

Psychology - Term 1 Sources, Sites and Video clips used in class:

[Use APA referencing style](#) Learning videos: <https://www.youtube.com/@firstyearpsychdalhousie7830/videos>

Study book:

Cragg A. & Lonie X (2013). Psychology, an introduction for New Zealand students. Nelson Cengage learning

Approaches exemplar:

Level 1: [exemplar LOW ACHIEVED approaches AS91839 vs1 assignment](#)

Level 2: [exemplar MERIT level 2AS91844vs- Explain a behaviour](#)

Level 3: exemplar in your folder

Part 5: **'to what extent'** needs to be answered - **Achieved**

Part 6: include **published** research and researchers (DOB-DOD, nationality) - **Merit**

Part 7: degree of interaction between the approaches, showing the impact of these interactions in a societal context - **Excellence**

Societal issues: [An Overview of Social Psychology](#) / [Explaining Drug Use – Social Problems](#).

Societal contexts: interaction of environmental risk factors with biological predisposition:

supply and access to alcohol, financial strain, relationships - domestic abuse, crime, public health, mental health - youth and adults... :

[Cost of alcohol to society - ActionPoint](#)

[Patterns of social supply of alcohol over time in New Zealand](#)

[Alcohol and its Relationship with New Zealanders - Capri Sanctuary, NZ](#)

Learning about addiction:

Uploaded in your folders:

[Addiction to ... WHY?](#)

[GAN Addiction definitions.pptx](#)

[GAN Addiction behaviourist/learning models.pptx](#)

[GAN L2 approaches addiction: Initiation- Maintenance - Relapse.docx](#)

[Level 3 Interaction of approaches, addiction cycle, theories and methodologies](#)

Addiction Definition: Use these **professional definitions**

[DSM 5 Criteria for Substance Use Disorders](#) (mental health practitioners) & [ICD-11](#) (all medical doctors)

[Explainer: what is dopamine – and is it to blame for our addictions?](#)

[Genes Encoding Enzymes Involved in Ethanol Metabolism](#)

[Drug Misuse and Addiction | National Institute on Drug Abuse \(NIDA\)](#) - Level 3 use for Diathesis
[Genetics of substance use disorders in the era of big data - 2021](#)

[Relevant links and sources for L2 /3 Psy approaches - addiction](#)

Biological Psychology

Explaining behaviour and mental processes using biology

☐ GAN Biological Approach

[3D Brain](#)

[Your Magnificent Plastic Brain](#)

Genetics: all traits/behaviours/health etc inherited through genes

Neurotransmitters: [Neurotransmitters: Types, Function and Examples](#)

YouTube learning: Remember to add the links to your reference list

▶ The Neuroscience of Learning Neuroplasticity: our brain changes our behaviour and vice versa.

▶ Chemical Synapse Animation

☰ Neurotransmitter function

Dopamine Reward Circuit: The brain and our body aims to be in balance with all our chemicals: 'Homeostasis'

[The Reward Pathway](#)

[Dopamine and Addiction: Separating Myths and Facts](#)

[How Does Alcohol Affect Dopamine Levels in the Brain?](#)

(Biology/Chemistry background - [The Role of Dopamine and Its Dysfunction as a Consequence of Oxidative Stress - PMC](#))

Podcast and Book:

<https://podtail.com/en/podcast/that-s-helpful-with-ed-stott/how-to-kick-your-screen-addiction/> 25:16

Title: Brain Reset

Author : David Gillespie

Publisher : Pan Macmillan Australia

Publication date : June 2021

YouTube:

▶ Why scrolling on social media is addictive

▶ How an Addicted Brain Works

▶ The Hijacker || Episode 1

▶ Brain Mechanisms of Pleasure and Addiction | rat experiment 1950s

▶ Neuroscience - Addiction and the Brain

▶ Neuroscience Basics: Dopamine Reward Pathway, Animation.

[Susan's brain: The science of addiction](#)

Behavioural:

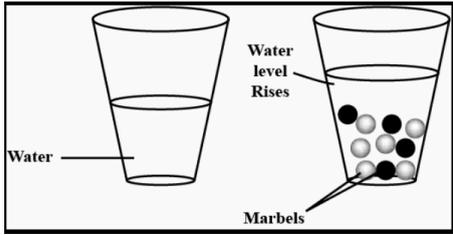
[From Pavlov's Dog to Rats Using Drugs · Frontiers for Young Minds](#)

Level 3 - Interaction: Stress-Vulnerability Model:

Comparing approaches:

▶ Comparing the Approaches | AQA Psychology | A-level

Diathesis-Stress Model (Definition + Examples) | Practical Psychology Stress-Vulnerability Model



Water: your 'nature'/disposition; Marbles: your 'nurture'/stress events

Term 2 revision - addiction and addiction cycle

▶ The Hijacker || Episode 1 same text... ▶ What is Addiction?

.... same text - ▶ Addiction and the Brain

mild- moderate - severe - Addiction cycle - ▶ Understanding Severity II Episode 3 - withdrawal

▶ Neuroscience - Addiction and the Brain - the neurotransmitter / dopamine pathway:

▶ The Addicted Brain | Science of Addiction | Detox to Rehab

▶ Don't wait for "Rock Bottom" || Episode 4

Behavioural psychology (learned from the environment)

Explaining behaviour and mental processes through environmental cues and triggers

- Check your Drive folders for resources on Behaviourism (powerpoints/handouts)

▶ Psyc 104 Week 3 - Classical Conditioning Pavlov ASSOCIATION

☰ operant conditioning table - dogs/humans REINFORCEMENT AND PUNISHMENT

[What Is Negative Reinforcement? Examples & Benefits](#)

▶ PSY101 - Conditioning and Learning hour video

Cognitive psychology 'Computer model': Input - processing - output p84 - [ho mindmap](#)

[Schema in Psychology: Definition, Types, Examples.](#)

[What Is Cognitive Bias?](#)

[Level 2 HO cognitive model of addiction](#)

Cognitive Psychology Theories

major contributing theories in cognitive psychology:

- **Albert Ellis's** rational emotive behavior therapy (REBT)
"People are not disturbed by things but rather by their view of things." –Albert Ellis
- **Aaron Beck's** cognitive therapy (CT) and later cognitive behavior therapy (CBT) CBT str.weak HO
[\(pro and con CBT explained\)](#) [long vid of CBT/ABC](#)

[Vid "according to Beck 1.00 ...](#) - interaction with other approaches (strengths/weaknesses)

- Dr. [Judith Beck](#) (daughter) has made a significant impact on cognitive behavior therapy as well. She followed her father's path in research and development of treatments significant in cognitive behavioral therapy. Her work in the area of coping and mechanisms for change advanced the science in a progressive direction

[The Cognitive Domain | Introduction to Psychology](#)

[What Is a Concussion? | HEADS UP | CDC Injury Center](#)

▶ [Clark Doll experiments](#)

▶ [Jane Elliott "Blue Eyes - Brown Eyes" Experiment Anti-Racism](#)

▶ [Dove Real Beauty Sketches | You're more beautiful than you think \(3mins\)](#)

▶ [Experimental Method](#)

▶ [Experimental methods in psychology tutorial](#)

[2 Biological psychology](#)

[To explain behaviour and mental processes using biological psychology](#)

<https://www.brainfacts.org/thinking-sensing-and-behaving/brain-development/2021/your-magnificent-plastic-brain-100121>

▶ [Vomiting Up Brain? A Fungus in his Skull? The Gruesome Story of Phineas Gage | Well, I Never](#)

[CASE study by Dr Alzheimer - vid / vid 2](#)

Article: [Mind over Matter: Placebo: attitude & self belief](#)

[Your Magnificent Plastic Brain](#)

<https://www.visiblebody.com/learn/nervous/neurons>

[Research articles on current issues](#)

<https://theconversation.com/what-does-survival-of-the-fittest-mean-in-the-coronavirus-pandemic-look-to-the-immune-system-137355>

▶ [What identical twins separated at birth teach us about genetics - BBC REEL](#)

TIMELINE:

<https://allpsych.com/timeline/>

[George's Page: Timelines: Psychology 1846-1935](#)

[History of Psychology Homepage!](#)

[How Depression Affects the Brain > News > Yale Medicine](#) - explain links to environmental factors and behavioural psychology

Evaluation:

[Reductionism likes to divide explanations of behaviour into separate components, whilst holism likes to look at the picture as a whole.](#)

Humanistic psychology - [timeline 1](#) [timeline 2](#)

Psychoanalytic psychology

To explain behaviour and mental processes using psychoanalytic psychology

[Who was Sigmund Freud? - Freud Museum London](#)

[Sigmund Freud Museum Vienna](#)

▶ [What is consciousness? | The Economist](#)

▶ [The battle between conscious and subconscious mind](#)

[Freud and the Psychodynamic Perspective – Psychology](#)

[Defense mechanisms](#)

[BBC Documentary Sigmund Freud](#)