Psychology Guide [1]

Oskar Blakstad [2] 79.9K 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]
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

- 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

- 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

- 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
- Sheriff'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]
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

- 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