

# **HUMAN BEHAVIOR MID-YEAR EXAM REVIEW 2018-19**

## **UNIT I: WHAT IS PSYCHOLOGY?**

- psychology
- behavior
- cognitive activity
- theory
- introspection
- behaviorism
- biological perspective
- cognitive perspective
- psychoanalytic perspective
- learning perspective
- clinical psychologist
- psychiatrist
- school psychologist
- sports psychologist
- forensic psychologist
- Wilhelm Wundt
- Sigmund Freud
- science

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## **UNIT 2: SLEEP & DREAMS**

- consciousness
- conscious (Freud)
- preconscious (Freud)
- unconscious (Freud)
- circadian rhythms
- Stage 1 sleep
- Stage 2 sleep
- Stage 3 & 4 sleep (deep sleep)
- REM sleep
- lucid dream
- manifest content
- latent content
- obstructive sleep apnea
- insomnia
- narcolepsy

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## **UNIT 3: DRUGS AND ALCOHOL**

- drug
- psychoactive drug
- tolerance
- withdrawal
- addiction
- substance dependence
- substance abuse
- reward system
- depressants
- dopamine
- ethanol
- alcoholism
- blood alcohol content

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## **UNIT 4: PSYCHOLOGICAL DISORDERS**

- psychological disorder
- deviant/dysfunctional/distressing
- DSM-V
- anxiety
- specific phobia
- obsessive-compulsive disorder (OCD)
- obsession
- compulsion
- panic disorder
- posttraumatic stress disorder (PTSD)
- social anxiety disorder
- mood
- major depressive disorder
- persistent depressive disorder
- bipolar disorder
- manic episode
- schizophrenia
- delusion
- hallucination

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## UNIT 5: Psychology of Eating

- Role of following in hunger/eating:
  - mouth
  - stomach
  - hypothalamus
  - glucose
  - insulin
  - leptin
- Set point theory
  - What is it?
  - Why is it like a “thermometer”?
  - What are the two main influences on a person’s own set point?
- fat cells
  - How do they work?
  - When/why does the number increase/decrease, if at all?
- opioids
- dopamine
- hyperpalatable food
- why do hyperpalatable foods lead to overeating/food addiction?
- influences on **food preferences**

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- **situational** factors that can lead to **overeating**
  
- What is the BMI and what is it used for?
  
- overweight
  
- obese
  
- As of 2015-16, what was the **prevalence** of obesity in **US adults** and **children/adolescents**?
  
- what are 4 **obesity-related conditions** covered in the notes?
  
- What **factors** increase the **likelihood** of **obesity**?
  
- anorexia nervosa symptoms
  
  
- bulimia nervosa symptoms