

People and Studies Review Sheet—AP Psychology

Researcher(s)/ Theorists	Text Chapter	Area of Study	Basics of Study	Key Concepts derived from or enhanced from research
1. Adler, Alfred	Personality	Psychodynamic (Neo-Freudian)	Social creatures governed by social urges; struggle to overcome imperfections, drive for competence, completion and mastery of shortcomings	-social urges -striving for superiority -compensation -style of life -creative self
2. Ainsworth	Child Development	Attachment	To see how babies act when their mother returns after a brief separation	-securely attached -insecure-avoidant - insecure-ambivalent attachment
3. Allport, Gordon	-Personality --attitudes, culture, and human relations	-Classifying traits --prejudice	-Study traits specific to most members of a culture; a person's unique qualities; traits so basic to personality all activity traced back to it; building blocks to personality; superficial --study the root of different types of prejudice	-common traits -cardinal traits -individual traits -central traits -secondary traits --personal prejudice --group prejudice
4. Anastasi, Anne	Personality	Traits	Traits influenced by learning and heredity	-nature -nurture
5. Asch, Solomon	Social Behavior	Conformity	Group of students at a table, all but one are actors who give the wrong answer about a third of the time when matching sizes of lines	-social influences -conformity -group pressure
6. Atkinson, John Wm.				
7. Bandura, Albert 8. *	Conditioning and learning	-Aggression --Observational learning	-Angry boys severely punished at home so they suppressed misbehavior at home and were aggressive elsewhere --children watched an adult attack a blow up doll, others watched movie of this, a third watched a cartoon version; then good toys were taken from them and they were given the blow up doll, most imitated adult behavior even the cartoon	-aggression -modeling -social learning theory
9. Beck, Aaron	Therapies	-Cognitive Theory for Depression	-distortions in thinking that are negative and self-defeating	-selective perception -overgeneralization -all – or – nothing thinking
10. Bem, Sandra	Gender and Sexuality	Androgyny	<i>Bem Sex Role Inventory</i> which combined 20 masculine traits, 20 feminine and 20 neutral then asked people which traits applied to them	-androgyny -adaptability
11. Berne, Eric	Therapies	Basic counseling skills	People have reasons to avoid advice or know more about their situation	-advice

12. Binet, Alfred	Intelligence	Standard Tests	Made a test of intellectual questions then learned what an average student can answer at a certain age	-reliability -validity -objective test -test standardization -norm
13. Boring, E.G.	Perceiving the World	Perceptual Organization	Studied visual perception; ambiguous depiction of old lady or young lady	-Boring figure -figure ground
14. Bowlby	Child Development	Family Interactions	actual patterns of family interaction involved in both healthy and pathological development; attachment behavior essential; maladaptive children	-secure attachments -estrangement
15. Calhoun	Attitudes, Culture, & Human Relations	Social Psychology	People and their role in politics and its effects on globalization; the impact of technological changes on communication	-social theory -morality -globalization
16. Cartwright	States of Consciousness	Dreams	Dreams are “feeling statements” and the emotional tone is a major clue to meaning; try to change dreams	-lucid dreaming
17. Cattell, James	History of Psychology	Origins	Established psychology as a true physical science and helped to establish mental testing	-psychology
18. Cattell, Raymond	Personality	Classifying Traits	Identified 16 source traits (groups of surface traits) and graphs a picture of personalities to compare. Universal traits: extroversion, agreeableness, conscientious, neuroticism, openness to experience	-surface traits -source traits -trait profile -five-factor model
19. Chomsky, Noam	Child development	Language	Hereditary readiness to develop language; language patterns inborn	-biological predisposition -transformation rules
20. Charcot, JeanMartine	Brain & Behavior	Neurology	Founder of modern neurology and found many eponyms	-neurology
21. Darley & Latane	Attitudes, Culture, and Human Relations	Prosocial Behavior	The more potential helpers present the less likely people are to help	-bystander apathy
22. Darwin, Charles	Motivation and Emotion	Expressing Emotions	Emotional expressions are carryover from human evolution to communicate feelings that aid survival	-social context
23. Dement, William	States of Consciousness	Dreams	Wake up volunteers every time they entered REM sleep which made “dream sleep” more urgent; when allowed to dream dreamt more after	-REM rebound REM sleep
24. Dollard and Miller	Personality	Learning Theories	Habits make up structure of personality	-habit -cues -response -reward
25. Ebbinghaus, Herman	Memory	Retaining memories	Memorized nonsense syllables and then waited various lengths before testing his memory	-curve of forgetting
26. Ekman & Friesen	Motivation & Emotion	Kinesics	Cultural learning affects meaning of gestures	-kinesics -body language

27. Ellis, Albert	Therapies	Cognitive Therapy	People become unhappy and develop self defeating habits because they have unrealistic or faulty beliefs	-rational-emotive behavior theory -activating experience -emotional consequences
28. Erikson, Erik	Life-Span Development	Cycle of life	Face specific psychosocial dilemma or crisis at each stage of life	-psychosocial dilemma
29. Eysenck, Hans	Memory	Memory storage	LTM contains everything you know about the world; nearly limitless; more you know the easier to add new info	-long term memory -working memory -short term memory
30. Festinger & Carlsmith	Attitudes, Culture, & Human Relations	Attitude Changes	College students perform boring task for a long time then lured others. Those paid more kept original view and those paid less changed attitude	-cognitive dissonance theory -justification
31. Festinger, Leon	Social Behavior	Social Comparison Theory	Group members fill need for comparing own actions, feelings, opinions or abilities to others	-social comparison -downward comparison -upward comparison
32. Frankl, Victor	Therapies	Humanistic Therapies	The need to find and maintain meaning in life. At Nazi camp those who kept sanity because held onto meaning	-logotherapy -logos
33. Freud, Anna	-Health, Stress, & Coping --Child Development	Psychoanalysis --Personality Disorders	-Established importance of ego functions and defense mechanisms --Researched children in developmental stages and saw symptoms alike to adult disorders	-ego -defense mechanisms --objects relation --development
34. Freud, Sigmund	-States of Consciousness --Personality =Therapies	-Dreams Psychoanalytic Theory =psychoanalysis	-dreams are based on internal conflicts and unconscious forces --personality dynamic system directed by three mental structures; core of personality formed in stages before age six =neurosis and hysteria caused by repressed memory, motives, conflict	-wish fulfillment -psychodynamic theory -dream symbols -id, ego, superego -psychosexual stages
35. Friedman & Rosenman	Health, Stress & Coping	Cardiac Personality	Study of heart problems, classified personalities and effects	-type A personalities -type B personalities
36. Fromm, Eric	Social Behavior	Love & Freedom	Changed ideas of love into a deeper understanding and believed that freedom essential; escape breeds psychological problems	-escape mechanisms
37. Garcia, John	Motivation & Emotion	Taste	Coyotes given lamb tainted with lithium chloride to become nauseated making them develop longtime distaste for tainted food	-taste aversion -bait shyness
38. Gardner, Howard	Intelligence	Types of intelligence	Theorizes that there are eight different kinds of intelligence; mental languages used for thinking	-language -logic and math -visual/ spatial -music -bodily-kinesthetic -intrapersonal -interpersonal -naturalistic

39. Gazzaniga, Michael	Brain & Behavior	Brain	Brain efficiency has as much to do with intelligence as size; split brain	-split brain
40. Gesell	Child Development	Reasons for Disorders	Observed children; realized importance of nature and nurture because children adaptable; wolf girl	-Gesell Dome
41. Gibson & Walk	Perceiving the World	Depth Perception	Place 6-14 month infants in middle of visual cliff with choice of shallow and deep sides; most chose shallow	-depth perception -visual cliff
42. Gilligan, Carol	Life-Span Development	Moral Dilemmas	The ethic of caring about others; presents story to 11-15 children; boys chose justice, girls best for all	-moral development -justice
43. Hall, G. Stanley	Child Development	Adolescence	Examine childhood to view importance of inherited behavior; studied adolescents and effect on education	-educational psychology
44. Harlow, Harry	Child Development	Attachments	Separate baby monkeys and replace surrogates some cold wire other soft fabric; infants chose soft	-surrogate mother -contact comfort
45. Heider	Social Behavior	Perception	people attribute the behavior of others to their own perceptions; and that those perceptions could be determined either by specific situations or by long-held beliefs	-self serve bias
46. Hilgard	States of Consciousness	Hypnosis	Asked hypnotized subjects to plunge one hand in painful ice bath; those told to feel no pain said they didn't; when asked if any part hurt other hand write it does	-dissociation -split awareness -hidden observer
47. Hobson & McCarley	States of Consciousness	Dream Theories	Several parts of brain activated during REM sleep triggering sensations, motor commands, and memories along with visuals	-brain cortex -activation-synthesis hypothesis
48. Holmes & Rahe	Health, Stress & Coping	Life Events and stress	The first rating scale to estimate health hazards faced when stress builds	-social readjustment rating -life change units
49. Horney, Karen	Personality	Psychodynamic Theories	individuals struggle with forbidden id drives that they fear they can't control in a hostile world; childhood	-basic anxiety -mode of interacting
50. Hull, Clark L.	Conditioning & Learning	Conditioning	Deprivation causes needs, needs cause drive, drives activate behavior which is survival	-need -desire -drive
51. Izard	Motivation & Emotion	Facial Expressions	Emotional activity cause innately programmed changes in facial expression; sensations from face cue brain to emotion feeling	-facial feedback hypothesis
52. James, William	Motivation and Emotion	Emotion Theories	Emotional feelings follow bodily arousal	-James-Lange theory
53. Jones, Mary Cover	Conditioning & Learning	Behavioristic Theories	Unconditioned fear of rabbits in a three year old by conditioning; pleasant stimulus with rabbit	-conditioning -stimulus
54. Jung, Carl	Personality	-Types -- psychodynamic theories	-People either shy and focused inward or outgoing focused outward --mask exists between ego and outside world; unconscious divided into personal, collective, universal	-introvert -extrovert --persona --personal unconscious --collective unconscious --archetype

55. Kagan	Child Development	Temperament	Physical core of personality: sensitivity, irritability, distractibility ; modified by learning	-temperament -nurture
56. Kent, Grace Helen	Psychological Disorders	Diagnostics	Psychiatric screening instrument that was one of the first to have objective scoring and objective norms	-Kent-Rosanoff Free Association Test
57. Kinsey, Alfred	Gender & Sexuality	Sexual Behavior	Verified instances of orgasms in boys at 5 months and girls 4 months	-sexual arousal
58. Koffka, Kurt	Child Development	Gestalt Psychology	Type of early learning that takes place after a consequence ; imitation important and natural	-sensorimotor learning -imitation
59. Kohlberg, Lawrence	Life- Span Development	Moral Dilemmas	Learn moral values through thinking/reasoning; posed dilemmas to children of different ages and asked them what action should be taken with their reasoning	-moral development -preconventional; level -conventional level -postconventional level
60. Kohler, Wolfgang	Conditioning & Learning	Gestalt Psychology	Observed chimpanzees and their methods of problem solving	-insight
61. Kübler-Ross, Elizabeth	Life- Span Development	Death	Spent hours at bedside of terminally ill to observe five basic emotional reactions to impending death	-denial/isolation -anger -bargaining -depression -acceptance
62. Langer & Rodin	Motivation & Emotion	Motivation	One group of patients at nursing home were told what to do by nurses and their health declined other group made own decisions and remained in better health	-control
63. LaPiere				
64. Lashley, Karl	Memory	Brain and Memory	Taught animals to run mazes then removed parts of their brain to see how memory of maze changed; only matters amount taken not one specific area	-engram -memory trace
65. Lewin, Kurt	Social Psychology	Gestalt Psychology	Behavior determined by persons situation; greatly impacted theories on group dynamics	-interdependent of fate -task interdependence
66. Loftus, Elizabeth	Applied Psychology	Applied Psychology	Found voice telling people exactly what to do in emergency is best alarm	-applied psychology
67. Lorenz, Konrad	Child Development	Social Development	Mother- goose following acquired during sensitive period when baby goose exposed to whatever is around	-imprinting -ethologist
68. Marcia	Child Development	Adolescent Psychosocial development	Explored stage of identity crisis which includes exploration and commitment to variety of life domains	-theory of identity achievement -identity status interview
69. Maslow, Abraham	-Motivation & Emotion --Personality	-Motives -Humanistic theories	-Some needs are more basic/powerful than others; higher needs expressed after satisfy biological needs --studied the lives of great people and other creative people to see how to live rich, creative satisfying life	-hierarchy of human needs -basic needs -growth needs -meta needs -self actualization -self actualizer

70. Masters & Johnson	Gender & Sexuality	Sexual Responses	Studied sexual intercourse and masturbation in 700 people; noticed phases	-excitement phase -plateau phase -orgasm -resolution
71. McClelland, David	Motivation & Emotion	Need for Achievement	Predict the behavior of high and low achievers ; compared occupations with scores on achievement test taken in college; scored high more risk jobs	-need for achievement -need for power
72. Mead, Margaret	Gender & Sexuality	Gender Roles and Culture	Observed Tchambuli people of New Guinea where gender roles are completely reversed from stereotypes	-gender roles
73. Mesmer, Franz	States of Consciousness	Hypnosis	Believed he could cure disease with magnets but actually relied on power of suggestion	-hypnosis
74. Metzer, Wolfgang	Conditioning & Learning	Gestalt Psychology	assumption of a natural, nonforced order in nature; observations on the virtues of a theme of freedom among the goals of education.	-psychotherapy
75. Milgram, Stanley	Social Behavior	Obedience	Learning experiment at Yale; every time learner gets something wrong the teacher must shock them and up the voltage; 65% of people went up to full voltage when told to	
76. Miller, Alice	Child Development	Abuse	Researched the effects pf physical, mental and sexual abuse and the effects it has into adulthood; how it effects society as a whole	-neuroses -psychoses
77. Mischel, Walter	Personality	Traits	Traits interact with situations to determine how to act	-trait-situation interaction
78. Pavlov, Ivan	Conditioning & Learning	Classical Conditioning	Rang a bell then immediately placed meat powder on dogs tongue causing reflex salivation, soon dogs began to salivate when they heard bell	-neutral stimulus -conditioned stimulus -unconditioned stimulus -unconditioned response -conditioned response
79. Perls, Fritz	Therapies	Gestalt Therapy	Emotional health comes from taking full responsibility for actions and feelings; present experiences	-Gestalt Therapy
80. Piaget, Jean	Child Development	Cognitive Development	-Children's cognitive skills progress through series of stages; observing own children solve thought problems --ideal way to guide intellectual development is to provide experiences slightly new and challenging; one step strategy	-assimilation -accommodation -sensorimotor stage -preoperational stage -concrete operational stage -formal operations stage
81. Ramachandran, V.I.	Sensation & Reality	Sensory Analysis	Senses divide world into basic stimulus patterns	-perceptual analysis
82. Rescorla	Conditioning & Learning	Classical Conditioning	Brain learns to expect the unconditioned stimulus will follow conditioned stimulus	-expectancies

83. Rogers, Carl	Personality	Humanistic Theories	Fully functioning person lives in harmony with deepest feelings and impulses; trust inner urges/intuition	-self -self image -incongruence -ideal self
84. Rorschach, Hermann	Personality	Personality Tests	10 standard inkblots, people describe what they see to identify personal conflicts and fantasies	-Rorschach Technique
85. Rosenhan	Psychological Disorders	Psychiatric Labeling	Committed themselves to mental hospitals with diagnosis schizophrenia then dropped pretense of illness but staff never noticed	-pseudo-patients
86. Rosenthal & Jacobson	Attitudes, Culture, & Human Relations	Attitude	Administered fake tests to public school students that would predict the students who would have rapid growth though the names given to the teachers were randomly picked; teachers subconsciously helped them more and children really did perform better	-self-fulfilling prophecy
87. Rotter, Julian	Personality	Theories of Personality	personality represents an interaction of the individual with his or her environment; relatively stable set of potentials for responding to situations in a particular way; changeable	-social learning theory
88. Schacter, Daniel	Memory	Long-Term Memory	Gaps in memory that are common may be filled by logic, guessing or new information; inaccurate witness	-constructive processing
89. Schacter, Stanley	Motivation & Emotion	Cognitive Theories	People watch slapstick movie; 1/3 adrenaline, 1/3 placebo, 1/3 tranquilizer; attributed feelings to movie	-Schachter's cognitive theory
90. Seligman	Health, Stress, & Coping	Learned Helplessness	Studied young marine who adapted to stress of being POW because captives said they would release him after a certain date; after date he was deceived and fell into depression and died	-learned helplessness -depression
91. Seligman & Maier	Health, Stress; & Coping	Learned Helplessness	Placed dogs in harnesses where they couldn't escape shocks then put the dog in shuttle box where they received shocks on one side; the dogs never attempted to alleviate shocks and go to other side	-learned helplessness
92. Selye, Hans	Health, Stress & Coping	Stress	Series of bodily reactions to prolonged stress; first symptoms of any disease/trauma identical; body responds same to any stress	-General Adaptation Syndrome -alarm reaction -stage of resistance -stage of exhaustion
93. Singer, Margaret	Attitudes, Culture & Human Relations	Forced Attitude Changes	Studied former cult members; found recruiting members use guilt, manipulation, isolation, deception and fear for commitment; brainwash	-cult -brainwashing

94. Skinner B.F.	Conditioning & Learning	Conditioning	-Created apparatus to study conditioning in animals --formal study of schedules of reinforcement (when ran out of food pellets for his animals)	-Skinner box -conditioning chamber -operant reinforcement -positive reinforcement
95. Smith & Glass	Therapies	Psychotherapy	375 controlled evaluations concluded that psychotherapy worked best for personality changes	-psychotherapy
96. Spanos	States of Consciousness	Hypnosis	Hypnotized act knowingly yet involuntary; hypnotic acts are strongly tied to context; not altered consciousness but social psychology	-dissociated states -cognitive
97. Spearman, Charles	-Statistics --Intelligence	-Factor Analysis --Testing	-pioneer of factor analysis and Spearman's rank correlation coefficient --disparate cognitive test scores reflect only one general factor	-g-factor
98. Sperry, Roger	Brain & Behavior	Hemispheric Specialization	Right and left brain hemispheres perform differently on tests of language, perception, music, etc	-split-brain operation
99. Sternberg, Robert	Health, Stress, & Coping	Stress	-long-term physical impact of prolonged stress; major changes in surroundings or life can cause stress	-prolonged stress
100. Szasz, Thomas	Pseudo-Science	Mental Diseases	Believed that mental diseases were fake diseases	-schizophrenia
101. Terman, Louis	Intelligence	Mentally Gifted	Selected 1,500 children with IQs of 140 or more and followed them into adulthood and corrected misconceptions about intelligence	-IQ
102. Thorndike, Edward	Conditioning & Learning	Operant Conditioning	Acts that are reinforced tend to be repeated; probability of response altered by its effect	-law of effect
103. Thurstone, L.L.	Intelligence & Statistics	Testing & Factor analysis	Developed new factor analysis techniques with observable variables; no general factor but seven independent factors	-primary abilities
104. Tichner, Edward	Introduction to Psychology	Modern Psychology	systematic exploration of the introspective and structuralist position; revealed its limitations, freeing the development of psychology from structuralist views	-structuralism -experimental psychology -mental philosophy
105. Tolman, Lewis	Conditioning & Learning	Cognitive Learning	Rats in maze unrewarded showed no sign of learning maze but when given food ran maze quickly	-latent learning -cognitive map
106. Torrey, E.Fuller	Psychological Disorders	Psychotic Disorders	A person who is psychotic losses contact with shared views of reality	-psychosis
107. Vygotskty, Lev	Child Development	Sociocultural Theory	Children actively seek to discover new principles which are guided by skillful tutors	-zone of proximal development -scaffolding
108. Watson & Raynor	Conditioning & Learning	Conditioning	Experimented with infants like little Albert by simultaneously showing them a white rabbit with a loud noise to condition them to fear the rabbit	-classical conditioning -fear



109. Wechsler, David	Intelligence	Testing	Developed widely used intelligence tests; replaced mental IQs with dQs in calculating IQ	-Wechsler Intelligence Scale for Children -Wechsler Adult Intelligence Scale -Deviation IQ
110. Wertheimer, Max	Research Methods	Gestalt Psychology	Studied thinking, learning, and perception in whole units	-Gestalt Psychology
111. Whitehead, et al				
112. Wolpe	Therapies	Self-Help	Make a list of situations that make person anxious and use while performing relaxation techniques to overcome anxiety	-Hierarchy
113. Whorf, Benjamin Lee	Cognition, Language, & Creativity	Language	Language influenced by culture and reflects individuals daily actions; structure of language is structure of culture	-Sapir-Whorf hypothesis
114. Wundt, Wilhelm	Research Methods	History of Psychology	Set up laboratory to study conscious experience; observed and measured various stimuli and looked inward to his reaction of stimulus	-stimulus -introspection -structuralism
115. Yerkes and Dodson	Motivation & Emotion	Stimulus Drives	Task relatively simple best for arousal to be high when task is complex best for arousal to be low	-arousal -performance
116. Zajonc & Markus	Intelligence	Environment	mathematical model of the effect of birth order and family size on IQ scores; family size increases IQ decreases	-intellectual environments
117. Zimbardo, Phil	Social Behavior	Roles	Male students paid to serve as inmates or guards in a simulated prison; inmates grew defiant and guards unmerciful; became true	-roles