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

- Biology
  - Biological Psychology
  - Brain Development
  - Lobes of the Brain
  - The Central Nervous System
  - The Peripheral Nervous System
  - Types of Neurons
  - Neural Transmission
  - Synaptic Transmission
  - The Autonomic Nervous System
The Visual System [12]

The Auditory System [13]

Wakefulness and Sleep [14]

Eating and Drinking [15]

Sexual Development and Human Behavior [16]

Neural Pathways of Smell, Taste, and Touch [17]

The Endocrine System [18]

Biological Control of Movement [19]

Language and Lateralization [20]

Biology of Learning and Memory [21]

Heredity [22]

Sensation

Sensation and Perception [23]

Senses [24]

Psychophysics [25]

Theoretical Approaches to Sensation [26]

Sensory Adaptation [27]

Sensory Receptors [28]
Vision: Retina [29]

- Image Forming Process [30]

Vision: Color Theories [31]

- Measures of Visual Sensation [32]

Hearing [33]

- Theories of Hearing [34]

Somatosensory System [35]

- Sensory Overload and Deprivation [36]

Sensory Processing Disorder [37]

Smell [38]

Taste [39]

- Touch (Tactile) [40]

- Skin Senses: Temperature [41]

Perception

- Features of Perception [42]

- Sensory Coding [43]

- Selective Perception [44]

- Selective Attention [45]
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 - Albert Bandura
Social Development Theory - Leo Vygotsky
Socialization - Adapting One's Culture
Neuroplasticity - You and Your Adaptive Brain
Learning Domains - The Three Levels of the Mind

Thinking

Intelligence

- What is Intelligence? Binet and the First IQ Test Spearman and the Theory of General Intelligence A Deeper Look at the G Factor How Valid is the G Factor of Intelligence? Stroop Experiment Shaping and Improving Human IQ Fluid and Crystallized Intelligence Competing Theories of Human Intelligence Group Differences in Intelligence - Gender Group Differences in Intelligence - Race The Bell Curve Controversy Modern Misconceptions about IQ Testing Intelligence Testing: Criticisms The Ethics of IQ Testing and the Advent of "Intelligent Testing" Explaining IQ: Nature, Nurture, or Both? How IQ Tests are Scored Emotional Intelligence Intelligence and Creativity The Future: Broadening Our Understanding of Intelligence

Emotion and Motivation

- Biology of Emotion
- Nature of Emotions
- Categorization of Emotions
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

- Cognitive Development
- Moral Development
- Ecological Systems Theory
- Erikson's Psychosocial Model
- Childhood Temperament
- Nature and Nurture Debate
- Social and Emotional Development in Children
- Self-Concept Theory

Personality

- Biology of Personality
- Personality Type Theory
- Psychodynamic Theory of Personality
- Behaviourism and Personality
- Humanistic Perspective
- Personality Trait Theory
- Social Cognitive Theory
- Culture and Personality
Personality Assessment Tools

Stress and Coping

- **What is Stress?**

- **General Adaptation Syndrome** (Hans Selye)

- **Physiological Stress Response**

- **Psychological Theories of Stress** (James-Lange, Cannon-Bard and Schachter-Singer)

- **Stress and Cognitive Appraisal** (Lazarus)

- **Social Support and Stress**

- **Individual Differences - Stress Response** (Type A/B-personality, Hardiness, Self-Efficacy)

- **Gender, Culture and Stress Response**

- **Knowing Your Stressors**

- **Stress and Coping Mechanisms**

- **Theories of Coping**

- **Stress Management**

- **Traditional Stress Therapies**

- **How does Stress Affect Performance?**

- **Three Different Kinds of Stress**
Overwhelming Stress: The Warning Signs of Burnout [160]

- Stress and Illness: Psychological Stress-Related Disorders [161]
- Stress and Cancer [162]
- Stress in Children [163]
- Myths about Stress [164]

- Social Psychology [165]
  - Asch Experiment [166] - Conformity in Groups
  - Bobo Doll Experiment [167] - Learning From Role Models
  - Good Samaritan Experiment [168] - Would You Help a Stranger? - Explaining Helping Behavior
  - Stanford Prison Experiment [169] - Roles Define Your Behavior
  - Stanley Milgram Experiment [170] - Will People Do Anything If Ordered?
  - Milgram Experiment Ethics [171] - The Research Ethics about the Milgram Experiment
  - Cognitive Dissonance Experiment [172] by Leon Festinger
  - Bystander Apathy Experiment [173] - The Case of Kitty Genovese Explained
  - Sheriff's Robbers Cave Experiment [174] - Realistic Conflict Theory
  - Social Judgment Theory Experiment [175] - Henry Tajfel
  - The Halo Effect [176] 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]
Theories of Emotion [195]

- A Brief History of Anxiety and Fear [196]
- Are Anxiety and Fear Bad Things? [197]

Anxiety and Fear, Body and Mind [198]

- Fear, Anxiety and the Brain (Physiology) [199]
- Physical and Psychological Risks of Anxiety [200]
- What about Genetics? [201]

Common Anxiety Disorders [202]

- Generalized Anxiety Disorder (GAD) [203]
- Panic Disorder [204]
- Social Anxiety Disorders [205]
- Obsessive-Compulsive Disorder [206]
- Obsessive Compulsive Disorder (older article) [207]
- Trauma Disorders and PTSD [208]
- Depressive Disorders [209]
- Phobias and Test Anxiety [210]

Therapies for Anxiety [211]

- Cognitive Therapy [212]
Behavioral Therapy and Exposure [213]

- Cognitive Behavioral Therapy (CBT) [214]
- Other Anxiety Therapies [215]
- Online Anxiety Treatment [216]
- Medication [217]

Coping and Acceptance [218]

- Anxiety Tips: Diet and Exercise [219]
- Anxiety Tips: Social Strategies [220]
- Anxiety Tips: Mindfulness and Breathing [221]
- Embracing Uncertainty [222]

A New Appreciation [223]

- Movement Disorders [224]
- Disorders of Object Recognition and Spatial Cognition [225]
- Depression [226]
- Mania [227]
- Bipolar Disorder [228]
- Schizophrenia [229]

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

Links
[1] https://explorable.com/psychology