strategy in which multiple solutions are attempted until the correct one is found

**triangular theory of love**

model of love based on three components: intimacy, passion, and commitment; several types of love exist, depending on the presence or absence of each of these components

**triarchic theory of intelligence**

Sternberg's theory of intelligence; three facets of intelligence: practical, creative, and analytical

**trichromatic theory of color vision**

color vision mediated by the activity across the three groups of cones

**trough**

lowest point of a wave

**tympanic membrane**

eardrum

**Type A**

psychological and behavior pattern exhibited by individuals who tend to be extremely competitive, impatient, rushed, and hostile toward others

**Type B**

psychological and behavior pattern exhibited by a person who is relaxed and laid back

**U****U.S. Equal Employment Opportunity Commission (EEOC)**

responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of the person's race, color, religion, sex (including pregnancy), national origin, age (40 or older), disability, or genetic information

**umami**

taste for monosodium glutamate

**unconditional positive regard**

fundamental acceptance of a person regardless of what they say or do; term associated with humanistic psychology

**unconditioned response (UCR)**

natural (unlearned) behavior to a given stimulus

**unconditioned stimulus (UCS)**

stimulus that elicits a reflexive response

**unconscious**

mental activity of which we are unaware and unable to access

**uninvolved parenting style**

when parents are indifferent, uninvolved, and sometimes referred to as neglectful; they don't respond to the child's needs and make relatively few demands

**V****validity**

accuracy of a given result in measuring what it is designed to measure

**variable interval reinforcement schedule**

behavior is rewarded after unpredictable amounts of time have passed

**variable ratio reinforcement schedule**

number of responses differ before a behavior is rewarded

**ventral tegmental area (VTA)**

midbrain structure where dopamine is produced; associated with mood, reward, and addiction

**ventricle**

one of the fluid-filled cavities within the brain

**vertigo**

spinning sensation

**vestibular sense**

contributes to our ability to maintain balance and body posture

**vicarious punishment**

process where the observer sees the model punished, making the observer less likely to imitate the model's behavior

**vicarious reinforcement**

process where the observer sees the model rewarded, making the observer more likely to imitate the model's behavior

**virtual reality exposure therapy**

uses a simulation rather than the actual feared object or situation to help people conquer their fears

**visible spectrum**

portion of the electromagnetic spectrum that we can see

**visual encoding**

input of images

**voluntary treatment**

therapy that a person chooses to attend in order to obtain relief from their symptoms

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**W**

**wakefulness**

characterized by high levels of sensory awareness, thought, and behavior

**wavelength**

length of a wave from one peak to the next peak

**Wernicke's area**

important for speech comprehension

**withdrawal**

variety of negative symptoms experienced when drug use is discontinued

**work-family balance**

occurs when people juggle the demands of work life with the demands of family life

**working backwards**

heuristic in which you begin to solve a problem by focusing on the end result

**workplace violence**

violence or the threat of violence against workers; can occur inside or outside the workplace

**work team**

group of people within an organization or company given a specific task to achieve together

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**Y**

**Yerkes-Dodson law**

simple tasks are performed best when arousal levels are relatively high, while complex tasks are best performed when arousal is lower

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**Z**

**zygote**

structure created when a sperm and egg merge at conception; begins as a single cell and rapidly divides to form the embryo and placenta