

Schizophrenia – A chronic incapacitating disorder by which a person is out of touch with reality. A person can be diagnosed with schizophrenia when they experience at least two symptoms of psychosis for a month along with less extreme symptoms for at least six months.

Positive symptoms of psychosis – Positive means something is added. Such as delusions, hallucinations, and disorganized speech.

Negative symptoms of psychosis – Reduced emotional expression, reduced fluency of speech, reduced initiative.

Five types of schizophrenia:

- 1) Paranoid
- 2) Disorganized
- 3) Catatonic
- 4) Undifferentiated
- 5) Residual

Paranoid schizophrenics have symptoms of delusions and hallucinations. Delusions are false belief that is not relinquished despite evidence that it is false. Hallucination is a false sensory perception that occurs while a person is conscious.

Disorganized schizophrenics show negative symptoms, disorganized speech, and disorganized behavior. Such as behavior that cannot be understood and with no apparent goal.

Catatonic schizophrenics show catatonic behavior; disturbances in movement. This can include hyperactivity of movements or motor immobility.

- Alzheimer's disease is the most common form of dementia. It is characterized by anterograde amnesia.

Parkinson's disease – Symptoms include a resting tremor, slowed movement, the rigidity of movements of the face, and a shuffling gait. Caused by the death of cells that generate dopamine in the basal ganglia and substantia nigra.

Attitudes:

Attitude – A person's feelings and beliefs about other people or events around them. As well as the tendency to behave according to those underlying beliefs and feelings.

The principle of aggregation – An attitude affects a person's aggregate or average behavior, but not necessarily each isolated behavior.

The factor that influences the link between attitude and behavior:

- 1) When social influences are reduced. People are more likely to behave according to their attitude when there is less social influence.
- 2) Attitudes are made more powerful through self-reflection. People are more likely to behave in accordance with their attitude if they are given some time to prepare to do so.

Behavior influencing attitude:

- 1) Role-playing. Being in a certain role influences one's attitude. Think the Zimbardo's prison study.
- 2) Public declaration. People sometimes feel pressure to adapt and say things to please others, and say something publicly. The individual may be unaware of the social pressure that might have influenced the statement and thus the individual might conclude that the statement was a personal belief.
- 3) Justification of effort. People often modify their attitudes to justify their behavior. People try to justify what they did.

Cognitive dissonance theory – Explains that we feel tension whenever we hold two thoughts or beliefs that are incompatible, or when attitudes and behaviors don't match. When this happens and we feel like hypocrites, we will change our views of the world to match what we have done instead of accepting the incongruency / hypocritical nature of what was done.

- Self-justification plays an important role in how behaviors shape attitudes. In role- playing, public declarations, and justification of effort scenarios, individuals justify their actions through altering their beliefs to match the actions.

Self-identity formation:

Self-concept (self-identity) – The sum of an individual's knowledge and understanding of themselves. A person's view of their own personality. Is developed and refined through interaction with others.

Personal identity – One's own sense of personal attributes.

Social identity – Consists of social definitions of who you are; age, race, religion, gender, etc.

Self-reference effect – The tendency to better remember information relevant and consistent with our own self-concept.

Ex. If one considers themselves smart and gets a good score they will remember it. If they get a bad score on a test then they will attribute it to external causes instead of internalizing it and adjusting their self-concept.

Self-efficacy – The belief in one's own competence and effectiveness. The belief in one's ability to carry out an action.

- It has been shown that simply believing in one's abilities actually improves performance.

Internal locus of control – Believe they are able to influence outcomes through their own effort and actions. Believe that the responsibility lies on them.

External locus of control – Perceive outcomes are controlled by outside forces.

- Having an internal locus of control has been shown to empower individuals while having an external locus of control is involved with depressed and oppressed people.

Self-esteem – One's overall self-evaluation of one's self worth.

Looking-glass self – People develop self-concepts based on how others perceive them. The idea that a person's sense of self develops from interpersonal interactions with others in society and the perceptions of others. (developed by Charles Cooley)

Actor-observer bias – The tendency to blame our poor actions on external causes and blame the poor actions of others on internal causes.

Self-serving bias – The tendency to attribute our success to internal reasons and our failure to external reasons. We tend to attribute our success to us being due to our own ability and our failure not being our fault.

Optimism bias – The belief that bad things happen to others but not us.

Just world phenomenon – The tendency to believe that the world is fair and people get what they deserve.

Halo effect – The tendency for an impression in one area to affect our opinion of another area. If our impression is that someone is nice we might also view them as being a good dad.

Physical attractiveness stereotype – The tendency to rate attractive individuals more favorably for personality traits than less attractive people. A specific type of halo effect.

Social perception:

Social perception – The understanding of others in our social world.

Social cognition – The ability of the brain to store and process information regarding social perception.

Back stage – When not in the presence of others we let our guards down and be our true selves.

Attraction – The ability to evoke interest in another person. A primary component in love, friendship, and other social relationships.

Three components of attraction:

- 1) Proximity – People are more inclined to like people who they are exposed to more often. This is known as the mere exposure effect. As such people who live nearby each other tend to form social relationships.
- 2) Appearance – Physical attractiveness is an important predictor of attraction. Positive personality traits are also judged more attractively
- 3) Similarity – Similarity between people impacts attraction. Sharing similar values, beliefs, interests, and attitudes improves attraction and liking for each other

Mere exposure effect – People prefer repeated exposure to the same stimuli
Sociology:

Sociology – Focuses on understanding the behavior of groups

Society – A group of people who share a culture

Functionalism – A view that conceptualizes society as a living organism with many different parts and organs, that each have a distinct purpose. Such that each social structure (school, hospitals, churches, etc.) serve a function to help society survive. Believes that inequality is beneficial to society.