**Review for Final Exam (Psy 202 Online)**

**Psychological Disorders:**

1. Describe how *psychological disorders are defined* and what makes this process difficult.
2. Describe the basic features of the *DSM-V* and how it is used to diagnose and classify mental disorders.
3. Be familiar with *historical and supernatural perspectives* and the *modern and biological perspectives* on the origin of psychological disorders.
4. Explain *phobias* and their acquisition through learning.
5. Describe the main features of *social anxiety disorder*.
6. Explain *panic disorder* and *panic attacks*.
7. Describe the symptoms and prevalence of *generalized anxiety disorder*.
8. Describe the main features, development, and prevalence of *obsessive-compulsive disorder*, *body dysmorphic disorder*, and *hoarding disorder*.
9. Describe the nature, development, symptoms, and risk factors associated with *posttraumatic stress disorder*.
10. Describe the symptoms, results, and risk factors of *major depressive disorder*.
11. Understand the *differences between major depressive disorder and persistent depressive disorder* and identify *two subtypes of depression*.
12. Describe the symptoms and risk factors of *bipolar disorder*.
13. Describe *genetic, biological, and psychological explanations* of major depressive disorder.
14. Discuss the *relationship between mood disorders and suicidal ideation*, as well as *factors associated with* *suicide*.
15. Describe the major *symptoms of schizophrenia*.
16. Describe how *genetic, biological, and environmental factors* influence the development of schizophrenia.
17. Identify the symptoms and potential causes of *dissociative amnesia, depersonalization/derealization disorder,* and *dissociative identity disorder*.
18. Define *personality disorders* and distinguish between the *three clusters* of personality disorders.
19. Identify the basic features of *borderline personality disorder*.
20. Describe the basic features of *antisocial personality disorder*.
21. Describe the symptoms, prevalence, and contributing factors of *attention-deficit/hyperactivity disorder.*
22. Describe the symptoms, prevalence, and contributing factors of *autism spectrum disorder.*

**Therapy and Treatment:**

1. Explain *how people with psychological disorders have been treated* throughout the ages and discuss *deinstitutionalization*.
2. Describe *how mental health services are delivered today*, including the distinction between voluntary and involuntary treatment.
3. Describe *psychoanalysis* as a treatment approach.
4. Explain the basic process and uses of *play and behavior therapy*.
5. Describe *systematic desensitization*.
6. Describe how *cognitive and cognitive-behavioral therapy* are used as treatment methods.
7. Explain the basic characteristics of *humanistic therapy*.
8. Explain the basic characteristics of *mindfulness*, *treatment for addiction*, and *other emerging psychological treatments*.
9. Compare *various forms of psychotherapy*.
10. Explain and compare *biomedical therapies*.
11. Explain *how conditioning aids in therapy techniques*.
12. Define and give examples of *individual therapy*.
13. Describe the types and benefits of different types of *group therapies*.
14. Explain why the *sociocultural model* is important in therapy.
15. What type of *cultural barriers* prevent some people from receiving mental health services?

**Stress, Lifestyle, and Health:**

1. What are the *various definitions of stress*?
2. What is the difference between *stimulus-based and response-based stress*?
3. What is the difference between *good stress and bad stress*?
4. Be familiar with the contributions of *Walter Cannon (fight or flight)* and *Hans Selye (general adaptation syndrome)* to the stress research field.
5. Explain what occurs in the *sympathetic nervous system* and in the *hypothalamic-pituitary-adrenal system* during stress.
6. Describe *different types of possible stressors*.
7. How does stress impact the functioning of the *immune system*?
8. How do stress and emotional factors lead to the development of *cardiovascular disorders*?
9. Define *coping* and distinguish between *problem-focused and emotion-focused coping*.
10. Describe the importance of *perceived control* in our reactions to stress.
11. Explain how *social support* is vital in health and longevity.
12. Identify common *stress reduction techniques*.
13. Define and discuss *happiness*.
14. Describe the field of *positive psychology*.
15. Define *flow* and give some examples of it.

**Please remember that this is a study guide. Not all testable material will be included on this review.**