# KEY CONTENTS OF IB PSYCHOLOGY

## Notification

This document contains all relevant *contents*, *terms*, *theories* and *research* related to Mr. Markus Lajunen’s IB Psychology courses. The students of IB Psychology in Jyväskylä Lyseo Uppers Secondary School are not required to know all this information for the Finals, but this information can be a helpful tool in revising the whole IB Psychology syllabus. **However, student of IB Psychology should know most of the *contents*, *terms* and *theories* and at least two pieces of *research* in terms of *aim*, *procedure* and *results* per each content area.**

The selection of suitable key contents in the Finals is a part of *critical thinking* in IB Psychology. Candidates can show deep understanding of psychology through inventive choices of *research* and applying suitable *theories* and *terminology* in the responses.

The tables below are based on the IB Psychology syllabus. All the terms and theories can be found from the Popov, Parker and Sheath’s textbook and/or from the teacher’s materials in peda.net. If the research is in green, you can’t find that piece of research from the textbook,
but from teacher’s materials in peda.net (PowerPoints, PDFs and links).

## Approaches to researching behaviour (core)

**Research methods**

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| **Content** | **Key terms and theories** | **Research** |
| Quantitative research | Laboratory experimentsField experimentsQuasi experimentsNatural experimentsCorrelational studiesSurveysNomothetic approach | **Bandura, Ross and Ross (1961)** – The bobo doll experiments (laboratory experiment)**Sheriff et al. (1961)** – The Robber’s Cave (field experiment)**Maguire et al. (2000)** – Hippocampi of London taxi drivers (quasi-experiment)**Charlton et al. (2002)** – Observation of the introduction of television a remote community (St. Helena) (Natural experiment)**Curtis, Aunger and Rabie (2004)** – disgust as an evolutionary mechanism to avoid diseases (correlational study) |
| Qualitative research | Observation (can be quantitative also)Interview: *unstructured, semi-structured* and *structured*Focus group(Inductive) content analysisCase studyIdiographic approach | **Festinger, Riecken and Schachter (1956)** – Cult study (covert observation)**Grigoriou (2004)** – Friendships between gay men and heterosexual women (interview study with inductive content analysis)**The case of H.M. – Milner 1966** (case study) |

**Elements of researching behaviour**

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| **Content** | **Key terms and theories** | **Research** |
| Research designs | Experiments: *independent measures design, matched pairs design* and *repeated measures design*Correlational studies: *correlation, effect size (r), statistical significance* and *p-value*(Descriptive studies)Case studiesMeta-analysis (NOT a research method, but a method to analyse data) | All psychological research |
| Hypotheses | HypothesisResearch hypothesisNull hypothesis | Any experimental research |
| Independent and dependant variables | VariableConstructOperationalisationIndependent variableDependent variableConfounding variable | Any experimental research |
| Sampling techniques | Quantitative sampling techniques: *random sampling, stratified sampling, convenience sampling* and *self-selected sampling*Qualitative sampling techniques: *quota sampling, purposive sampling, theoretical sampling, snowball sampling* and *convenience sampling* | All psychological research |
| Standardization/control | StandardizationControlled (conditions)Confounding variable | Any experimental research |
| Ethical considerations | Protection from physical and mental harmPrivacyConfidentialityWithdrawalConsentDebriefingDeception“Peter Piper Cried When Charles Dickens Died” | All psychological research should fulfil these requirements |

**Evaluating research**

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| **Content** | **Key terms and theories** | **Research** |
| Reliability and validity | ReliabilityValidityConstruct validityInternal validityExternal validity: *population validity* and *ecological validity* | Quantitative psychological research |
| Credibility (trustworthiness) | Triangulation: *method, data, researcher* and *theory*RapportIterative questioningReflexivity: *personal* and *epistemological*Credibility checkThick description | Qualitative psychological research |
| Bias | BiasThreats to internal validity in experimental studies: *selection, history, maturation, testing effect, instrumentation, regression to the mean, experimental mortality, experimenter bias* and *demand characteristics*Bias in correlational research: *curvilinear relationships, the third variable problem* and *spurious correlations*Researcher bias in qualitative research: *confirmation bias, leading question bias, question order bias, sampling bias* and *biased reporting*Participant bias in qualitative research: *acquiescence bias, social desirability, dominant respondent bias* and *sensitivity bias*Sampling bias | It can be said that all psychological research contains some bias. Analysis and evaluation of possible bias in psychological research is an integral part of *critical thinking* in IB Psychology. |
| Drawing conclusions | CausationCorrelationReplicationGeneralization in quantitative researchTransferability in qualitative researchTriangulation: *method, data, researcher* and *theory* | All psychological research |
| Analysing data | Data presentation(Inductive) content analysisStatistics |  |

## Biological approach to understanding behaviour (core)

**Contribution of research methods and ethical considerations**

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| **Content** | **Key terms and theories** | **Research** |
| Contribution of research methods | True experimentsQuasi experimentsCase studiesHolistic and reductionist approaches(Brain imaging techniques) | **Draganski et al. (2004)** – Comparing jugglers and non-jugglers through brain scans MRI, *true experiment***Maguire et al. (2000)** – Hippocampi of London taxi drivers MRI, *quasi experiment***The case of H.M. – Milner 1966****The case of Clive Wearing** |
| Ethical considerations | Animal researchInvasiveness of the brain imaging techniquesTreatment of the animals and participantsMisuse of ethically sensible data | **Merzenich et al. (1984)** – Amputation of owl monkey fingers and mapping their cortex**Freed et al. (2001)** – Dopamine and Parkinson’s disease |

**The relationship between the brain and behaviour**

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| **Content** | **Key terms and theories** | **Research** |
| Techniques used to study the brain in relation to behaviour: Study one technique used to understand brain and behaviour | Brain researchBrain imaging techniques / neuroimaging(Psychophysiology, physiological psychology, correlative research design in brain research, clinical neuropsychology)Brain imaging techniques: *CAT, MRI, fMRI, PET, EEG, MEG, TMS, tDCS, DTI, OI and Optogenetics*Temporal resolutionSpatial resolutionInvasiveness | **Draganski et al. (2004)** – Comparing jugglers and non-jugglers through brain scans MRI**Maguire et al. (2000)** – Hippocampi of London taxi drivers MRI**Fisher, Aron and Brown (2005)** – Dopamine and romantic love fMRI**Sharot et al. (2007)** – Neural mechanism of flashbulb memories fMRI**Loh and Kanai (2014)** – Neurological correlates of media multi-tasking fMRI |
| Localization: Study one example of localization of function | Localization (of function)Relative localizationLateralizationMost important brain parts and their functions: *cerebrum, cortex, frontal lobe, parietal lobe, occipital lobe, temporal lobe, two hemispheres, corpus callosum, cerebellum, limbic system, thalamus, hypothalamus, amygdala, hippocampus and brain stem* | **(Broca (1861)** – Broca’s area and Broca’s aphasia)**(Wernicke (1874)** – Wernicke’s area and Wernicke’s aphasia)**Fisher, Aron and Brown (2005)** – Dopamine and romantic love fMRI**Gazzaniga (1967)** and **Sperry (1968)** – Studies on split-brain patients**Lashley (1950s)** – Cutting rats brains and studying how they survive through a maze**The case of H.M. – Milner 1966****The case of Clive Wearing****Maguire et al. (2000)** – Hippocampi of London taxi drivers**Sharot et al. (2007)** – Neural mechanism of flashbulb memories |
| Neuroplasticity: Study one example of neuroplasticity | NeuroplasticityNeuron and its most important parts: *dendrite, soma, axon, myelin sheath, nodes of Ranvier and synapse*(Action potential aka nerve impulse)Synaptic transmissionNeural networkNeural pruning | **The case of Cameron Mott****Maguire et al. (2000)** – Hippocampi of London taxi drivers**Merzenich et al. (1984)** – Amputation of owl monkey fingers and mapping their cortex**Draganski et al. (2004)** – Comparing jugglers and non-jugglers through brain scans(**Draganski et al. (2006)** – Brain scanning students studying for an exam in medicine)**Werker et al. (1981)** – Hindi phoneme discrimination in infants (pruning) |
| Neurotransmitters and their effects on behaviour: Study one neurotransmitter and its effect on behaviour | Neuron and its most important parts: *dendrite, soma, axon, myelin sheath, nodes of Ranvier and synapse*(Action potential aka nerve impulse)Synaptic transmissionNeurotransmitterExcitatory and inhibitory neurotransmittersAgonistAntagonist**Dopamine hypothesis of schizophrenia****Serotonin hypothesis of depression**Neural network | **Fisher, Aron and Brown (2005)** – Dopamine and romantic love (excitatory)**Freed et al. (2001)** – Dopamine and Parkinson’s disease**(Berridge and Kringelbach (2009)** – Dopamine and pleasure seeking)**Crockett et al. (2010)** – Serotonin on prosocial behaviour (inhibitory)**Rogers and Kesner (2003)** – Acetylcholine in the formation of memories with scopolamine**Antonova (2011)** – Acetylcholine in the formation of memories with scopolamine |

**Hormones and pheromones and their effect on behaviour**

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| **Content** | **Key terms and theories** | **Research** |
| Hormones and their effects on behaviour: Study one hormone and its effects on behaviour | HormoneEndocrine system: *hypothalamus and pituitary gland*Oxytocin | **Romero et al. (2014)** – The role of oxytocin in promoting social bonds in mammals**Kosfeld et al. (2005)** – The role of oxytocin in interpersonal trust**Scheele et al (2012)** – The role of oxytocin in fidelity**De Dreu et al. (2012)** – The role of oxytocin in inter-group conflict**De Dreu et al. (2011)** – The role of oxytocin in human ethnocentrism |
| Pheromones and their effects on behaviour: Study one pheromone and its effects on behaviour | PheromoneCriticism of research into human pheromones | **Lundström and Olsson (2005)** – Laboratory experiment searching for human sex pheromone**Hare et al. (2017)** – Follow up study of Lundström and Olsson (2005)**Cutler, Friedman and McCoy (1998)** – Field experiment searching for human sex pheromone**McCoy and Pitino (2002)** – Follow up study of Cutler, Friedman and McCoy (1998) |

**The relationship between genetics and behaviour**

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| **Content** | **Key terms and theories** | **Research** |
| Genes and their effects on behaviour: Study one gene and its effects on behaviourANDGenetic similarity: Study genetic similarity (twins, siblings, parents, adopted children) for one behaviour | GenomeDNA (deoxyribonucleic acid) and RNA (ribonucleic acid)Gene and its parts: *chromosomes, base, base pairs and allele*GenotypePhenotypeGenetic heritabilityTwin and kinship studies(Falconer model)Niche-pickingAdditive influenceSelective placement | **Caspi et al. (2003)** – Longitudinal study on the possible role of the 5-HTT gene in depression**Chiao and Blizinsky (2010)** – Culture gene coevolution theory and the 5-HTT gene**Kendler et al. (2005)** – Follow up study of Caspi et al. (2003)**Bouchard and McGue (1989)** – Correlational meta-analysis of twin studies on the genetic heritability of intelligence**Kendler et al. (2015)** – Adoption study on the genetic heritability of intelligence**Scarr and Weinberg (1983)** – A report of the *Transracial Adoption Study* and the *Adolescent Adoption Study (Minnesota Adoption Studies)* on malleability of intelligence |
| Evolutionary explanation for behaviour: Study one example of an evolutionary explanation for behaviour | **Theory of evolution** (Darwin, 1856)EvolutionRecombinationMutationNatural selectionAdaptationEpigenetics and epigenetic changesGene expression, gene regulation and their parts: *transcription, translation* and *methylation***Evolutionary psychology**Criticism of evolutionary explanations in psychology | **Curtis, Aunger and Rabie (2004)** – disgust as an evolutionary mechanism to avoid diseases**Fessler et al. (2005)** – Elevated disgust sensitivity in the first trimester of pregnancy**(Weaver et al. (2004)** – The epigenetics of vulnerability to stress in rats) |

**The role of animal research in understanding human behaviour (HL only)**

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| **Content** | **Key terms and theories** | **Research** |
| The value of animal models in research to provide insight into human behaviour | Comparative psychologyAnimal model**Theory of triune brain** (MacLean, 1990) | **Premack (2007)** – Comparative study of psychological functions and brain structures between animals and humans+ All other animal studies |
| Ethical considerations in animal research | Reasons for animal researchMinimalist approach against animal researchAbolitionist approach against animal researchAPA guidelines(BPS guidelines) | **Lashley (1950s)** – Cutting rats brains and studying how they survive through a maze**Merzenich et al. (1984)** – Amputation of owl monkey fingers and mapping their cortex**Romero et al. (2014)** – The role of oxytocin in promoting social bonds in mammals**(Weaver et al. (2004)** – The epigenetics of vulnerability to stress in rats)+ 5 group projects: Harlow (1958), Seligman (1967), Held and Hein (1965), Köhler (1920s) and Gardner and Gardner (1972) |

## Cognitive approach to understanding behaviour (core)

**Contributions of research methods and ethical considerations**

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| **Content** | **Key terms and theories** | **Research** |
| Contribution of research methods | ExperimentsCorrelation of biological and cognitive data | **Bransford and Johnson (1972)** – Schemas and encoding**Sharot et al. (2007)** – Neural mechanism of flashbulb memories |
| Ethical considerations | DeceptionProtection from physical and mental harm | **Loftus and Palmer (1974)** – The eyewitness study of car crash and leading questions**Yuille and Cutshall (1986)** – Gun store robbery study |

**Cognitive processing**

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| **Content** | **Key terms and theories** | **Research** |
| Models of memory: Study two memory models | **The multi-store model of memory** (Atkinson and Shiffrin, 1968)**The working memory model** (Baddeley and Hitch, 1974)EncodingRetrievalCapacityDuration | **The case of H.M. – Milner 1966****Sperling (1960)** – Iconic memory experiment**Glanzer and Cunitz (1966)** – Primacy and recency effect**Conrad and Hull (1964)** – The phonological similarity effect**Baddeley, Thompson and Buchanan** (1975) – The word length effect(**Maguire et al. (2000)** – Hippocampi of London taxi drivers) |
| Schema theory: Study one example of schema theory | **Schema theory**Cognitive schemaMental representationSocial schemaScriptSelf-schemaSchema processingEncodingRetrievalBottom-up processingTop-down processingPattern recognition | **Bransford and Johnson (1972)** – Schemas and encoding**Anderson and Pichert (1978)** – Schemas and retrieval**Brewer and Treyens (1981)** – The office schema study(**Darley and Gross (1983)** – Effects of social schemas)(**Bower, Black and Turner (1979)** – Effects of scripts) |
| Thinking and decision-making: Study one model in thinking and decision-making | **Theory of planned behaviour aka. TPB** (Ajzen, 1985) (Based on *theory of reasoned action*)**Normative and descriptive models** **The dual process model**Automatic, intuitive thinking – system 1Controlled rational thinking – system 2 | **Albarracin et al. (2001)** – Meta-analysis of TPB as a model of condom use**Godin and Kok (1996)** – Predictive power of the TPB for health-related behaviours**Dunn et al. (2012)** – TPB and fast-food consumption |

**Reliability of cognitive processing**

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| **Content** | **Key terms and theories** | **Research** |
| Reconstructive memory: Study on example of reconstructive memory | **Theory of reconstructive memory**Effort after meaningMisleading questionPost-event informationRecallRecognitionSchema processing | **Bartlett (1932)** – Serial reproduction of native American legend “The War of Ghosts”**Loftus and Palmer (1974)** – The eyewitness study of car crash and leading questions**Loftus, Miller and Burns (1978)** –Reconstructive memory in visual recognition**Yuille and Cutshall (1986)** – Gun store robbery study |
| Biases in thinking and decision-making: Study one bias in thinking and decision-making | Framing effect**Expected utility theory****Prospect theory** (Kahneman & Tversky, 1979)**Normative and descriptive models****The dual process model**Automatic, intuitive thinking – system 1Controlled rational thinking – system 2Heuristics: *anchoring, representativeness and availability*(Cognitive biases: *asymmetric dominance,* *confirmation bias, illusory correlations, cognitive dissonance, optimism bias, mere exposure bias*) | **Tversky and Kahneman (1981)** – Classic framing effect study**Keyser et al. (2012)** – Foreign language and framing effect**Strough et al. (2011)** – Decision-making heuristics and biases across the life span |

**Emotion and cognition**

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| **Content** | **Key terms and theories** | **Research** |
| The influence of emotion on cognitive processes: Study on example of the effect of emotion on cognitive a process | (**Theories of emotion:** *Darwin, 1872; James-Lange,1884; Cannon-Bard, 1927; Schachter and Singer, 1962; Lazarus, 1982; LeDoux, 1996*)(Cognitive appraisal)**Theory of flashbulb memory** (Brown and Kulik, 1977)Covert rehearsalOvert rehearsalPersonal consequentiality | (**Schachter and Singer (1962)** – The adrenaline experiment related to cognitive appraisal)**Brown and Kulik (1977)** – Determinants of flashbulb memories**Sharot et al. (2007)** – Neural mechanism of flashbulb memories**Neisser et al. (1996)** – Vividness of flashbulb memories**Neisser and Harsh (1992)** – Accuracy of flashbulb memories**Yuille and Cutshall (1986)** – Gun store robbery study |

**Cognitive processing in the digital world (HL only)**

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| **Content** | **Key terms and theories** | **Research** |
| The influence (positive and negative) of digital technologies (digital/modern) on cognitive processesANDMethods used to study the interaction between technologies and cognitive processes | ObservationMinute-by-minute assessment of behaviourExperience sampling methodSurvey/questionnaireLongitudinal studyNeuroimaging technology | **Rosser et al. (2007)** – Videogames and surgeons**Sanches (2012)** – Videogames and science learning**Rosen, Carrier and Cheever (2013)** – Induced multi-tasking and cognitive processes**Rosen et al. (2011)** – Compensating the negative effects of multi-tasking**Loh and Kanai (2014)** – Neurological correlates of media multi-tasking**Konrath, O’Brien and Hsing (2011)** – Decline of empathy scores over time**Carrier et al. (2015) –** Different types of digital activity and empathy |

## Sociocultural approach to understanding behaviour (core)

**Contribution of research methods and ethical considerations**

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| **Content** | **Key terms and theories** | **Research** |
| Contribution of research methods | Field experimentsInterviews | **Sheriff et al. (1961)** – The Robber’s Cave**Hofstede (1973)** – Multinational survey to identify underlying cultural dimensions |
| Ethical considerations | DeceptionProtection from physical and mental harm | **Tajfel et al. (1971)** – Minimal characteristics groups experiments **Bandura, Ross and Ross (1961)** – The bobo doll experiments |

**The individual and the group**

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| **Content** | **Key terms and theories** | **Research** |
| Social identity theory: Study social identity theory | **Social identity theory** (Tajfel and Turner, 1971)Social groupsIn-group and out-groupSocial comparisonSocial categorizationPositive distinctivenessIn-group favouritismIntergroup discrimination | **Tajfel et al. (1971)** – Minimal characteristics groups experiments **Maass et al. (2002)** – Threat to male identity and sexual harassment (**Cialdini et al. (1976)** – Three football field studies)(**Zimbardo (1971)** – Stanford prison experiment NOT recommended to be used as a study)**Sheriff et al. (1961)** – The Robber’s Cave |
| Social cognitive theory: Study social cognitive theory | **Social cognitive theory (Bandura):** *attention, retention, reproduction and motivation*SocializationObservational learningReciprocal determinismSelf-efficacySocial cognitionSelf-serving bias | **Bandura, Ross and Ross (1961)** – The bobo doll experiments(**Mihalic and Elliot (1997)** – Childhood violence and marital violence)**Perry, Perry and Rasmussen (1986)** – Aggression and self-efficacy in children**Charlton et al. (2002)** – Introduction of television to St Helena(**Sheridan et al. (2011)** – Teaching prosocial skills to children, “skillstream”) |
| Formation of stereotypes and their effects on behaviour: Study one example of the development and effect of stereotype | Stereotype**Gatekeeper theory****Grain of truth hypothesis****Illusory correlations**Social categorization**Social identity theory** (Tajfel and Turner, 1971)Self-fulfilling prophecyStereotype threat | **Hamilton and Gifford (1979)** – Illusory correlation of serially presented stimuli**Johnson, Schaller and Mullen (2000)** – Social categorization in the formation of stereotypes**Rosenthal and Jacobson (1968)** – Self-fulfilling prophecy in elementary school**Steele and Aronson (1995)** – Stereotype threat on the intellectual test performance of African-American students(**Spencer, Steele and Quinn (1999)** – Stereotype threat and women’s math performance) |

**Cultural origins of behaviour and cognition**

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| **Content** | **Key terms and theories** | **Research** |
| Culture and its influence on behaviour and cognition: Study one example of culture and its influence on behaviour and cognition | CultureCultural groupsCultural normsSurface cultureDeep culture | **Chiu (1972)** – Cognitive styles in Chinese and US students**Briley, Morris and Simonson (2005)** – Decision-making in bilingual individuals**Berry and Katz (1967)** – The influence of individualism and collectivism on conformity**Cohen et al. (1996)** – Honor culture, acculturation and enculturation |
| Cultural dimension: Study one cultural dimension | **Cultural dimensions**: *(1) individualism versus collectivism, (2) uncertainty avoidance, (3) power distance, (4) masculinity versus femininity, (5) long-term versus short-term time orientation and (6) indulgence versus restraint*(Conformity) | **Hofstede (1973)** – Multinational survey to identify underlying cultural dimensions**Berry and Katz (1967)** – The influence of individualism and collectivism on conformity**Finkelstein (2010)** – The effect of individualism and collectivism on volunteer behaviour**Wei et al. (2001)** – individualism vs. collectivism and conflict resolution styles |

**Cultural influences on individual, attitudes, identity and behaviours**

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| **Content** | **Key terms and theories** | **Research** |
| Enculturation: Study one effect enculturation has on human cognition and behaviour | EnculturationCultural normsCultural transmission | **Cohen et al. (1996)** – Honor culture, acculturation and enculturation**Berry and Katz (1967)** – The influence of individualism and collectivism on conformity**Finkelstein (2010)** – The effect of individualism and collectivism on volunteer behaviour**Trainor et al. (2012)** – Active learning as the mechanism of musical enculturation**Odden and Rochat (2004)** – Observational learning as the mechanism of enculturation**Demorest et al. (2008)** – The influence of enculturation on musical memory**Kim and Omizo (2006)** – Enculturation, acculturation and identity |
| Acculturation: Study on effect acculturation has on human behaviour | Acculturation**Two-dimensional model of acculturation** (Berry, 1997, 2008) with four strategies of cultural change: *assimilation, integration, separation, marginalization*Assimilation/assimilate*Emic* and *etic* perspectives*Universalist* and *relativist* perspectives of psychological processes and mechanisms | **Cohen et al. (1996)** – Honor culture, acculturation and enculturation**Kim and Omizo (2006)** – Enculturation, acculturation and identity**Shah et al. (2015)** – Obesity in South Asian workers in United Arab Emirates**Delavario et al. (2013)** – Obesity among Hispanic migrants in the USA**Ishikawa and Jones (1996)** – Obesity in Asian migrants in the USA**Da Costa, Dias and Martins (2017)** – Obesity in migrants in Portugal(**Kashima and Triandis (1986)** – Etic approach study on differences in attribution between Japanese and Americans((**Bartlett (1932)** – Emic approach study on Swazi herdsmen and their unique abilities) |

**The influence of globalization on individual behaviour (HL only)**

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| **Content** | **Key terms and theories** | **Research** |
| The effect of the interaction of local and global influences on behaviour | Globalisation**Theory of globalisation and acculturation** (Berry, 2008) | **Buchan et al. (2009)** – Identification with global culture and cooperation**Hsu and Barker (2013)** – Television ads and cultural change in China**Adams (2003)** – Convergence of cultural values of the USA and Canada**Arnett (2002)** – The influence of globalisation on adolescent’s identity |
| Research methods used to study the influence of globalization on behaviour | Multiple methods and *triangulation*Extensive use of *correlations*Standardized methods for *cross-cultural studies*Excessive reliance on *self-report data**Generalizations* from a sample to the level of a whole cultureUnderstanding that cultures are *fluid and changeable* | See the studies above, the HL extension and the whole sociocultural approach |

## Abnormal psychology (option)

**Contribution to research methods and ethical consideration**

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| **Content** | **Key terms and theories** | **Research** |
| Contribution of research methods | **Medical model of abnormality**Classification systems | See studies of normality versus abnormality and classification systems below |
| Ethical considerations | Consequences of incorrect diagnosisOver diagnosisConfidentiality in diagnosisSelf-fulfilling propheciesStigmatization**Labelling theory** | **Rosenhan (1973)** – Being sane in insane places**Payne (2012)** – Cultural bias in diagnostic judgements |
| The integration of biological, cognitive and sociocultural approaches to understanding behaviour | See all the contents below | See all the studies below |

**Factors influencing diagnosis**

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| **Content** | **Key terms and theories** | **Research** |
| Normality versus abnormality | AbnormalityAbnormal psychology**Abnormality as a deviation of social norms****Abnormality as inadequate functioning** (Rosenhan and Seligman, 1989) – *Seven criteria of abnormality***Abnormality as a deviation from ideal mental health** (Jahoda, 1958) – *Six characteristics of mental health***Mental disorders as “problems of living”** (Szasz, 1962)**Abnormality as a statistical infrequency****Medical model of abnormality****Labelling theory** | **Rosenhan (1973)** – Being sane in insane places**Cooper (1972)** – Diagnosing patients by watching videotaped clinical interviews+ Studies related to reliability of classification systems and clinical biases in diagnosis (see below) |
| Classification systems | Classification system: *DSM* (*ICD* and *CCMD*)(Psychoanalytic tradition) | **Beck et al. (1962)** – Low reliability of DSM-I**Kendall (1974)** – Inconsistency of diagnosis using DSM-I and DSM-II**Di Nardo et al. (1993)** – Inconsistent reliability of DSM-III**Williams et al. (1992)** – Inconsistent reliability of DSM-III**Chmielewsky et al. (2015)** – Improved reliability of DSM-5**Regier et al. (2013)** – Reliability issues with DSM-5**Cooper (1972)** – Diagnosing patients by watching videotaped clinical interviews using DSM-II and DSM-III |
| The role of clinical biases in diagnosis | Clinical bias in diagnosisClinical variablesCultural syndromePatient variablesReporting biasSomatization | **Langwieler and Linden (1993)** – The clinician’s theoretical orientation**Furnham and Malik (1996)** – Reporting bias for depression in British Asians**Kleinman (1982)** – Somatization in Chinese patients**Lin, Carter and Kleinman (1985)** – Somatization in refugees and immigrants**Payne (2012)** – Cultural bias in diagnostic judgements**Alarcon (2009)** – Cultural dimensions in diagnosis |
| Validity and reliability of diagnosis | DiagnosisComorbidityMisdiagnosisReliability of diagnosisValidity of diagnosisInter-rater reliability of diagnosisTest-retest reliability | **Rosenhan (1973)** – Being sane in insane places**Cooper (1972)** – Diagnosing patients by watching videotaped clinical interviews using DSM-II and DSM-III+ Studies related to reliability of classification systems AND the role of clinical biases in diagnosis (see above) |

**Etiology of abnormal psychology**

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| **Content** | **Key terms and theories** | **Research** |
| Explanations for disorder(s) | EtiologyGene-environment interactionGene-environment correlationSerotonin hypothesis of depression**Aaron Beck’s (1967) cognitive theory of depression**: *three elements of depression*Automatic thoughts | **Kendler et al. (2006)** – Twin study of major depression**Silberg et al. (1999)** – Genetic heritability of depression in males and females**Caspi et al. (2003)** – Longitudinal study on the possible role of the 5-HTT gene in depression**Alloy et al. (1999)** – Negative cognitive styles**Caseras et al. (2007)** – Attention bias in depression**Hammen and Krantz (1976)** – Logical errors with depression**Brown and Harris (1978)** – Vulnerability factors in developing depression**Kivelä et al. (1996)** – Social predictors of depression in elderly people**Rosenquist, Fowler and Christakis (2011)** – Symptoms of depression in the social network |
| Prevalence rates and disorder(s) | Prevalence rateOnset age | **Brown and Harris (1978)** – Vulnerability factors in developing depression**Amenson and Lewinsohn (1981)** – Prevalence of MDD between females and males**Kessler and Bromet (2013)** – Cross-national study of prevalence rates of MDD**Parker et al. (2001)** – Prevalence of MDD between Chinese and Australian patients |

**Treatment of disorders**

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| **Content** | **Key terms and theories** | **Research** |
| Biological treatment  | Antidepressants: *Tricyclic antidepressants (TCA), Monoanime oxidase (MAO) inhibitors* and *Selective serotonin reuptake inhibitors (SSRIs)***Chemical imbalance theory** | **Cipriani et al. (2018)** – Meta-study on the effectiveness of antidepressants**Treatment of adolescents with depression study (TADS) (2004–2007)** – Longitudinal study on the effects of antidepressants and psychotherapy**Kirsch (2014)** – Study against the effectiveness of antidepressants**Kirsch et al. (2002)** – Meta-study against the effectiveness of antidepressants**Elkin et al. (1989)** – Study for the effectiveness of antidepressants |
| Psychological treatment | Cognitive behavioural therapy (CBT)Relapse rateRemission rateResponse rate | **DeRubeis et al. (2005)** – Response and remission rates of depression**Hollon et al. (2005)** – Relapse rates of depression**Fourner et al. (2013)** – Clusters of depressive symptoms**Goldapple et al. (2004)** – PET scans to examine brain changes in CBT patients |
| The role of culture in treatment | Compliance with treatment**Internal model of illness**Culturally sensitive treatment: *top-down adaptations, bottom-up adaptations* and *ecological validity framework* | **Kinzie et al. (1987)** – Compliance with antidepressant treatment**Naeem et al. (2012)** – Internal model of illness and culturally sensitive CBT programme**Griner and Smith (2006)** – Effectiveness of culturally sensitive treatment |
| Assessing the effectiveness of treatment(s) | Challenges in assessing the effectiveness of treatmentRandomized control trialsSpecific and non-specific factors of psychotherapy | **Eysenck (1952)** – Spontaneous remission is the reason for recovery, not psychotherapy**Smith and Glass (1977)** – Meta-analysis: psychotherapy is effective**Wampold (2007)** – Meta-analysis: psychotherapy is as effective as medicine**Jacobson et al. (1996)** – The effectiveness of CBT for depression |

## Psychology of human relationships (option)

**Contribution to research methods and ethical consideration**

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| **Content** | **Key terms and theories** | **Research** |
| Contribution of research methods | QuestionnairesCorrelational study | **Buss (1989)** – Cross-cultural study of mate preferences**Savelkoul et al. (2011)** – Out-group size and intergroup prejudice |
| Ethical considerations | Protection from physical and mental harmMisuse of ethically sensible data | **Sheriff et al. (1961)** – The Robber’s Cave studies**Clark and Clark (1947)** – Category awareness in children playing with dolls |
| The integration of biological, cognitive and sociocultural approaches to understanding behaviour | See all the contents below | See all the studies below |

**Personal relationships**

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| **Content** | **Key terms and theories** | **Research** |
| Formation of personal relationships | Biological, cognitive and social/cultural explanations in the formation or relationshipsMere exposure effectAttraction-similarity model/hypothesisMatching hypothesisProximitySocial proof**Triangular theory of love** (Sternberg, 1988) | **Buss (1989)** – Cross-cultural study of mate preferences(**Fisher, Aron and Brown (2005)** – Dopamine and romantic love)**Wedekind et al. (1995)** – “The smelly T-shirt study”**Byrne (1961)** – Study on attraction-similarity model/hypothesis **Walster et al. (1966)** – Study on matching hypothesis**Berscheid et al. (1971)** – Replication of *Walster et al. (1966)* with modifications**Dion and Dion (1993)** – Cultural factors in interpersonal relationships**Festinger, Schachter and Back (1995)** – Proximity and friendship**Jones et al. (2007)** – Social proof in the formation of personal relationships |
| Role of communication | **Social penetration theory** (Altman and Taylor, 1976): *self-disclosure* and *onion metaphor*Attribution and attribution stylesPatterns of accommodation | **Sheldon (2009)** – Self-disclosure on Facebook**Karney and Bradbury (2000)** – Attribution patterns and relationships**Stratton (2003)** – Attributional style in family therapy**Rusbult and Zembrodt (1983)** – Series of studies related patterns of accommodation |
| Explanations for why relationships change or end | **Social exchange theory** (Kelley and Thibaut, 1956)**Equity theory** (Adams, 1960s)**Fatal attraction theory** (Felmlee, 1995)**Gottman’s theory of Four Horsemen of relationship apocalypse**: *criticism, contempt, defensiveness* and *stonewalling***Five-stage model of relationship breakdown** (Rollie and Duck, 2006): *intrapsychic stage, dyadic stage, social stage, grave dressing* and *resurrection* | **LeFebvre, Blackburn and Brody (2014)** – Relationship dissolution on Facebook**Flora and Segrin (2003)** – Relational history and satisfaction |

**Group dynamics**

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| **Content** | **Key terms and theories** | **Research** |
| Cooperation and competition | CooperationCompetitionConflictProsocial behaviourAltruism**Group mind** (Le Bon, 1896)(**Deindividuation theory**)**Social identity theory** (Tajfel and Turner, 1971)(**Social exchange theory** (Homans, 1950))**Realistic conflict theory** (Campbell, 1965)(**Behavioural game theory**) | (**Zimbardo (1969)** – Deindividuation study)**Sheriff et al. (1961)** – The Robber’s Cave studies**Burton-Chellew, Ross-Gillespie and West (2010)** – Competition causes cooperation**De Dreu et al. (2012)** – The role of oxytocin in inter-group conflict(**Decety et al. (2004)** – Competition and brain regions) |
| Prejudice and discrimination | Social biasPrejudiceDiscriminationStereotypeMeta-stereotypeRacismCategory awarenessImplicit association tests (IATs) | **Clark and Clark (1947)** – Category awareness in children playing with dolls**Levinson (2007)** – Implicit bias and memory recall**Levinson, Cai and Young (2010)** – “Guilty by implicit racial bias”**Columb and Plant (2011)** – Implicit prejudice and the Obama effect**Unkelbach, Forgas and Denson (2008)** – Stereotypes and their influence on behaviour**Kamans et al. (2009)** – Influence of meta-stereotypes in Moroccan teenagers**Savelkoul et al. (2011)** – Out-group size and intergroup prejudice |
| Origins of conflict and conflict resolution | CompetitionConflictConflict resolution**The male warrior hypothesis** (McDonald, Navarette and van Vugt, 2012)**Realistic conflict theory** (Campbell, 1965)**Frustration aggression hypothesis** (Dollard et al., 1939)**Contact hypothesis** (Allport, 1954): *social and institutional support, high acquaintance potential, equal status between groups* and *cooperation* | **Nisbett and Cohen (1996)** – Honour culture and violent behaviour**Cikara, Botwinick and Fiske (2011)** – Social identity and aggression**De Dreu et al. (2011)** – The role of oxytocin in human ethnocentrism**Cook (1978)** – Alleviating prejudice with contact hypothesis**Pettigrew and Tropp (2006)** – Meta-analysis of studies related to contact hypothesis**Bruneau and Saxe (2012)** – Perspective-taking and perspective giving |

**Social responsibility**

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| **Content** | **Key terms and theories** | **Research** |
| Bystanderism | Bystander effectDiffusion of responsibilityEvaluation apprehensionPluralistic ignorance**Arousal: cost-reward model** (Piliavin et al., 1981)  | **Latané, Darley and Mcguire (1968)** – The intercom study**Latané, Darley and Macguire (1968)** – The smoke-filled room study**Piliavin et al. (1981)** – The good Samaritan study in New York subway |
| Prosocial behaviour | Prosocial behaviourAltruism**Reciprocal altruism theory** (Trivers, 1971)**Kin selection theory** (Hamilton, 1964)Nurture kinship**Empathy-altruism model** (Batson, 1981) Empathy escape paradigm**Negative state relief model (**Cialdini et al., 1987)Social desirability effect | **Essock-Vitale and Maguire (1985)** – Questionnaire study to support kin selection theory**Madsen et al. (2007)** – Experimental study to support kin selection theory**Toi, Batson and Steiner (1982)** – Experimental study to support empathy-altruism model**Batson et al. (1981)** – The Elaine study to support empathy-altruism model**Cialdini et al. (1987)** – Experimental study to support negative state relief model**Batson et al. (1989)** – Counter-study to Cialdini et al. (1987) to further support empathy-altruism model |
| Promoting prosocial behaviour | Good Samaritan lawSocialization and early educationMindfullness-based kindness curriculumCompassion training | **Nguyen and Parker (2018**) – Effectiveness of Good Samaritan law**Flook et al. (2015)** – Effectiveness of mindfulness-based kindness curriculum**Hutcherson, Seppala and Gross (2008)** – Effectiveness of loving-kindness meditation**Leiberg, Klimecki and Singer (2011)** – Effectiveness of compassion training |