

Introduction to Psychology

APA IPI Tags: Theme #3

Content Area Tags: mental health (Abnormal/Health/Therapies)

Estimated Time: 20-30 minutes

Psychological Perspectives in Review

Activity Instructions

- Read a scenario/prompt/review of a case study. See options below in the resources section.
Scenarios that could be used might include:
 - Thinking about depression.
 - A character trying to engage in behavior change.
 - News article of celebrities dealing with mental health issues.
 - Using your assigned perspective (one perspective per group), think about how you could analyze the behavior of any or all of the characters in the story.
 - You can think about how your perspective would explain or analyze their behaviors, thoughts, or feelings in the scenario. Feel free to infer details or “add” to the story as necessary. Share as many ideas as you can—but focus on at least 2 thoughts you’d like to share with the class.
 - Make sure you focus on your assigned area: social, biological, psychological, cultural.
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Student Learning Objectives

By completing this assignment, you will be able to...

- consider how behaviors can be shaped by psychological, biological, social, and cultural variables
 - realize that multiple factors contribute to a behavior
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Post-Activity Discussion Questions (follow up activities)

1. Have class create a shared Google document or write on the white board or share to discussion board the different perspectives for each scenario for wrap up
 2. Ask students to reflect how challenging was it to interpret from the assigned scenario
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Activity Notes (for Instructors Only)

- jigsaw classroom could work well

Resources

Possible topics for activity

Topic	Notes	Source
celebrities sharing about mental health	from 2018, 10 celebrities	https://www.goalcast.com/2018/10/10/celebrities-share-their-personal-struggle-with-mental-illness/
celebrities sharing about mental health	from 2020, 15 celebrities	https://www.hellomagazine.com/healthandbeauty/health-and-fitness/gallery/2020101098811/celebrities-mental-health-anxiety-depression-prince-harry-katy-perry/1/
depression -- lifted case study from another source -- original case study not strongly tied for this assignment but could use scenario as starting point	case study scenario Melanie Johnson is a -year-old accountant who moved to Green Bay, Wisconsin, two years ago from her hometown of Sarasota, Florida. Beginning this past November, for the first time in her life, Melanie began experiencing periods of depression, lethargy, and excessive sleeping. In addition, she noticed that she was eating more than she had previously, and as a result, had gained pounds. Melanie made an appointment with her physician, who after ruling out all potential medical causes of the symptoms she displayed, and after she was examined by a psychiatrist to rule out other causes of her depression, diagnosed her as having seasonal affective disorder (sad).	https://sciencecases.lib.buffalo.edu/collection/detail.html?case_id=251&id=251
anxiety case study	this is a longer case study about Mo with social anxiety disorder -- the original assignment is meant to differentiate treatment options - may give multiple perspectives from 2 page summary of Mo (Mo at work and with doctor)	https://sciencecases.lib.buffalo.edu/collection/detail.html?case_id=928&id=928

behavior	Pat is a freshman at your college. Pat has been drinking a lot lately. There is some concern that Pat may be an alcoholic.	shared by Zoila Tovar-Blank
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