Subject Index

A

AA, see Alcoholics Anonymous (AA)

ABCDE model
- attraction, 358, 360–361
- building, 361–364
- continuation, 364–366
- deterioration, 367–369
- ending relationship, 369

Abnormal behavior
- dangerousness, 255
- faulty perception/interpretation of reality, 254–255
- personal distress, 255
- self-defeating behavior, 255
- social unacceptability, culture, 255
- unusualness, 254

Abstinence syndrome, see Withdrawal syndrome

Acculturation, 74–75, 399

Acculturative stress, 90

Accurate expectations, 61

Acquaintance potential, 218

Acquired immunodeficiency syndrome (AIDS), 433–436.
See also HIV/AIDS

Adaptation, 263

Adherence, 256

Addiction, see Substance dependence

Adolescence
- cognitive development, 443–445
- definition, 442
- physical changes of, 442–443
- social and personality development, 445–448

Adolescent
- egocentrism, 444–445
- longer and healthier life, 471–472
- risk-taking behavior, 446
- sexual adjustment, 447–448

Adrenal cortex, 120

Adrenal medulla, 120

Adrenocorticotropic hormone (ACTH), 120

Adulthood, see Late adulthood; Young and middle adulthood

Aerobic exercise, 168

African Americans
- acculturative stress, 90
- ethnic minority groups, 314
- Age-related changes, 451
- Age-30 transition, 455
- Aggressive and assertive responses, 322
- Aggressive behavior, 403

Aging
- gender differences, 465–466
- race and social class, 466

Agoraphobia, 259

Agreeableness, 68, 69

Alzheimer’s disease (AD), 464–465

Adjustment disorder, 256

Alcohol
- college students, 176
- death, 182
- effects of, 180, 182
- gender and ethnicity, 182
- treatment, 182–183

Alcoholics Anonymous (AA), 182

Alcoholism, 178

Alprazolam (Xanax), 317

Altruism, 243–245

Alarm stage
- ANS, 118, 119
- components of, 121
- corticosteroids, 120
- endocrine system, 118, 119
- fight-or-flight reaction, 118
- hypothalamus, 120
- parasympathetic nervous system, 118
- sympathetic nervous system, 118

Alcohol
- college students, 176
- death, 182
- effects of, 180, 182
- gender and ethnicity, 182
- treatment, 182–183

Alcoholics Anonymous (AA), 182

Alcoholism, 178

Alprazolam (Xanax), 317

Altruism, 243–245

Alzheimer’s disease (AD), 464–465
American Dental Association, 232
American Foundation for Suicide Prevention, 286
American Heart Association, 153
American Psychiatric Association (APA), 178, 256, 286
Amino acids, 152
Anaerobic exercise, 168
Anal-expulsive traits, 46
Analgesic drugs, 93
Anal-retentive traits, 46
Anal stage, 45
Analytical psychology, 47
Anatomic sex, 404
Ancestral humans, 405
Androgyny, 400
Andropause, 452
Anger, 137
Anorexia nervosa, 162–163
ANS, see Autonomic nervous system (ANS)
Antianxiety drugs, 317
Anticonvulsant drugs, 317
Antidepressant drugs, 182, 317–318
Antipsychotic drugs, 317
Antisocial personality disorder, 282
Anxiety-related disorders
causal factors, 263–265
GAD, 260
OCD, 261
panic disorder, 260
phobias, 258–260
PTSD, 261–263
APA, see American Psychiatric Association (APA)
Approach–approach conflict, 97
Approach–avoidance conflict, 97
Archetypes, 47
ASD, see Acute stress disorder (ASD)
Aspirin, 93
Assertive person
behavior rehearsal, 249
irrational beliefs, 247, 249
modeling, 249
self-monitoring, 246–247
Assertive responses, 322
Assessment, personality
objective personality tests, 76–77
projective personality tests, 78–79
Atkins diet, 153
Attention-deficit hyperactivity disorder (ADHD), 176
Attraction
definition, 329
matching hypothesis, 335–336
physical attractiveness, 330–335
proximity, 337
sexual orientation, 337–343
and similarity, 336–337
Attributional styles, 276
Attribution theory
actor-observer effect, 220–221
cultural differences, 221–222
dispositional attributions, 219
fundamental attribution error, 220
process, 219
situational attributions, 220
SSB, 221
Atypical antipsychotics, 317
Authoritarian parents, 457
Authoritative parents
instrumental competence, 456
parenting styles, 456–457
Autonomic nervous system (ANS), 118
Aversive conditioning, 302
Avoidance–avoidance conflict, 97
Avoidant personality disorder, 282
B
Balance sheet (for making career choices), 506–507
Barbiturates, 184
Barnum effect, 18
A Beautiful Mind (film), 272
Beauty and the Beast, 408
Behaviorism
classical conditioning, 52–53
conditioned fears, 53
extinction and spontaneous recovery, 54
operant conditioning, 54–55
punishment, 55–56
reinforcers types, 55
Behavior therapy (behavior modification)
aversive conditioning, 302
fear-reduction methods, 300–301
operant conditioning procedures, 302–303
Benzodiazepines, 265, 317
Bereavement, 470
BFT, see Biofeedback training (BFT)
Bicultural identity, 75
Binge drinking, 180
Biofeedback training (BFT), 94, 302–303
Biological needs, 63
Biomedical therapies, see Drug therapy
Bipolar disorder, 271, 318
Body mass index (BMI), 156
Body weight, 165
Bone density, aging and, 462–463
Borderline personality disorder, 282
Brain organization, 405–406
Breast cancer, 130, 141–143
Buffers, 239
Bulimia nervosa, 163
Burnout, 495–497
Bystander effect
baby-faced features, 245
decision-making model, 244
helping behavior, 244–245
racial prejudices, 245
self-sacrifice, 245

C

Calories, 156
Cancer
coping with, 143
prevention of, 143
psychological treatment, 142–143
risk factors, 141–142
Carcinogenic genes, 141
Career development
career change, 478–479
fantasy, 478
job, 479–487
maintenance, 478
motives, 477
realistic choice, 478
retirement, 479
tentative choice, 478
Caring, 364
Catch thirties, 455
CBT, see Cognitive-behavioral therapy (CBT)
Cell phones, 8–9
Centers for Disease Control and Prevention (CDC), 432
Central nervous system (CNS), 179, 317
Central route, 230
CHD, see Coronary heart disease (CHD)
Childbirth advice, 456
Children
divorce, 381–382
sleeper effects, 381
Chlamydia, 432
Chlordiazepoxide (Librium), 317
Chromosomes, 9
Cigarette smoking, 178
Cigar smokers, 186
Cinderella, 347
Civil Rights Act of 1964, 502
Claustrophobia, 259
Client-centered therapy, 65, 297–298
Cliques, 344
Clozapine (Clozaril), 317
CNS, see Central nervous system (CNS)
Cocaine, 187–188
Cognitive-behavioral strategies
anger, 321–322
anxieties and fears, 320–321
exercise, 325
pleasant events, 323
rational thoughts, 323–325
Cognitive-behavioral therapy (CBT), 182, 304, 306
Cognitive effects, stress, 123
Cognitive errors, 324
Cognitive therapy
eclectic therapy, 306
error correction, thoughts, 304–305
REBT, 305–306
Cohabitation, 386–388
Collective unconscious, 47
Collectivists, 72
College students
active approach, learning, 32–33
binge drinking, 181
counseling, 86
drugs, 179
sexual decision-making, 210
social networking, 345
SQ3R study method, 33, 35
test anxiety, 36
Commitment, 365
Communication skills, in relationships
conflicts, 388
criticism, 391–392
exchanging new behaviors, 389–390
impasse, 392
irrational expectations, 388–389
listening, 390
negotiate differences, 389
partner’s needs, 390–391
pleasurable interactions, 390
poor affective communication, 390
problem-solving communication, 390
requests, 391
Companionate love, 351
Competing cultural demands, 75
Compulsion, 261
Concerta, 176
Concordance rate, 280
Conditional positive regard, 64
Conditioned response (CR), 53
Conditioned stimulus (CS), 53
Conditions of worth, 64
Confederates, 363
Conflict, 96–97
Conformity
Asch study, 240–241
decindividuation, 242
diffusion of responsibility, 242
factors, 241–242
mob behavior, 242
social norms, 240
Conscientiousness, 68, 69
Contraception, 415–417
Conversion disorder, 268–269
Coping
with emotional responses to stress, 320–325
loneliness, 352–353
with pain, 93–95
Coronary heart disease (CHD), 122, 131
  age and family history, 136
  fatty deposits, 136
  healthier habits, 138–139
  job strain, 137–138
  lifestyle factors, 136
  negative emotions, 137
  physiological conditions, 136
  Type A behavior, 136–137
Correlation, 22
Correlational method
  correlational coefficient, 25
  negative correlation, 26
  positive correlation, 25
Corticotropin releasing hormone (CRH), 120
Counseling, 86
Counterconditioned, 301
Counterproductive traits, 70
Couple therapy, 309
Creative self, 47, 50
CRH, see Corticotropin releasing hormone (CRH)
Critical thinking
  alternative interpretations, research evidence, 16–17
  arguments, assumptions/premises of, 16
  astrology and pseudosciences, 17–19
  definitions of terms, 16
  evidence, 16
  healthy skepticism, 16
  life, 17
  overgeneralize, 17
  oversimplify, 17
  self-help books, 19–20
Crowds, 344
Crystallized intelligence, 453
Cultural differences
  social identity, 73
  therapists, 314
Cultural identity, 75
Cultural learning, 403
Curriculum vitae (CV), 479
Cyberdating, 361
Cybersex addiction, 418–420
Cyberspace, 206–207

D
Daily hassles
  aggravation, 86, 87
  definition, 86
  uplifts, 88
Date-seeking skills
  easy practice level, 366
  medium practice level, 366–367
  target behavior level, 367
Decibel (dB), 102–103
Defense mechanisms, 44, 50
  Defensive coping
    aggression, 110
    defense mechanism, 109
    substance use, 109
    withdrawal, 109
  Delayed ejaculation, 423
  Delirium tremens (DTs), 178
  Deoxyribonucleic acid (DNA), 142
  Dependent personality disorder, 283
Depressants
  alcohol, 179–183
  barbiturates, 184
  opioids, 183–184
Depression
  cognitive distortions, 275
  negative thoughts, 274
  women, 272
  Deterioration stage (of relationships), 367–369
  Developmental tasks, young adulthood, 455
  Diagnostic and Statistical Manual of Mental Disorders (DSM), 255
  Diaphragmatic breathing, 114
  Diathesis, 280
  Diathesis–stress model, 281
  Diazepam (Valium), 317
  Dietary fiber, 152
Discrimination, 75, 90
  intergroup contact, 218
  legal recourse, 218
  role reversal, 217–218
  self-examination, 218–219
  sources of, 216–217
  stereotypes, 216
  tolerant children, 219
Diseases of adaptation, 122
Disorientation, 178
Displacement, 46
Dissimilarity, 216
Dissociative disorders
  causal factors, 267–268
  depersonalization/derealization disorder, 267
  DID, 266
  dissociative amnesia, 266
  dissociative fugue, 266
  dissociative identity disorder (DID), 265, 266
  Divalproex, 318
  Divorce mediation, 380
  DNA, see Deoxyribonucleic acid (DNA)
  Domestic violence, see Intimate partner violence (IPV)
  Dopamine theory, 280–281
  Double-blind studies, 29
  The dream, 454
  Drive for superiority, 47
  Drug therapy
    antianxiety drugs, 317
    antidepressants, 317–318
antipsychotic drugs, 317
biomedical therapies evaluation, 319
ECT, 318
lithium, 318
psychosurgery, 318–319

**E**

Eating disorders
anorexia nervosa, 162–163
bulimia nervosa, 163
causes of, 163–165
Eclectic therapy, 306
Ecstasy, 187
ECT, see Electroconvulsive therapy (ECT)
Edwards Personal Preference Schedule (EPPS), 507
EEG, see Electroencephalograph (EEG)
Efficient self-regulatory systems, 61
Ego, 44, 50
Ego analysts, 295
Egocentrism, 444
Ego identity, 48
Ego identity vs. role diffusion, 446–447
Ego integrity vs. despair, 466
Ego strength, 50
Elaboration likelihood model (ELM), 230–231
Elavil, 317
Electra complex, 46, 406
Electroconvulsive therapy (ECT), 318
Electroencephalograph (EEG), 303
Electromyograph (EMG), 303
ELM, see Elaboration likelihood model (ELM)
Emotional appeals, 232
Emotional effects, stress
anger, 122–123
anxiety, 122
depression, 123
emotions and behavior, 123
Emotional instability, see Neuroticism
Emotional intelligence, 375–376
Empathic understanding, 297
Empirically supported treatments (ESTs), 312–313
Encode, 57
Endoderm, 413
Environmental hassles, 88
Environmental stressors
air pollution, 103
crowd, 103–104
disasters, 100–101
noise, 101–103
personal space, 104
temperature, 103
terrorism, 101
EPPS, see Edwards Personal Preference Schedule (EPPS)
Equal Pay Act of 1963, 502
Equal status, 218
Equity, 366
Erectile disorder, 423
Erikson, Eric H.
positive outcomes, 50
psychosocial development, 48–49
Erogenous zones, 45
Eros, 45
Esteem needs, 63
Estrogen, 413
Estrus, 413
ESTs, see Empirically supported treatments (ESTs)
Ethics, 203
Ethnic groups, 12
Ethnic identity, 75, 199
Ethnicity
and health, 128–131
sexual orientation, 342
Ethnic minority groups
African Americans, 314
Asian Americans, 314
Latino and Latina Americans, 314
Native Americans, 315
Ethnic self-identity, 91–92
Euthanasia, 469
Events, accurate encoding of, 59
Evolutionary psychology, 405
Excitement phase, 418
Exercise
aerobic exercise, 168
anaerobic exercise, 168
and mental health, 169
and physical health, 168–169
Existentialism, 296
Experimental method
blinds and double blinds, 28–29
experimental and control groups, 28
independent and dependent variables, 28
Exploration, 447
Extinction, 54, 300
Extramarital affairs, 376–377
Extraversion, 66, 67, 68, 69
Extrinsic motives, 477
Eye contact
building relationship, 361
Eysenck’s model, 67

**F**

Facebook, 68, 69, 164, 200, 336
grades, 363
mental health, 277
Facial attractiveness, 331
*Failure to Launch*, 449
Family therapy, 309
Fat cells, 156
Fat-sparing mechanism, 157
FDA, see Food and Drug Administration (FDA)

Fear-reduction methods
- flooding, 300
- gradual exposure, 300–301
- modeling, 301
- systematic desensitization, 301

Female
- orgasmic disorder, 423
- PhD recipients, psychology, 15
- sexual interest/arousal disorder, 422

Female sexual anatomy
- cervix, 411
- clitoris, 410
- fallopian tubes, 411
- glans, 410
- major lips, 411
- minor lips, 411
- mons veneris, 410
- ovaries, 411
- ovum, 411
- pudendum, 410
- urethral, 410
- uterus, 411
- vagina, 411
- vulva, 410

Feminine traits, 398
Femininity, 407

Feminist psychotherapy, 315

Fight-or-flight reaction, 118, 120

Financial responsibility hassles, 88

First impressions
- body language, 213–215
- importance of, 212
- management of, 212–213

Fitness
- exercise effects, 168–169
- exercise types, 168
- physical activity, 169–170
- physical fitness and sports, 167

Five-factor model, 67–69

Fixation, 45, 50
Flashbacks, 188

Flextime, 491

Flight of ideas, 271

Fluid intelligence, 453

Food and Drug Administration (FDA), 29

Foot-in-the-door technique, 234, 239

Formal operational stage, 444

Frames of reference, 64

Free association, 51

Free radicals, 153

Friendship, 344–345

Frustration
- blocking pain, 95
- commuting, 95
- models, 95, 96

Psychological barriers, 96
Tolerance, 96

Future security hassles, 88

G

GAD, see Generalized anxiety disorder (GAD)

Gamma-aminobutyric acid (GABA), 134, 264

GAS, see General adaptation syndrome (GAS)

Gate theory, pain, 94–95

Gay males, 340–343

Gender
- and earnings gap, 501–502
- and health, 131
- roles and stereotypes, 396–400
- sexuality (see Sexuality)

Gender differences
- cognitive abilities, 401–402
- personality and social behavior, 402–403

Gender identity, 404, 406

Gender reassignment, 405

Gender roles, 396
- acculturation, 399
- shifting of, 408

Gender-schema theory, 407–409

Gender stereotypes, 396

Gender-typing
- biological influences, 405–406
- psychosocial influences, 406–409

General adaptation syndrome (GAS)
- alarm reaction (see Alarm stage)
- exhaustion stage, 122
- resistance stage, 122

Generalized anxiety disorder (GAD), 260

Genes, 9–10, 70

Genetics
- obesity, 158

Genital stage, 46

Genius vs. madness, 272, 274

Genuineness, 297

Gestalt therapy, 298–299

Green–Orange treatment, 217

Group influences
- conformity, 240–242
- obedience to authority, 236–239

Group therapy, 308–309

H

Hallucinations, 254

Hallucinogens
- LSD, 188
- marijuana, 188–189

Happiness
- family income, 11
- personal happiness, 11–12
- social contagion, 11
Hashish, 188
HDLs, see High-density lipoproteins (HDLs)
Headache treatment, 133
Health
  ethnicity and, 128–131
  gender and, 131
Health care
  active/passive consumer, 146–147
  management, 145
Health hassles, 88
Healthier behaviors
  eating disorders, 162–165
  fitness, 166–170
  foods, campus, 154
  harmful substances, healthful alternatives to, 190–192
  nutrition, 152–155
  obesity, 155–165
  sleep, 171–175
  substance abuse and dependence, 176–190
Health psychology, 117–118
Healthy personality
  humanistic theory evaluation, 65
  learning theory evaluation, 61
  sociocultural perspective evaluation, 76
  trait theories evaluation, 71
Heart disease, 129
Helping behavior, 243–245
Heroin, 183–184
Herpes simplex virus (HSV), 432
Hierarchy, 301
Hierarchy of needs, 63
High blood pressure, 131
High-density lipoproteins (HDLs), 136, 168
Histrionic personality disorder, 282
HIV/AIDS
  CDC, 432
  HPV, 433
  immune system, 433
  safe sex, 436
  STD, 432–434
  transmission modes, 435
  treatment of, 435
HMOs, 145
Hormones, 121
Hospice, 469
Hostility, 137
Hoteling, 493
Household hassles, 88
HPA, see Hypothalamus-pituitary-adrenal (HPA)
HPV, see Human papillomaviruses (HPV)
HSV, see Herpes simplex virus (HSV)
Human diversity
  ethnic diversity, 12–13
  feminist psychotherapy, 315
  gender, 14
  psychotherapy and ethnic minority groups, 313–315
  scientific approach, 14
Human happiness, 11–12
Human iceberg, 42–43
Human immunodeficiency virus (HIV), 433–436.
  See also HIV/AIDS
Humanistic-existential therapies
  client-centered therapy, 297–298
  Gestalt therapy, 298–299
Humanistic theory
  Abraham Maslow's self-actualization, 62–63
  Carl Rogers's self theory, 64–65
evaluation, 65
  existentialism, 62
  humanism, 62
Human papillomaviruses (HPV), 433
Humor, 106
Hurricane Katrina, 100
HurryDate website, 368
Hydrocodone, 176
Hypnosis, 94
Hypochondriasis, 269
Hypochondriasis, 269
Hypothalamus-pituitary-adrenal (HPA), 120
Hypothesis, 22
Hysteria, 268

I
Ibuprofen, 93
Id, 43, 50
Ideal self, 204, 207
Ideas of persecution, 254
Identification, 44
  gender-typing, 406
  superego, 44
Identity crisis, 48, 208, 447
Identity status, 448
  biracial adolescents, 211
  college students, 210
  gender differences, 211
  identity achievement, 209
  identity development, 211
  identity diffusion, 209
  identity foreclosure, 209
  identity moratorium, 209
  interpersonal relationships, 211
  premarital sexual activity, 211
  women's identities, 211
The Iliad, 346
Illness, health and
  behavioral causes, 128
  healthier behaviors, 126
  human diversity and health, 128–131
  multifactorial model, 126–127
  sociocultural factors, 128
  Imaginary audience, 444–445
Immune system
  antibodies, 123
  antigens (antibody generators), 123
  chronic stress, 124
  cognitive appraisal, 125
  correlational evidence, 125
  inflammation, 124
  leukocytes, 123
  microscopic warfare, 125
  pathogens, 123
  personality differences, 125
  positive vs. negative life changes, 125
  psychoneuroimmunology, 124
  stress hormones, 124
Immunization technique, 217–218
In a Different Voice, 454
Independence, quest for, 445
Individualism vs. collectivism, 72–73
Individualists, 72
Individual psychology, 47
Individuation, 454
Industrial/organizational (I/O) psychology, 475
Inferiority complex, 47
Inferiority feelings, 50
Inflammation, 92
Information processing, 217
Information technology (IT), 491
Inner-concern hassles, 88
Inner identity, 201
Interactionism, 71
Intergroup cooperation, 218
The Internet, 20–21
Internet addiction, 190
Internet counseling, 310
Interpersonal attraction, see Attraction; Friendship; Love
Interpretation, 294
Intimacy vs. isolation, 454
Intimate partner violence (IPV), 377, 379
Intimate relationships
  Levinger’s model (see ABCDE model)
  marriage, 370–383
  singlehood, 384–388
  social-exchange theorists, 357
Intrinsic motives, 477
Introversion, 66, 67
IPV, see Intimate partner violence (IPV)
Irrational beliefs, 140, 306–307
  anxiety, 98
  catastrophizing thoughts, 99
  depression, 98
  misery, 97
  Type A behavior pattern, 99, 100
  unjustified assumption, 99
Irrational thoughts
  anger, 321
  rational alternatives, 36
J
  Jealousy, 365–366
Job
  cover letter, 482–483
  developmental tasks, 484–485
  health care and human services, 486–487
  interviewer, 484
  resume, 479–482
  Job fair, 508–509
  Job satisfaction
    constructive criticisms, 490
    determination, 489
    financial compensation, 491
    goal setting, 491
    improved recruitment and placement, 489–490
    new workplace technology, 493–494
    training and instruction, 490
    workers performance, appraisal of, 490
    work redesign, 491
    work schedules, 491, 493
  Job-strain model, 138
K
  Kübler-Ross’s approach, 469
L
  La belle indifférence, 268
Late adulthood
  cognitive development, 464–466
  personality and social development, 466–470
  physical development, 461–463
  population growth, 461
Latency, 46
Latent content, 295
Learned helplessness, 273
Learning competencies, 59
Learning theory(-ies), 61
  behaviorism, 52–56
  social-cognitive theory, 57–59
Legitimate authority, 239
Lesbians, 340–343
Libido, 45
Lieben und arbeiten, 49
Lord of the Rings, 47
Love
  definition, 346
  romantic love, 347
styles (see Love-attitude scale)
triangular model, 347–351
Love and belongingness needs, 63
Love-attitude scale
agape, 347
eros, 346
gender differences, 347
ludus, 346
mania, 346
pragm, 346
storge, 346
Loyalty, 344
Lung cancer, 130, 142
Lysergic acid diethylamide (LSD), 188
Machismo, 399
Major depressive disorder (MDD, major depression), 270–271
Major tranquilizers/neuroleptics, see Antipsychotic drugs
Male hypoactive sexual desire disorder, 422
Male sexual anatomy, 412
Manic-depression, see Bipolar disorder
Manifest content, 295
Marianismo, 399
Marijuana, 176, 188–189
Marital therapy, see Couple therapy
Marriage
contracts, 372–373
divorce, 380–382
extramarital affairs, 376–377
gay marriage, 372
homogamy, 371
intimate partner violence, 377, 379
marital satisfaction, 373–374
mating gradient, 372
notions, 370
personal and social needs, 370
sexual relations, 371
stepparent families, 383
Masculin, 407
Matching hypothesis, 335–336
Meditation
alpha waves, 113
breathe, 113–114
mindfulness meditation, 112
relaxation techniques, 113
transcendental meditation, 112
Melanin, 461
Mellaril, 317
Menarche, 443
Menopause, 413, 451–453
Menstrual cycle, hormonal regulation of, 413
Menstrual distress, 134–135
Menstruation, 413
Mental disorders (mental illness), see Psychological disorders
Mercy killing, see Euthanasia
Mescaline, 188
Meta-analysis, 311
Methadone, 184
Methamphetamine, 187
3,4-Methylenedioxymethamphetamine (MDMA), 187
Methylphenidate (Ritalin), 187
Migraine headache, 133
Milgram studies, 236–237
Minnesota Multiphasic Personality Inventory (MMPI, MMPI-2), 77
Minor tranquilizers, see Antianxiety drugs
Mismanaged care, prevention of, 145
Mobile communications, 9
Monoamine oxidase (MAO) inhibitors, 317
Monosodium glutamate (MSG), 133
Mood disorders
biological factors, 276–277
psychological factors, 273–276
types, 270–272
Morphine, 183
Motivational-enhancement therapy, 182
Multifactorial model, 126–127
Multiple approach–avoidance conflict, 97
Multiple personality disorder, see Dissociative identity disorder
Multitask, 34
Muscle-tension headache, 132–133
Mutual cyclical growth, 364
Mutuality, 365
Myocardial infarction (MI), 136
Myotonia, 418

N
Naltrexone, 182
Narcissism, 68
Narcissistic personality disorder, 282
Narcotic drugs, 183
Nardil, 317
National Council on Alcoholism’s self-test, 183
National Institute on Alcohol Abuse and Alcoholism, 182
National Institutes of Health (NIH), 156
National Institutes of Mental Health (NIMH), 286
National Science Foundation, 376
National Suicide Prevention Lifeline, 286
Need for affiliation, 358
Negative reinforcers, 55
Neuroticism, 66, 69
Neurotransmitters, 133
The New Our Bodies, Ourselves, 430
Nicotine, 185–186
NIH, see National Institutes of Health (NIH)
No-fault divorce, 380
Nonspecific factors, 312
Norepinephrine, 264
Nurturance, 507
Nutrients
carbohydrates, 152–153
fats, 153–154
Nutrients (Contd.)
- proteins, 152
- vitamins and minerals, 153–155

O
- Obesity
  - biological factors, 156–157
  - BMI, 156, 157
  - psychosocial factors, 157–158
- Objective personality tests, 76–77
- Observational learning (modeling), 57, 59
- Obsession, 261
- Obsessive-compulsive disorder (OCD), 261
- Obsessive-compulsive personality disorder, 283
- Oedipus complex, 46, 406
- Olanzapine (Zyprexa), 317

On Death and Dying
- dignity, 469
- hospice movement, 469–470
- theoretical perspectives, 468–469

Online dating, 359–360
- Openness to experience, 68
- Operant conditioning, 54–55
  - BFT, 302–303
  - social skills training, 302
  - token economy, 302
- Opiate addiction, 178
- Optimism, 107
- Oral stage, 45
- Organizing effects, 340, 413
- Osteoporosis, 154, 451
- Outcome expectancies, 58
- Ovulation, 413
- Oxazepam (Serax), 317
- OxyContin, 176, 183

P
- Pain
  - acupuncture, 95
  - American adults, 92
  - analgesic drugs, 93
  - endorphins, 93
  - gate theory, 94–95
  - inflammation, 92
  - obtaining accurate information, 93
  - prostaglandins, 92
  - thoughts, taking control of, 94
  - using distraction and fantasy, 93
  - using hypnosis, 94
- Paranoia, 278
- Paranoid personality disorder, 282
- Parenting styles, 456–457
- Parnate, 317
- Part-time/limited cohabitation, 387
- Passive smoking, 186
- Penis, 412
- Percodan, 183
- Performance anxiety, 424
- Peripheral route, 231
- Permissive parents, 457
- Personal fable, 444–445
- Personal happiness, 10
- Personality
  - assessing personality (see Assessment, personality)
  - biological influences, 41
  - healthy personality (see Healthy personality)
  - humanistic theory, 62–65
  - learning, 41
  - learning theories, 51–59
  - psychodynamic theories (see Psychodynamic theories)
  - sociocultural perspective, 71–73
  - trait theories, 66–69
  - types and careers, 508–509
- Personality development and gender, 454
- Personality disorders
  - causal factors, 283
  - types of, 281–283
- Personal self
  - name, 201–202
  - values, 202–203
- Person schemas, 197–198
- Persuasion
  - communicator, 232–233
  - ELM model, 230–231
  - message, 232
  - persuaded audience, 233
  - persuasive appeals, 233
  - sales ploys, 234–235
- Phallic stage, 46
- Phallic symbols, 295
- Phenothiazines, 317
- Phobias, 258–260
- Physical attraction
  - cultures, 334–335
  - gender differences, 332–334
  - stereotypes, 334
- Physical health
  - cancer, 141–143
  - CHD (see Coronary heart disease (CHD))
  - headaches, 132–133
  - menstrual problems, 134–135
- Physical self, 198–199
- Placebo effect, 28, 175
- Plateau phase, 418
- Pleasure principle, 43
- PMS, see Premenstrual syndrome (PMS)
- Positive psychology, 11
- Positive regard, 64–65
- Positive reinforcers, 54, 55
- Positive self-efficacy expectations, 61
- Posttraumatic stress disorder (PTSD), 101, 261–263
- Prefrontal lobotomy, 319
Prejudice
   intergroup contact, 218
   legal recourse, 218
   role reversal, 217–218
   self-examination, 218–219
   sources of, 216–217
   tolerant children, 219
Premarital cohabitation, 387
Premature (early) ejaculation, 423
Premenstrual syndrome (PMS), 134–135
Prepubescence, 163
Primacy effect, 212
Primary reinforcers, 55
The Prince and the Pauper, 200
Prince Charmings, 347, 408
The Princess and the Frog, 408
Progesterone, 413
Projective personality tests, 78–79
Propaganda, 238
Prostaglandins, 92, 133
Prostate, 412
Proximity, 337
Prozac, 317
Pseudosciences, 17
Psychedelics, 188
Psychic structures, 43
Psychoanalysis, 43, 292
Psychodynamic theories, 406–407
   healthy personality, 49–50
   psychodynamic approaches, 50–51
   theorists (see Psychodynamic theorists)
   theory of personality (see Sigmund Freud, personality theory)
Psychodynamic theorists
   Adler, Alfred, 47
   Erikson, Erik H., 48–49
   Horney, Karen, 47–48
   Jung, Carl, 47
Psychodynamic therapies
   modern psychodynamic approaches, 295–296
   traditional psychoanalysis, 293–295
Psychological androgyny, 398
Psychological conflicts, 97
Psychological disorders
   abnormal behavior, 254–255
   anorexia nervosa, 162–163
   anxiety-related disorders, 257–265
   bulimia nervosa, 163
   classification, 255–257
   dissociative disorders, 266–268
   mood disorders, 270–277
   personal crisis, friend, 284–286
   personality disorders, 281–283
   schizophrenia, 278–281
   somatic symptom and related disorders, 268–270
Psychological factors and health
   active health care consumer, 144–145
   health and illness (see Illness, health and)
Psychotic behaviors, 271
Psychotropic drugs, 316
PTSD, see Posttraumatic stress disorder (PTSD)
Puberty, 443
Punishments, 55–56

Q
Quality circle, 491

R
Racism, 90
Random assignment, 28
Rape
  college campus, 427
  definition, 426
  myths, 429–430
  prevention, 429–431
  sexual aggression, 428
  sexual assault, 427
  sexual interest, 428
  violence, 428
Rapid smoking, 302
Rational-emotive behavior therapy (REBT), 305–306
RCPP, see Recurrent Coronary Prevention Project (RCPP)
Reaction time, 461
Reality principle, 44
Rebound anxiety, 317
REBT, see Rational-emotive behavior therapy (REBT)
Recency effect, 212
Reciprocity, 337
Recurrent Coronary Prevention Project (RCPP), 139
Reflexes, 53
Refomed helplessness theory, 276
Refractory period, 420
Reinforcement, 54–55
Reinforcement vs. punishment, 56
Relational aggression, 403
Relationships, see Intimate relationships
Relaxation training, 94
Repression, 43
Research methods
  case study method, 23
  correlational method, 25–26
  experimental method, 28–29
  naturalistic observation method, 25
  psychologists, 29
  survey method, 24–25
Resistance, 43, 294
Resume
  educational background, 481
  heading, 480
  job objective, 480–481
  personal information, 482
  references, 482
  work experience, 481–482
Retirement, 467–468
Risperidone (Risperdal), 317
Road rage, 323
Rogers, Carl
  identity achievement, 210
  self-theory, 64–65
Role diffusion, 447
Role schema, 197
Romantic love, 347
Rorschach inkblot test, 78

S
Safety needs, 63
Sales ploys
  bait-and-switch, 234–235
  foot-in-the-door technique, 234
  low-balling, 234
Schizoid personality disorder, 282
Schizophrenia, 272, 317
  catatonic behavior, 279
  causal factors, 279
  delusions, 279
  genetic factors, 280–281
  hallucinations, 278
  stupor, 279
  waxy flexibility, 279
Schizotypal personality disorder, 282
Scrotum, 412
The Seattle Longitudinal Study, 464
Secondary reinforcers (conditioned reinforcers), 55
Secondary sex characteristics, 443
Selection factor, 22
Selective serotonin reuptake inhibitors (SSRIs), 317
Self
  attribution theory and personal adjustment, 219–222
  concept, 204–207
  esteem, 207–208
  identity, 208–211
  personal, 200–203
  physical, 198–199
  prejudice and discrimination, 215–219
  in Roger’s theory, 64
  schemas, 197–198
  self-esteem enhancement, 222–224
  social, 199–200
  social perception, 212–215
  sociocultural factors, 73
Self-actualization, 62–63
Self-concept, 198–199, 201, 204–207
Self-defeating behavior, 255
Self-disclosure, 363–364
Self-efficacy expectations, 58, 105, 223
Self-esteem, 64–65, 207–208
Self-esteem enhancement
  competencies, 222–223
  crisis, 223
  realistic and attainable goals, 223
  suggested alternatives, 223, 224
Self-fulfillment, 477
Self-ideals, 65, 204, 207
Self-identity, 201, 208–211, 477
Self-medication, 180
Self-promotion, 484
Self-serving bias (SSB), 221
Self-starvation pattern, 162
Self-worth, 477
Semen, 412
Serotonin, 133, 264
Sex hormones
- organizing and activating effects of, 413
- prenatal development, 406
Sexual behavior, 413
- and response, 414–421
- sex hormones, 413
Sexual dysfunctions
- biological causes, 423–424
- psychological causes, 424
- sex therapy, 425
- sociocultural causes, 425
- types of, 422–423
Sexual expression, varieties of
- contraception, methods of, 415–417
- intercourse, 414
- values and, 415
Sexual gratification, 46
Sexual harassment, 502–505
Sexual infidelity, 365
Sexuality
- behavior and response, 414–421
- biological basis, 410–413
- dysfunctions, 422–425
- gender differences, 400–403
- gender roles and stereotypes, 396–400
- gender-typing, 404–409
- HIV/AIDS, 432–434
- rape, 426–431
Sexual jealousy, 365
Sexually transmitted diseases (STDs), 432
Sexually transmitted infections (STIs), 432
Sexual motives, 377
Sexual orientation
- attraction, 404
- bisexual orientation, 338
- ethnicity and, 342
- gay males and lesbians, 340–343
- heterosexual orientation, 338
- homosexual orientation, 338
- identity formation process, 340–341
- misconception, 339
- origins of, 339–340
Sexual response cycle
- excitement phase, 418
- myotonia, 418
- orgasmic phase, 420
- plateau phase, 418
- resolution phase, 420–421
- vasocongestion, 418
Shyness, 248
Sigmund Freud, personality theory
- human iceberg, 42–43
- psychosexual development, stages of, 45–46
- structure of, 43–45
Sleep
- functions of, 173–174
- gender differences, 174
- healthier sleep habits, 175
- hours of, 171, 172
- insomnia, 174
- nightly tension and calming alternatives, 175
Sleeping Beauty, 347
Small talk, 362–363
Smoking, 185–186
Snow White, 347, 408
Social and institutional support, 218
Social anxiety disorder, see Social phobia
Social categorization, 217
Social-cognitive theory, 407–408
- competencies, 57
- encoding strategies, 57–58
- expectancies, 58–59
- observational learning, 57
- person variables, 57, 58
- reciprocal determinism, 57
- self-regulatory systems and plans, 59
- situational variables, 57, 58
Social comparison, lack of, 239
Social conflict, 216
Social desirability bias, 23
Social-exchange theory, 369
Social influence
- altruism and helping behavior, 243–245
- assertive person, 246–249
- definition, 229
- group influences, 236–242
- persuasion, 230–235
Socialization, 239, 407
Social learning, 216
Social media, 200
Social networking, 345
Social perception, 212–213
Social phobia, 259
Social relationships, 214–215
Social roles, 477
Social self, 199–200
Social support, 108
Social values, work, 477
Sociocultural theory, 71
Socioeconomic status (SES), 128, 131, 464
Soldier’s disease, 183
Somatic symptom disorder (SSD), 269
- causal factors, 269–270
- types, 268–269
Spatial-relations skills, 402
Specific phobia, 258
Speed dating, 367–368
Sperm, 412
Spontaneous recovery, 54
SSRIs, see Selective serotonin reuptake inhibitors (SSRIs)
Star Wars, 47
STDs, see Sexually transmitted diseases (STDs)
Stereotype threat, 396
Sternberg’s triangular model
  commitment, 347
  compatibility and incompatibility, 349
  consummate love, 348
  empty love, 348
  fatuous love, 348
  intimacy, 347
  passion, 347
  romantic vs. companionate love, 349, 351
Steroidal hormones, 120
Stimulants
  amphetamines, 186–187
  cocaine, 187–188
  ecstasy, 187
  nicotine, 185–186
STIs, see Sexually transmitted infections (STIs)
Stress
  active coping, 110–112
  and cancer, 142
  common cold, 124
  conflict, 96–97
  daily hassles (see Daily hassles)
  defensive coping, 109–110
  environmental stressors, 100–104
  ethnic identity, 91–92
  frustration, 95–96
  irrational beliefs, 97–100
  life changes (see Life changes, stress)
  optimist/pessimist, 107–108
  pain and discomfort (see Pain)
  physical vs. psychological, 85
  psychological and physical symptoms, 86, 87
  psychological moderators, 105–108
  ratings, 89–90
  trauma-related stress, warning signs, 102
Students, see College students
Substance abuse
  alcohol, 176
  college students, 176
  and dependence, 178–179
  depressants, 179–184
  marijuana, 176
  psychoactive drugs, 176, 177
Substance dependence
  biological views, 178–179
  psychological factors, 178
Substitute marriage, 387
Suicide
  factors, 284
  higher risk, 284–285
  myths, 285
  professional help, 285
Suicide Awareness—Voices of Education (SA/VE), 286
Superego, 44, 50
Surface contact, 362
Survey method
  random sampling, 24
  samples and populations, 24
  texting, 25
  volunteer bias, 24
Survey, Question, Read, Recite and Review (SQ3R) study method, 33, 35
Sybil (film), 266
Systems approach, 309
T
Tardive dyskinesia, 319
TAT, see Thematic Apperception Test (TAT)
Telecommuting, 492
Tend-and-befriend response, 120–121
Tests, 412
Testosterone, 412
Testosterone therapy, 425
Delta-9-Tetrahydrocannabinol (THC), 188
Texting, 30
  skills, 31
  weight loss, 158
Thematic Apperception Test (TAT), 78–79
Therapeutic alliance, 312
Therapies, see Psychotherapy(-ies)
Thorazine, 317
The Three Faces of Eve (film), 266
Time-management skills, 110
Time-pressure hassles, 88
Tofranil, 317
Tolerance, 178
Tolerance for frustration, 96
Traditional psychoanalysis
  dream analysis, 295
  free association, 293–294
  transference, 294–295
Traits, 70
Trait theories
  Eysenck, Hans, 66–67
  five-factor model, 67–69
Transcendental meditation (TM), 112
Transgender identity, 404
Traumatic events, 261–263
Traumatic stress, 101
Tricyclic antidepressants, 317
Trust, 364
Trust vs. mistrust, 48
Trying twenties, 454
Twitter, 68
Type A behavior
  hostility, 140
  time urgency, 139–140
Type A behavior pattern, 100

U
Unconditional positive regard, 64, 297
Unconditioned response (UR/UCR), 53
Unconditioned stimulus (US/UCS), 53
Unconscious, 43
Unobtrusive measures, 25
An Unquiet Mind (Kay Redfield Jamison), 271
Uplifts, 88
U.S. population
  ethnic/racial background, 13
  ethnic/racial breakdown, 13
  traditional distinctions, 14

V
Values clarification, 203–204
Values, inaccessibility of, 239
Vasocongestion, 418
Vicodin, 176, 183
Visual-spatial abilities, 401
Vitamins myths vs. facts, 155

W
Wechsler Adult Intelligence Scale (WAIS), 506
Weight
  balancing act, 156
  calorie reduction goals, 158–160
  chain breaking, 161
  competing responses, 161
  controlling external stimuli, 160
  controlling internal stimuli, 160
  modify shopping behavior, 161
  pace of eating, 161
WHO, see World Health Organization (WHO)
Wish fulfillment, 295
Withdrawal syndrome, 178, 184, 189
Women
  depression, 272
  research studies, 23
  sexual harassment, 502–505
  workplace, 498–505
Work ethic, 477
Work hassles, 88
Working mothers, 499
Workplace
  adjustment, 488–497
  career choices, 506–507
  career development, 476–487
  women, 498–504
World Health Organization (WHO), 164

Y
Yale University, 237–239
Young and middle adulthood
  age of mastery, 459
  authoritative parent, 456–458
  children, 455
  cognitive development, 453
  emerging adulthood, 449
  empty-nest syndrome, 459–460
  generativity vs. stagnation, 458
  middlescence, 459
  midlife crisis, 459
  midlife transition, 458–459
  perpetual adolescents, 450
  physical development, 450–453
  social and personality development, 453–455

Z
Zoloft, 317