

*Module E Objectives – How can psychology affect my health?*

**Lesson 1 – The effects of stress.**

*This information can be found in Chapter 13 – Stress, Health, and Coping.*

*\* Information for this objective can be found in the supplemental resources in the Weekly Schedule.*

1. \* Differentiate the experience of acute, episodic acute, and chronic stress.
2. Discuss the cognitive appraisal model as it relates to the experience of stress.
3. Identify various social, psychological, and behavioral factors that contribute to poor health.
4. Describe the field of health psychology.
5. Describe the Social Readjustment Rating Scale and its ability to accurately measure or predict stress.
6. Explain 3 criticisms of the life events approach to understanding stress.
7. Summarize Seery's research on resilience.
8. Identify the effects of daily hassles.
9. Contrast the experience of daily hassles by gender.
10. Discuss the factors that increase and decrease burnout.
11. \* Explain the relationship between chronic stress and socioeconomic status.
12. Differentiate patterns of acculturation as they relate to coping with the stress of adapting to a new culture.  
[Culture and Human Behavior, page 538]
13. \* Explain the role of catecholamines, corticosteroids, and telomeres in the body's response to stress.
14. Describe the general adaptation syndrome as it relates to stress and health.
15. Describe three areas of study within the new field of psychoneuroimmunology.
16. Summarize the practical implications of reduced immune system functioning.
17. Explain how personal control, explanatory style, chronic negative emotion, positive emotions, Type A behavior, and hostility influence a person's experience of stress.
18. Explain how social support can both benefit and hinder a person's health.
19. Discuss gender differences in social support.
20. \* Differentiate various problem-focused and emotion-focused coping strategies.
21. Contrast the use of coping strategies in individualist and collectivist cultures.

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**Lesson 2 – The value of sleep.**

*This information can be found in Chapter 4 – Consciousness and its Variations.*

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22. \* Explain how sunlight, the suprachiasmatic nucleus, melatonin, and circadian rhythms regulate the sleep-wake cycle.
23. \* Differentiate the types of brain activity and amount of time spent during the stages of nREM and REM sleep.
24. Contrast sleep patterns from infancy through late adulthood.
25. \* Identify the benefits of sleep, according to restorative and adaptive theories.
26. \* Identify the effects of sleep deprivation on the brain, physical health, cognition, and motor functioning.
27. Describe brain differences in wakefulness versus during dream sleep. [Focus on Neuroscience, page 148]
28. Discuss the significance of dreams according to psychoanalytic theory, the activation synthesis model, and the neurocognitive theories of dreaming.
29. \* Discuss the symptoms, effects, and factors that influence insomnia, sleep apnea, and narcolepsy.
30. \* Describe and differentiate the characteristics of parasomnias.
31. Identify the primary symptoms of various parasomnias presented in the chapter.
32. Explain physical dependence, drug tolerance, withdrawal symptoms, and the drug rebound effect as they relate to alcohol and psychoactive drug use.
33. Describe changes to the brain that result in addiction. [Focus on Neuroscience, page 166]
34. \* Differentiate the core characteristics of depressants, opiates, stimulants, psychedelics, or “club drugs.”
35. \* Summarize the psychological and neurobiological effects of alcohol, inhalants, barbiturates, tranquilizers, opiates, stimulants, psychedelic, and “club drug” use.
36. \* Summarize the effects of methamphetamine use on the brain. [Focus on Neuroscience, page 173]

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**Lesson 3 – Identifying mental illness.**

*This information can be found in Chapter 14 – Psychological Disorders.*

*\* Information for this objective can be found in the supplemental resources in the Weekly Schedule.*

37. Evaluate the relationship between violence and mental illness. (Critical Thinking, page 568-569)
38. Discuss the function of the Diagnostic and Statistical Manual Fifth Edition (DSM-V) in assessing mental illness, including its organization, how it's used, and its importance to mental health professionals as well as its criticisms.
39. Summarize the findings of the National Comorbidity Survey replication (NCS-R).
40. Discuss the variables that would influence a person's willingness to seek out treatment for psychological symptoms.
41. Differentiate the core features of anxiety disorders, mood disorders, personality disorders, dissociate disorders, and schizophrenia as major categories in the DSM-V.
42. \* Identify the symptoms of anxiety disorders, including generalized anxiety disorder, panic attacks, phobias, posttraumatic stress disorder, obsessive compulsive disorder
43. \* Identify the cognitive, emotional, and behavioral symptoms of mood disorders, including major depression, dysthymic disorder, bipolar disorder.
44. Explain 4 factors that are involved in the development of mood disorders.
45. Evaluate the relationship between smoking and psychological disorders. [Critical Thinking, page 588-589]
46. Discuss culture bound syndromes as it relates to diagnosing psychological disorders.
47. \* Identify the symptoms of personality disorders, including the "Odd, Eccentric Cluster", Dramatic, "Emotional, Erratic Cluster", and "Anxious, Fearful Cluster."
48. Differentiate sociopaths and psychopaths, from anti-social personality disorder.
49. \* Identify the symptoms of dissociative disorders, including dissociative amnesia and fugue and Dissociative Identity Disorder.
50. \* Describe schizophrenia including its positive and negative symptoms and different types.
51. Explain the factors that have been implicated in the development of schizophrenia.
52. Contrast the brain of a normal adolescent to an adolescent with early onset of schizophrenia. (Focus on Neuroscience, page 609)

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**Lesson 4 – Treating mental illness.**

*This information can be found in Chapter 15 – Therapies.*

*\* Information for this objective can be found in the supplemental resources in the Weekly Schedule.*

53. \* Discuss the myths about mental illness and issue of stigma.
54. \* Identify the education, settings, and responsibilities of various mental health professionals.
55. \* Discuss psychoanalysis, the use of “free association,” resistance, transference, and counter-transference in the psychotherapeutic relationship.
56. \* Differentiate traditional analysis from short-term dynamic therapy.
57. \* Describe the therapeutic process of client-centered therapy, including the necessary characteristics of the therapist.
58. Describe various behavioral therapies and their efficacy, including virtual reality, as they relate to the treatment of psychological disorders.
59. Discuss the token economy and its efficacy as a treatment methodology.
60. \* Differentiate between the therapeutic techniques of Beck’s cognitive therapy and Ellis’ rational-emotive therapy.
61. \* Discuss the strengths and weaknesses of individual, family, group, and couples therapy.
62. \* Explain the factors that increase the effectiveness of psychotherapy.
63. \* Discuss the relevance of culture as a component of mental health treatment, including the effectiveness of traditional psychotherapy on people from non-European cultures.  
(Culture and Human Behavior, page 643)
64. \* Discuss the pros and cons of biomedical therapy.
65. \* Explain how antipsychotic medications alter neurobiological processes in treating schizophrenia, bipolar disorder, depression, and anxiety.
66. Evaluate the effectiveness of electroconvulsive therapy (ECT) in treating mental illness.