

## EXAM 3 – STUDY GUIDE

The exam will be 75 multiple-choice questions. Most of the questions will be based on material covered in lecture. It is also important that you read the chapters in the textbook – there will be question that will come directly from the textbook (material not covered in lecture). If want you to be able to understand and apply the material ... not just spit back the facts.

### Chapter 16- Psychological Disorders

1. What is abnormal? What are the three criteria for abnormal behavior?
2. What is the DSM-IV-TR?
  - a. Why do we have a system for diagnosis?
  - b. What is Deinstitutionalization?
3. Be able to recognize the following disorders from examples.
  - a. Anxiety Disorders
    - i. What is generalized anxiety disorder?
    - ii. What is phobic disorder?
      1. What is agoraphobia? What is social phobia? What is a specific phobia?
    - iii. What is obsessive-compulsive disorder?
      1. What are obsessions? What are compulsions? Be able to identify from examples.
    - iv. What is post-traumatic stress disorder?
  - b. Mood Disorders
    - i. What are the symptoms of depression?
    - ii. What is clinical depression?
    - iii. What is bipolar disorder?
  - c. Dissociative Disorders
    - i. What are dissociative disorders?
      1. Is dissociative identity disorder the same as schizophrenia?
      2. What are some of the characteristics of DID?
  - d. Schizophrenia
    - i. What is the difference between negative and positive symptoms?
    - ii. What are hallucinations?
    - iii. What are delusions? Be able to identify from examples.
    - iv. What are the five subtypes? Be able to describe the symptoms of each subtype.

### Chapter 6- Sensation and Perception

1. What is sensation?
2. How do we receive sensory information?
3. What is perception? How is this different from sensation?
4. What is Psychophysics?
  - a. What are the two types of thresholds studied?
  - b. Explain the difference between each
5. What is the signal detection theory? Provide an example of this theory.

6. What is visual constancy?
  - a. Discuss and explain shape and size constancy
  - b. What are the three variables necessary to recognize size constancy?
7. What is Gestalt Psychology?
  - a. What are illusions?
  - b. What are figure and ground relationships?
  - c. What is similarity?
  - d. What are reversible images?

### Chapter 7- Consciousness

1. What is consciousness?
2. Is consciousness a spectrum? Why or why not?
3. Can we alter our consciousness? If yes, how?
4. What is sleep?
  - a. On average, how many hours do people sleep per night?
  - b. Why do we sleep?
  - c. What controls the need for sleep?
  - d. What is the biological clock? Does it only influence sleep? Explain.
  - e. What events influence the biological clock? Can our clock be “thrown off”?
  - f. How many stages of sleep do humans have?
  - g. Explain NREM vs. REM sleep
  - h. Does REM serve a function? Explain.
  - i. How long is a typical cycle of sleep?
  - j. Discuss the differences in brain wave and arousal levels in NREM and REM sleep.
5. What are the effects of sleep deprivation?
6. What are sleep disorders?
  - a. What is Narcolepsy? Explain the symptoms and features
  - b. What is Insomnia? Explain the symptoms and features
  - c. What is Sleep Apnea? Explain the symptoms and features
  - d. What are Night Terrors? Example the symptoms and features
  - e. What is Sleep Walking? Explain the symptoms and features

**THIS IS YOUR LAST EXAM!**