

## Things to know for Test #2 PSY 250

### Chapters 4, 5, & 6

The list below is a suggestion on things to study/review for test #2. It is NOT meant to be an all inclusive list of important material for the test.

#### CHAPTER 4

Describe the main concepts of Freud's theory,

Focus on the unconscious

the structure of personality,

- Id

- Ego

- Super Ego

Define defense mechanisms,

Identify the stages of psychosexual development, (what happens each stage)

- Oral

- Anal

- Genital

- Latent

- Genital

Explain the main concepts of the person-centered theory of Rogers.

- Real self

- Ideal self

Know the main features of Maslow's self-actualization theory.

- Level of needs

Explain the family systems perspective approach to understanding psychological disorders.

Distinguish between:

- the intergenerational,

- structural,

- strategic,

- and experiential approaches

how do families, systems, culture, and society can contribute to the development of mental illness.

Explain how experiencing gender, race, or age discrimination can cause psychological problems.

Explain how principles of classical conditioning have been applied to analysis of the causes of psychological disorder. (Example phobias) (Little Albert)

Know the difference between operant conditioning from classical conditioning and how reinforcement can aid in the development of symptoms.

Describe the social learning and social cognitive approaches to psychological disorder,

- Modeling

- Observation

How do cognitively based theories account for psychological disorders, and how are faulty cognitions (thinking) seen as the cause of emotional distress.

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#### **CHAPTER 5**

Describe the characteristics of anxiety symptoms.

Know the difference between fear and anxiety.

What are the features and symptoms of panic disorder

What are the symptoms agoraphobia.

What are the features and symptoms of specific phobias.

Describe the symptoms of people with social phobia

How is it different from agoraphobia

What are the symptoms of generalized anxiety disorder.

What are the symptoms and the diagnostic criteria of obsessive-compulsive disorder.

What are an obsessive thoughts

What is compulsive behavior

What are the symptoms and features of acute stress disorder

What are the symptoms of post-traumatic stress disorder

#### **CHAPTER 6**

What are somatoform disorders

How does psychological conflicts translated into physical symptoms.

What are the symptoms of conversion disorder.

What are the symptom and features of somatization disorder, and its related conditions.

What are the symptom of body dysmorphic disorder.

What are the symptom of hypochondriasis.

How different from conversion and somatization

What are malingering disorders such,

What are factitious disorder,

Munchausen's

Munchausen's syndrome by proxy.

Symptoms and features of dissociative identity disorder, explanations of this disorder as due to trauma, and the use of hypnotherapy and cognitive-behavioral treatment methods.

Describe the symptoms of dissociative amnesia.

What is the diagnostic criteria for dissociative fugue.

What are the features and symptoms used to diagnose depersonalization disorder.

What role does trauma play as a cause of dissociative disorders as well as other theories and treatment of dissociative amnesia, dissociative fugue, and depersonalization disorders.