Psychology Guide [1]

Oskar Blakstad [2] 80.4K reads

Our psychology guide contain articles about the basics of psychology. Classic experiments, background and theory.

- Biology
  - Biological Psychology [3]
  - Brain Development [4]
  - Lobes of the Brain [5]
  - The Central Nervous System [6]
  - The Peripheral Nervous System [7]
  - Types of Neurons [8]
  - Neural Transmission [9]
  - Synaptic Transmission [10]
Vision: Retina

- Image Forming Process

Vision: Color Theories

- Measures of Visual Sensation

Hearing

- Theories of Hearing

Somatosensory System

- Sensory Overload and Deprivation

Sensory Processing Disorder

Smell

Taste

Touch (Tactile)

Skin Senses: Temperature

Perception

- Features of Perception

- Sensory Coding

- Selective Perception

- Selective Attention
Extrasensory Perception [46]

- Top-Down VS Bottom-Up Processing [47]

- Gestalt Laws: Form, Continuation, & Common Fate [48]

- Gestalt Laws: Similarity, Proximity and Closure [49]

- Visual Integration Skills [50]

- Visual Spatial Skills [51]

- Visual Analysis Skills [52]

- Illusion [53]

- Types of Illusion [54]

- Optical Illusions [55]

- Memory

  - Priming [56]

  - Classification of Memories [57]

  - Declarative Memory [58]

  - Explicit Memory [59]

  - Implicit Memory [60]

  - Semantic Memory [61]

  - Episodic Memory [62]
Autobiographical Memory [63]

- Procedural Memory [64]

- Memory Storage [65]

- Atkinson-Shiffrin Model [66]

- Sensory Memory [67]

- Short-Term Memory [68]

- Long-Term Memory [69]

- Retrieval of Memories [70]

- Forgetting [71]

- Retrospective Memory [72]

- Prospective Memory [73]

- Levels of Processing [74]

- Working Memory Model [75]

- Learning
  - Habituation [76] - The "Get Used to It" Concept
  - Sensitization [77] - Learning through Senses
  - Classical Conditioning [78] - The Most Basic Type of Associative Learning
  - Operant Conditioning [79] - To Reward or To Punish?
  - Cognitive Learning Theory [80] - Using Thinking to Learn
Social Learning Theory [81] - Albert Bandura

- Social Development Theory [82] - Leo Vygotsky

- Socialization [83] - Adapting One’s Culture

- Neuroplasticity [84] - You and Your Adaptive Brain

- Learning Domains [85] - The Three Levels of the Mind

Thinking

Intelligence

- What is Intelligence? [86]
- Binet and the First IQ Test [87]
- Spearman and the Theory of General Intelligence [88]
- A Deeper Look at the G Factor [89]
- How Valid is the G Factor of Intelligence? [90]
- Stroop Experiment [91]
- Shaping and Improving Human IQ [92]
- Fluid and Crystallized Intelligence [93]
- Competing Theories of Human Intelligence [94]
- Group Differences in Intelligence - Gender [95]
- Group Differences in Intelligence - Race [96]
- The Bell Curve Controversy [97]
- Modern Misconceptions about IQ Testing [98]
- Intelligence Testing: Criticisms [99]
- The Ethics of IQ Testing and the Advent of “Intelligent Testing” [100]
- Explaining IQ: Nature, Nurture, or Both? [101]
- How IQ Tests are Scored [102]
- Emotional Intelligence [103]
- Intelligence and Creativity [104]
- The Future: Broadening Our Understanding of Intelligence [105]

Emotion and Motivation

- Biology of Emotion [106]

- Nature of Emotions [107]

- Categorization of Emotions [108]
Measuring Emotions

Sociology of Emotion

Schachter-Singer Theory of Emotion

Cannon-Bard Theory of Emotion

James-Lange Theory of Emotion

Emotion in Psychotherapy

Motivation and Emotion

Intrinsic and Extrinsic Motivation

Drive-Reduction Theory

Cognitive Theories of Motivation

Incentive Theory of Motivation

Process of Motivation

Instinct Theory Of Motivation

Two-Factor Theory of Motivation

16 Basic Desires Theory

Maslow's Hierarchy of Needs

Motivation in Psychotherapy

Development

 Bowlby Attachment Theory
Zone Of Proximal Development [127]

- Cognitive Development [128]

- Moral Development [129]

- Ecological Systems Theory [130]

- Erikson’s Psychosocial Model [131]

- Childhood Temperament [132]

- Nature and Nurture Debate [133]

- Social and Emotional Development in Children [134]

- Self-Concept Theory [135]

• Personality

  - Biology of Personality [136]

  - Personality Type Theory [137]

  - Psychodynamic Theory of Personality [138]

  - Behaviourism and Personality [139]

  - Humanistic Perspective [140]

  - Personality Trait Theory [141]

  - Social Cognitive Theory [142]

  - Culture and Personality [143]
Personality Assessment Tools

Stress and Coping

- What is Stress? [145]
- General Adaptation Syndrome [146] (Hans Selye)
- Physiological Stress Response [147]
- Psychological Theories of Stress [148] (James-Lange, Cannon-Bard and Schachter-Singer)
- Stress and Cognitive Appraisal [149] (Lazarus)
- Social Support and Stress [150]
- Individual Differences - Stress Response [151] (Type A/B-personality, Hardiness, Self-Efficacy)
- Gender, Culture and Stress Response [152]
- Knowing Your Stressors [153]
- Stress and Coping Mechanisms [154]
- Theories of Coping [155]
- Stress Management [156]
- Traditional Stress Therapies [157]
- How does Stress Affect Performance? [158]
- Three Different Kinds of Stress [159]
Overwhelming Stress: The Warning Signs of Burnout

Stress and Illness: Psychological Stress-Related Disorders

Stress and Cancer

Stress in Children

Myths about Stress

Social Psychology

Asch Experiment - Conformity in Groups

Bobo Doll Experiment - Learning From Role Models

Good Samaritan Experiment - Would You Help a Stranger? - Explaining Helping Behavior

Stanford Prison Experiment - Roles Define Your Behavior

Stanley Milgram Experiment - Will People Do Anything If Ordered?

Milgram Experiment Ethics - The Research Ethics about the Milgram Experiment

Cognitive Dissonance Experiment by Leon Festinger

Bystander Apathy Experiment - The Case of Kitty Genovese Explained

Sherif's Robbers Cave Experiment - Realistic Conflict Theory

Social Judgment Theory Experiment - Henry Tajfel

The Halo Effect and Nisbett and Wilson's Experiment
Thought Rebound [177] and Wegner's Dream Rebound Experiment

- Ross' False Consensus Effect Experiments [178]

- Theory of Cooperation and Competition: Studies on Interpersonal Bargaining [179]

- Understanding and Belief [180] and the Gilbert Experiment

- Self-Deception [181] and Quattrone & Tversky's Experiment

- Overjustification Effect [182] and the Felt Tip Marker Study

- The Chameleon Effect [183] and Chartrand & Bargh Experiments

- Confirmation Bias [184] and the Wason Rule Discovery Test

- Cognitive Dissonance and Festinger & Carlsmith's Study [185]

- Peter Johansson's Experiment and Choice Blindness [186]

- Stereotypes and the Clark Doll Test [187]

- Social Group Prejudice and Milgram's Lost Letter Experiment [188]

- Intergroup Discrimination and the Henri Tajfel Experiments [189]

- The Hastorf & Cantril Case Study and Selective Group Perception [190]

- Hawthorne Effect [191]

- Psychopathology and Diseases
  - Anxiety Guide [192]
    - Why Learn about Fear and Anxiety? [193]
    - What is Fear? What is Anxiety? [194]
Behavioral Therapy and Exposure

- Cognitive Behavioral Therapy (CBT)
- Other Anxiety Therapies
- Online Anxiety Treatment
- Medication

Coping and Acceptance

- Anxiety Tips: Diet and Exercise
- Anxiety Tips: Social Strategies
- Anxiety Tips: Mindfulness and Breathing
- Embracing Uncertainty

- A New Appreciation
  - Movement Disorders
  - Disorders of Object Recognition and Spatial Cognition
  - Depression
  - Mania
  - Bipolar Disorder
  - Schizophrenia

Source URL: https://explorable.com/psychology

Links
[1] https://explorable.com/psychology
[226] https://explorable.com/depression
[227] https://explorable.com/mania
[228] https://explorable.com/bipolar-disorder
[229] https://explorable.com/schizophrenia