

Module E Objectives – How can psychology affect my health?

Lesson 1 – The effects of stress and value of sleep.

Chapter 4 – Consciousness and its Variations

- (Remembering) 1. Explain how sunlight and the suprachiasmatic nucleus regulate the sleep-wake cycle.
- (Remembering) 2. Explain the hypnagogic hallucination.
- (Remembering) 3. Describe the biological changes that occur during the stages of REM and non-REM sleep, including the types of brain activity that takes place during each.
- (Remembering) 4. Contrast sleep patterns from infancy through late adulthood.
- (Understanding) 5. Discuss the purpose of sleep according to the restorative and adaptive theories of sleep.
- (Understanding) 6. Discuss the value of sleep as it relates to cognitive and motor skills.
- (Analyzing) 7. Correlate the content of dreams with the biological changes taking place in the brain. (Focus on Neuroscience, page 153)
- (Analyzing) 8. Assess the meaning of dreams from the perspectives of psychoanalytic theory and the activation-synthesis model.
- (Analyzing) 9. Differentiate sleep related issues including insomnia, sleep apnea, narcolepsy, parasomnias, sleep terrors, sleepsex, sleep walking, sleep-related eating disorders, and REM Sleep Behavior Disorder.
- (Understanding) 10. Discuss physical dependence, drug tolerance, withdrawal symptoms, and the drug rebound effect as they relate to psychoactive drug use and abuse.
- (Remembering) 11. Outline the neurobiological mechanisms of addiction. (Focus on Neuroscience, page 177)
- (Analyzing) 12. Contrast the neurobiological effects of alcohol, inhalants, barbiturates and tranquilizers, opiates, stimulants, psychedelic, and “club” drugs on the brain and body.

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Chapter 13 – Stress, Health, and Coping

- (Understanding) 13. Differentiate the experience of acute, episodic acute, and chronic stress.
- (Understanding) 14. Discuss the relevance of cognitive appraisal as it relates to the experience of stress.
- (Understanding) 15. Discuss the Social Readjustment Rating Scale and its ability to accurately measure or predict stress.
- (Understanding) 16. Discuss acculturation and other cross-cultural issues in coping with stress.
(Culture and Human Behavior, page 545)
- (Analyzing) 17. Discuss the role of catecholamines and corticosteroids in the body's response to stress.
- (Analyzing) 18. Evaluating the impact of stress on the body's immune response.
- (Analyzing) 19. Assess these factors as they affect an individual's experience of stress:
- Personal control
 - Explanatory style
 - Chronic negative emotion
 - Type A / Type B behavior
 - Social support
- (Understanding) 20. Contrast the strengths and weaknesses of problem-focused and emotion-focused coping strategies.

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Lesson 2 – Identifying and treating mental illness.

Chapter 14 – Psychological Disorders

- (Analyzing) 21. Evaluating the relationship between violence and mental illness.
(Critical Thinking, page 574)
- (Remembering) 22. Discuss the function of the Diagnostic and Statistical Manual Fourth Edition Text Revision (DSM-IV (TR)) in assessing mental illness, including its organization, how it's used, and its importance to mental health professionals.
- (Understanding) 23. Differentiate the core symptoms of anxiety disorders, mood disorders, personality disorders, dissociate disorders, and schizophrenia as major categories in the DSM-IV (TR).
- (Remembering) 24. Identify the symptoms of anxiety disorders, including generalized anxiety disorder, panic attacks, phobias, posttraumatic stress disorder, obsessive compulsive disorder
- (Remembering) 25. Identify the cognitive, emotional, and behavioral symptoms of mood disorders, including major depression, dysthymic disorder, bipolar disorder.
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- (Remembering) 27. Identify the symptoms of personality disorders, including the “Odd, Eccentric Cluster”, Dramatic, “Emotional, Erratic Cluster”, and “Anxious, Fearful Cluster.”
- (Remembering) 28. Identify the symptoms of dissociative disorders, including dissociative amnesia and fugue and Dissociative Identity Disorder.
- (Understanding) 29. Discuss schizophrenia including its positive and negative symptoms and different types.
- (Analyzing) 30. Explore the factors that have been implicated in the development of schizophrenia.

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Chapter 15 – Therapies

- (Understanding) 31. Discuss psychoAnalyzing, the use of “free association,” and the relevance of transference and counter-transference in the psychotherapeutic relationship.
- (Understanding) 32. Explain how traditional psychoAnalyzing differs from short-term dynamic theory.
- (Understanding) 33. Describe the therapeutic process of client-centered therapy.
- (Understanding) 34. Discuss the efficacy of systematic desensitization as a preferred treatment method for phobias and anxiety.
- (Understanding) 35. Discuss the token economy and its efficacy as a treatment methodology.
- (Understanding) 36. Differentiate between the therapeutic techniques of Beck’s cognitive therapy and Ellis’ rational-emotive therapy.
- (Remembering) 37. Identify the strengths and weaknesses of individual, family, and group psychotherapy.
- (Remembering) 38. Discuss the factors that contribute to effective psychotherapy.
- (Understanding) 39. 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)
- (Understanding) 40. Discuss the pros and cons of biomedical therapies.
- (Remembering) 41. Explain how antipsychotic medications alter neurobiological processes in treating Schizophrenia, Bipolar Disorder, Major Depression, Attention Deficit Hyperactivity Disorder (ADHD), and Generalized Anxiety Disorder (GAD).
- (Understanding) 42. Evaluating the effectiveness of electroconvulsive therapy (ECT) in treating mental illness.