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

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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

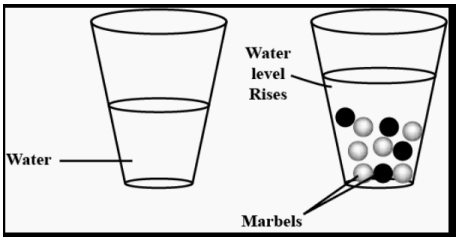
Neuroscience Basics: Dopamine Reward Pathway, Animation.
Susan's brain: The science of addiction

Behavioural:
From Pavlov's Dog to Rats Using Drugs · Frontiers for Young Minds

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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 1 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 copping 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