

Example of introductory psychology essay

[Experience](#), [Belief](#)



Psychology Quiz

READING/STUDY QUIZ #6&7:

1. What are hallucinations and delusions? (2 points)

A hallucination is a false perception of sensory stimuli in the absence of an external stimulation of the corresponding sensory stimuli.

A delusion is a false belief, which an individual holds on to with a strong conviction despite evidence to the contrary. The belief is not one that is normally accepted by members of the individual's culture or people of the same educational background.

2. What are the indicators of abnormality? (3 points)

Indicators of abnormality include distress, irrationality, maladaptiveness, unpredictability, unconventionality and undesired behavior.

3. What are mood disorders? (2 points)

Mood disorders are a group of diagnosis in which a disturbance in the mood is the main underlying feature.

4. Describe generalized anxiety disorder, panic disorder, phobias, and OCD. (4 points)

Generalized anxiety disorder is a form of anxiety disorder in which the individual has excessive and uncontrollably anxious about day-to-day activities. This form of worry significantly interferes with the individual's everyday life. The individual unduly anticipates disaster and this is the major source of concern for them.

Panic Anxiety Disorder is a form of anxiety disorder in which the individual experiences recurrent episodes of panic attacks. The individual is also

overtly concerned about having attacks in the future.

Phobia literally means fear. It is a type of anxiety disorder characterized by persistent fear of a situation or a particular object. The individual tries very hard to avoid such a situation or the object in particular. The fear is disproportional to the danger posed by the situation or the object.

Obsessive Compulsive disorder (OCD) is a form of anxiety disorder in which the individual has intrusive thoughts that result in feelings of apprehension, uneasiness, worry or fear (Obsession). The individual thereafter engages in repetitive behaviors, which they hope would reduce the anxiety associated with the intrusive thoughts (Compulsion).

5. What is schizophrenia and what are its symptoms? (3 points)

Schizophrenia is a mental disorder in which there is a disruption in the thought process and the individual has poor emotional responsiveness.

Symptoms include auditory hallucinations, paranoid or bizarre delusions and disorganized speech or thought process.

6. What is autism? (2 points)

Autism is one of the pervasive developmental disorders in which there is a disorder in the neurological development. It manifests as impairment in social interaction and communication, repetitive and restricted behavior.

7. What are insight therapies? (2 points)

Insight therapies are also known as psychodynamic therapies. They are a variety of psychotherapies, which are designated to make people better aware of their feelings, actions and motivations and understand them more hoping that this would facilitate their adjustment.

8. What are cognitive therapies? (2 points)

Cognitive therapy is a form of psychotherapy, the focus of which is to help individuals identify and change dysfunctional thought processes, behavior and emotional responses with the aim of helping them overcome them.