

Critics of dissociative identity disorder, 657

They argue it doesn't really exist.
Movies and books increased the diagnosis, not actual patient symptoms.
DID has not been found in other countries.

Critics' Arguments

1. **Those displaying DID are really Role-playing, following** therapist's suggestions.
2. Learned response that reinforces reductions in anxiety.

3. Bipolar Disorder, 659-660

The person alternates between the hopelessness and lethargy of depression and the overexcited state of mania

Can experience a *manic episode*: marked by a hyperactive, wildly optimistic state



Symptoms of Schizophrenia, 669

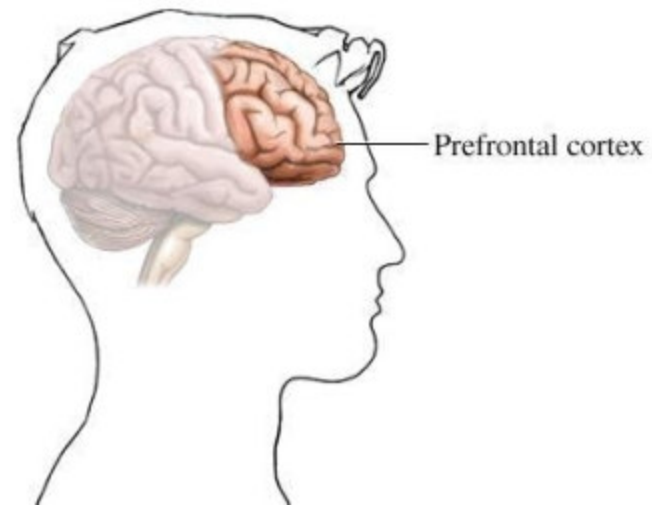
Literal translation “split mind”. A group of severe disorders characterized by:

1. Disorganized and **delusional** thinking.
2. Disturbed perceptions (**hallucinations**)
3. Inappropriate emotions and actions.

Antisocial Personality Disorder, 677-78

Disorder in which the person (usually men) exhibits a lack of conscience for wrongdoing, even toward friends and family members.

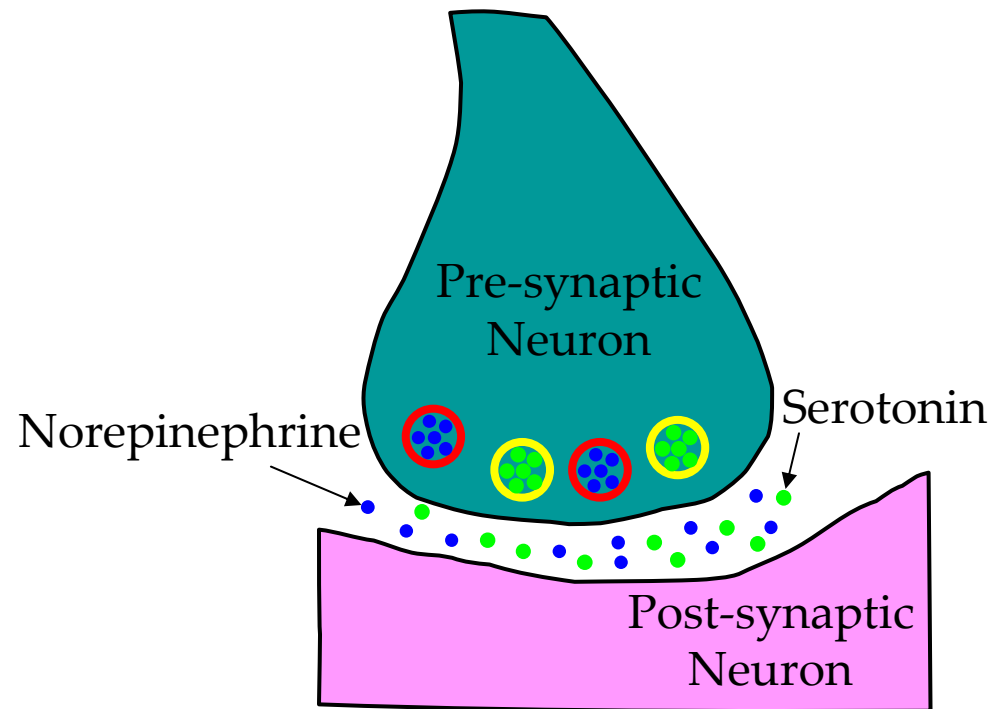
(Formerly called *sociopath* or *psychopath*.)



Neurotransmitters & Bipolar, 664

Increase of
norepinephrine and
has been implicated in
bipolar disorder.

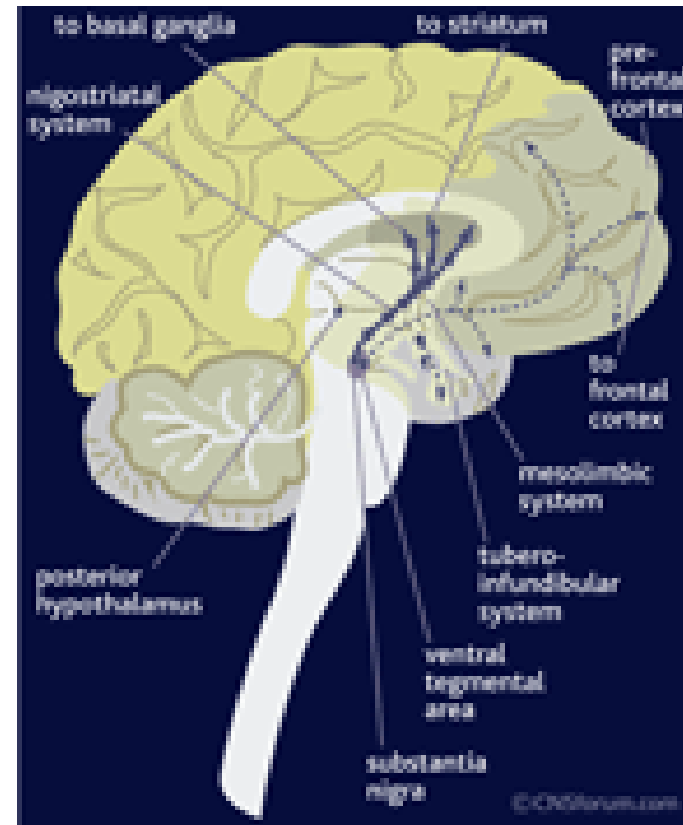
Drugs that alleviate
mania reduce
norepinephrine.



Schizophrenia and brain receptors, 672

Dopamine Over-activity:

Researchers have found that schizophrenic patients express higher levels of dopamine D4 receptors in the brain.



Psychoanalysis: Methods, 687

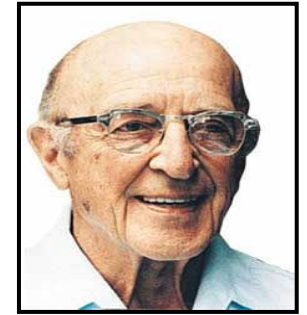
Freud developed the method of *free association* to unravel the unconscious mind and its conflicts. The patient speaks about whatever comes to his or her mind.

Freud also used *dream analysis*.



<http://www.english.upenn.edu>

Humanistic Therapy, 689-690



- Aka “Client-Centered” Therapy
 - developed by Carl Rogers
 - uses techniques such as active listening within a genuine, accepting, empathic environment to facilitate clients’ growth
 - (*unconditional positive regard*)
- 1. Active Listening
 - empathic listening in which the listener echoes, restates, and clarifies

Operant Conditioning Primary & Secondary Reinforcers, 330

1. **Primary Reinforcer:** An innately reinforcing stimulus like food or drink.
2. **Secondary or Conditioned Reinforcer:** A learned reinforcer that gets its reinforcing power through association with the primary reinforcer. Examples: money, grades, praise, gold star on your paper.

Psychotherapy research terms, Chapter 17

1. outcomes of research

a. ***meta-analysis***: statistically combines results of many studies

b. ***regression toward the mean***

the more something is done the closer it gets to average

c. ***double blind studies***

neither researcher nor subjects know who gets treatment

Hans Eysenck: psychotherapy is no more beneficial than no treatment at all

Placebo effect, 37 and 701

- the phenomenon that a patient's symptoms can be alleviated by an otherwise ineffective treatment, apparently because the individual *expects* or *believes* that it will work.

Light Exposure Therapy, 706

Seasonal Affective Disorder (SAD), a form of depression, has been effectively treated by light exposure therapy.

This form of therapy has been scientifically validated.



Courtesy of Christine Brune

Antidepressant Drugs and serotonin, 713

Antidepressant drugs like Prozac, Zoloft, and Paxil are **Selective Serotonin Reuptake Inhibitors (SSRIs)** that improve the mood by elevating levels of *serotonin* by inhibiting reuptake.



Robbers Cave Experiment, 767

- Muzafer Sharif
- Two groups were created and they developed separate identities (separate camps, chores and activities).
- Next, hostility was created using manipulated contests between the Rattlers and Eagles.
- Finally, the boys were required to work together to solve a manufactured camp water crisis. They had a **superordinate goal**, one larger than their disagreements that promoted coming together.



Role Playing Affects Attitudes, 727-729

In his prison study, Zimbardo (1972) found that guards and prisoners developed role-appropriate attitudes.



Phillip G. Zimbardo, Inc.



Originally published in the *New Yorker*

Individual Behavior in the Presence of Others, 738

Social facilitation: Refers to improved performance on tasks in the presence of others. Triplett (1898) noticed cyclists' race times were faster when they competed against others than when they just raced against the clock.



Michelle Agnis / NYT Pictures

Social Influence, 731

Conformity:

going along with group behavior

Solomon Asch studies:

under certain conditions
we will conform even
though we know
something is incorrect



Social Loafing, 738

The tendency of an individual in a group to exert less effort toward attaining a common goal than when tested individually (Latané, 1981).

Deindividuation, 739

The loss of self-awareness and self-restraint in group situations that foster arousal and anonymity.

Ex: Klan behavior, mobs, riots



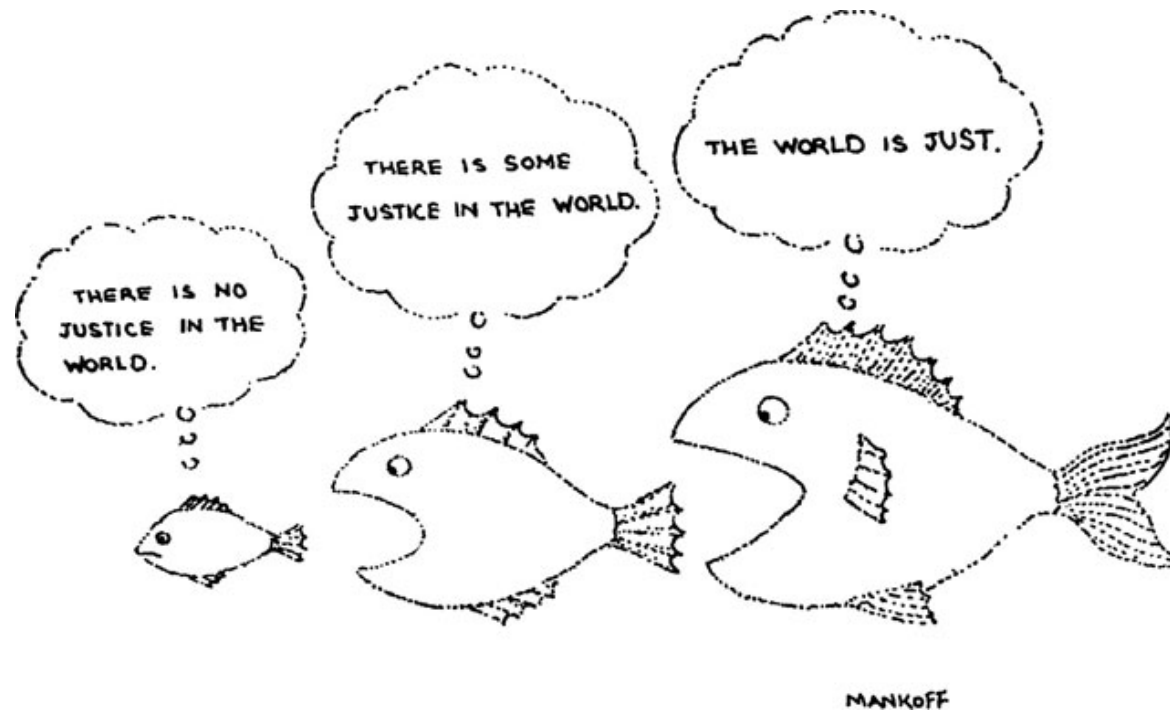
Mob behavior

In-group bias 746

- In-group Bias: The tendency to favor one's own group.
- 'we're better than they are'
- *Out-group*
- 'them'

Cognitive Roots of Prejudice: Just World Phenomenon, 748

The tendency of people to believe the world is just, and people get what they deserve and deserve what they get (**the just-world phenomenon**).



Post-Traumatic Stress Disorder, 652-53

Four or more weeks of the following symptoms constitute post-traumatic stress disorder (PTSD).

1. Haunting memories.
2. Nightmares.
3. Social withdrawal.
4. Jumpy anxiety.
5. Sleep problems.



Behavior Therapy: systematic desensitization, 692

Associates a pleasant, relaxed state with gradually increasing anxiety-triggering stimuli.

*A step by step procedure for becoming relaxed in a situation that would normally cause you extreme discomfort.

*At each step in the process the person must learn to associate calm feelings with the stimulus.

Commonly used to treat phobias.

Small Request – Large Request, 727

In the Korean War, Chinese communists solicited cooperation from US army prisoners by asking them to carry out small errands. By complying to small errands they were likely to comply to larger ones.

Foot-in-the-Door Phenomenon: The tendency for people who have first agreed to a small request to comply later with a larger request.