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
Extravrogery Perception

- Top-Down VS Bottom-Up Processing

- Gestalt Laws: Form, Continuation, & Common Fate

- Gestalt Laws: Similarity, Proximity and Closure

- Visual Integration Skills

- Visual Spatial Skills

- Visual Analysis Skills

- Illusion

- Types of Illusion

- Optical Illusions

Memory

- Priming

- Classification of Memories

- Declarative Memory

- Explicit Memory

- Implicit Memory

- Semantic Memory

- Episodic Memory
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
- 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 and Wegner's Dream Rebound Experiment

- Ross' False Consensus Effect Experiments
- Theory of Cooperation and Competition: Studies on Interpersonal Bargaining
- Understanding and Belief and the Gilbert Experiment
- Self-Deception and Quattrone & Tversky's Experiment
- Overjustification Effect and the Felt Tip Marker Study
- The Chameleon Effect and Chartrand & Bargh Experiments
- Confirmation Bias and the Wason Rule Discovery Test
- Cognitive Dissonance and Festinger & Carlsmith's Study
- Peter Johansson's Experiment and Choice Blindness
- Stereotypes and the Clark Doll Test
- Social Group Prejudice and Milgram's Lost Letter Experiment
- Intergroup Discrimination and the Henri Tajfel Experiments
- The Hastorf & Cantril Case Study and Selective Group Perception
- Hawthorne Effect

Psychopathology and Diseases

- Anxiety Guide
  - Why Learn about Fear and Anxiety?
  - What is Fear? What is Anxiety?
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