

Psy 101 General Psychology (McLaughlin)

Study Guide for Test 4

Chapter 8: Personality

1. Define “personality.” Describe and identify examples of the following: character, temperament, personality trait, personality type, personality theory. Describe the four types of personality theories.
2. Describe the basic structures defined in the following type theories: Jung’s (introvert, extrovert); Eysenck (introversion vs. extroversion, emotionally stable vs. unstable, impulse control v. psychotic; melancholic, choleric, phlegmatic, sanguine); Cattell (surface and source traits; extroversion, agreeableness, conscientiousness, neuroticism, openness)
3. Describe the following terms, according to Freud’s theory: id, pleasure principle, ego, reality principle, superego, conscience, ego ideal, unconscious, conscious, preconscious. Describe why anxiety occurs, according to Freud. Describe and identify examples of neurotic anxiety and moral anxiety.
4. Describe defense mechanisms and identify examples of the following: regression, displacement, sublimation, reaction formation, projection, rationalization
5. Describe the five stages of development, according to Freud, including on what area of the body pleasure centers in each stage (the erogenous zone), which of the structures (Id, Ego, Superego) are present in each stage, what they do, and the outcome of fixation at that stage.
6. Describe what the self-system is, according to Bandura. Describe and give examples of self-efficacy, external locus of control, internal locus of control, and learning helplessness.
7. Describe the humanistic approach to personality. Describe and identify examples of human nature, free choice, subjective experience. Describe Maslow’s hierarchy of needs and self-actualization.
8. Describe what Carl Rogers meant by: fully-functioning person, self, self-image, conditions of worth, unconditional positive regard, positive self-regard.
9. Evaluate the strengths and weaknesses each of the major types of personality theories.

Chapter 10: Abnormal Psychology

1. Identify problems with the currently-used criteria of abnormality. Identify the two factors that should be considered in differentiating normal and abnormal. Describe and identify examples of the three criteria for identifying abnormality.
2. Describe the origin and function of the DSM-IV.
3. Describe the general risk factors for mental illness. Describe and identify examples of the following: insanity, neurosis
4. Describe and identify examples of the following anxiety disorders: specific phobias, social phobia, agoraphobia, panic disorder (including panic attacks), generalized anxiety disorder, obsessive-compulsive disorder (including obsessions and compulsions)

5. Describe and identify examples of the following stress disorders: acute stress disorder, post traumatic stress disorder
6. Describe and identify examples of mood disorders: depressive disorder, bipolar disorder, major depression, maternity blues, postpartum depression
7. Describe the symptoms of psychotic disorders. Describe the characteristics of schizophrenia (including the four types) and its possible causes.
8. Define psychotherapy. Describe the credentials and work done by clinical psychologists, counseling psychologists, psychiatrists, psychoanalysts, and clinical social workers.
9. Describe the function of biomedical therapies, and define/identify examples of drug therapies (including antianxiety drugs, antidepressant drugs, and antipsychotic drugs), electroconvulsive therapy, psychosurgery, prefrontal lobotomy, deep lesioning.
10. Describe the function of psychodynamic therapy, and define/identify examples of psychoanalysis, free association, dream analysis (including latent content, manifest content, dream symbols), resistance and transference.
11. Describe the function of humanistic therapy, and define/identify examples of client-centered therapy, unconditional positive regard, empathy, authenticity, reflection, Existential therapy, free will, confrontation
12. Describe the function of behavior therapy, and define/identify examples of behavior modification, aversive therapy, flooding, systematic desensitization, reciprocal inhibition
13. Describe the function of cognitive therapy, and define/identify examples of selection perception, overgeneralization, all-or-nothing thinking, rational-emotive therapy, including Ellis' ABC model.