Hormones
The system that controls hormones is known as the endocrine system.
Hormones are chemical messengers which travel in the blood and have effects on target organs in the body.
The master gland which controls others is known as the pituitary gland.
The level and amount of hormones can influence behaviour.

Testosterone
Oestrogen
Adrenaline

Example of hormone and its effect on behaviour
Testosterone: too much of this can lead to risk taking or aggression
Adrenaline: this hormone prepares our body for stress by triggering the fight or flight response.

Research
- could hormones explain why teams often perform better at home games in sport?
- Carre- found that a Canadian Ice hockey team had a surge in testosterone when they played at home.

Neurotransmitters
When a nerve signal reaches the end of a neuron a neurotransmitter is released in the synapse (the gap between two neurons).
- the neurotransmitter then binds to the next nerve cell which transmits the signal to the next neuron.
- dopamine and serotonin are types of neurotransmitters.
- high/low levels of these can affect behaviour.