



Core Concepts

Schools of Thought

Structuralism	Focused on breaking down mental processes into basic components. Pioneered by Wilhelm Wundt.
Functionalism	Emphasized the purpose of mental processes in adapting to the environment. Key figure: William James.
Behaviorism	Stressed the role of environmental factors in shaping behavior. Prominent figures: John B. Watson, B.F. Skinner.
Gestalt Psychology	Focused on the organization of perception and thinking in a 'whole' sense rather than individual elements.
Psychoanalysis	Emphasized the role of unconscious drives and early childhood experiences in shaping personality. Founder: Sigmund Freud.
Cognitive Psychology	Studies mental processes such as memory, problem-solving, and language.

Key Terms

Cognition	Mental processes involved in acquiring knowledge and understanding.
Behavior	Observable actions or reactions of an organism.
Perception	The process of organizing and interpreting sensory information.
Emotion	A complex state of feeling that results in physical and psychological changes that influence behavior.
Motivation	The driving force behind behavior that leads to the achievement of a goal.
Consciousness	Awareness of internal and external stimuli.

Major Theories

Developmental Psychology

Piaget's Stages of Cognitive Development	Sensorimotor, Preoperational, Concrete Operational, Formal Operational.
Erikson's Stages of Psychosocial Development	Trust vs. Mistrust, Autonomy vs. Shame, Initiative vs. Guilt, Industry vs. Inferiority, Identity vs. Role Confusion, Intimacy vs. Isolation, Generativity vs. Stagnation, Integrity vs. Despair.
Bowlby's Attachment Theory	Early attachments with caregivers shape future relationship patterns.
Kohlberg's Stages of Moral Development	Preconventional, Conventional, Postconventional.

Social Psychology

Attribution Theory	Explains how individuals interpret causes of events and behaviors.
Cognitive Dissonance Theory	Inconsistency between beliefs and behaviors leads to discomfort, motivating change.
Social Learning Theory	Behavior is learned through observation, imitation, and modeling.
Groupthink	The practice of thinking or making decisions as a group in a way that discourages creativity or individual responsibility.

Personality Theories

Freud's Psychoanalytic Theory	Id, Ego, Superego; Psychosexual Stages.
Humanistic Theory (Maslow, Rogers)	Emphasis on self-actualization and personal growth.
Trait Theory (Big Five)	Openness, Conscientiousness, Extraversion, Agreeableness, Neuroticism (OCEAN).

Research Methods

Types of Research

Descriptive Research	Case studies, surveys, naturalistic observation.
Correlational Research	Examines the relationship between two or more variables.
Experimental Research	Manipulates one or more variables to determine cause and effect.

Key Concepts

Independent Variable	Variable that is manipulated by the researcher.
Dependent Variable	Variable that is measured to see if it is affected by the independent variable.
Control Group	Group that does not receive the experimental treatment.
Experimental Group	Group that receives the experimental treatment.
Random Assignment	Assigning participants to experimental and control conditions by chance, minimizing preexisting differences between the groups.
Confounding Variable	A factor other than the independent variable that might produce an effect in an experiment.

Mental Health & Disorders

Anxiety Disorders

Generalized Anxiety Disorder (GAD)	Persistent and excessive worry about various things.
Panic Disorder	Recurrent unexpected panic attacks.
Social Anxiety Disorder	Intense fear of social situations.
Specific Phobias	Excessive fear of specific objects or situations.
Obsessive-Compulsive Disorder (OCD)	Characterized by unwanted repetitive thoughts (obsessions) and/or behaviors (compulsions).
Posttraumatic Stress Disorder (PTSD)	Develops after exposure to a traumatic event.

Mood Disorders

Major Depressive Disorder (MDD)	Persistent feelings of sadness, loss of interest, and fatigue.
Bipolar Disorder	Alternating periods of mania and depression.
Persistent Depressive Disorder (Dysthymia)	A chronic form of depression with milder symptoms.

Other Disorders

Schizophrenia	Characterized by delusions, hallucinations, disorganized thinking, and other cognitive and emotional problems.
Personality Disorders	Inflexible and maladaptive patterns of thinking, feeling, and behaving.
Attention-Deficit/Hyperactivity Disorder (ADHD)	Characterized by inattention, hyperactivity, and impulsivity.
Autism Spectrum Disorder (ASD)	A developmental disorder that affects communication and behavior.