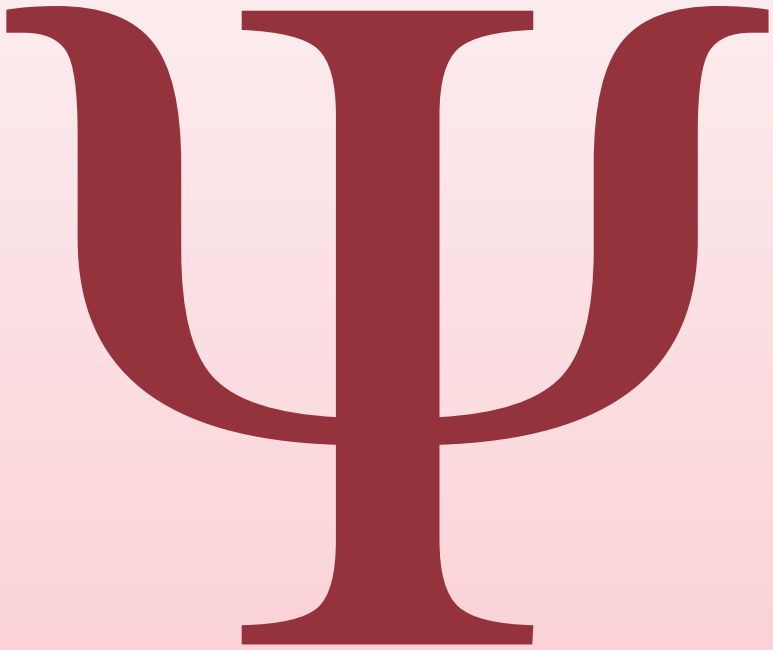
Chapter One

Introduction to Psychology



Fundamentals

Psychologists

APA Style

Part One: Fundamentals

Psychology is the scientific study of mind and behavior.

- **brief history**
- **major branches**
- **important courses**
- **key themes**
- **theories**
- **models of health**
  shifting toward a biopsychosocial model

A brief history of psychology

As sciences go, psychology is very young, being formalized a little over a century ago.

Event	Period	Description
Founding of Psychology	late 1800s	Wilhelm Wundt[92] in Germany founded the first psychology lab and journal in 1879 and 1881, respectively. Dozens of labs were started throughout Germany and America over the next 12 years.
Structuralists versus Functionalists	late 1800s to early 1900s	Structuralists focused on how consciousness works, and functionalists focused on what it does. The structuralists eventually got the edge.
Behaviorist Perspective	early 1900s to present	Behaviorists believed that only observable behaviors should be studied. They focused on environmental factors and conditioning.
Psychodynamic Perspective	early 1900s to present	Sigumund Freud[3] and his followers examined the unconscious as a cause of behavior.
Other Perspectives	1950s to present	Biological, cognitive, and humanistic perspectives changed how behavior is studied.

Major branches of psychology

Today psychology consists of many different divisions, most notably those below.

Division	Focus
Biological	brain structures, cells
Cognitive	conscious thought
Social	influence of others, human tendencies
Personality	personal traits
Developmental	changes based on growing up
Abnormal	disorders





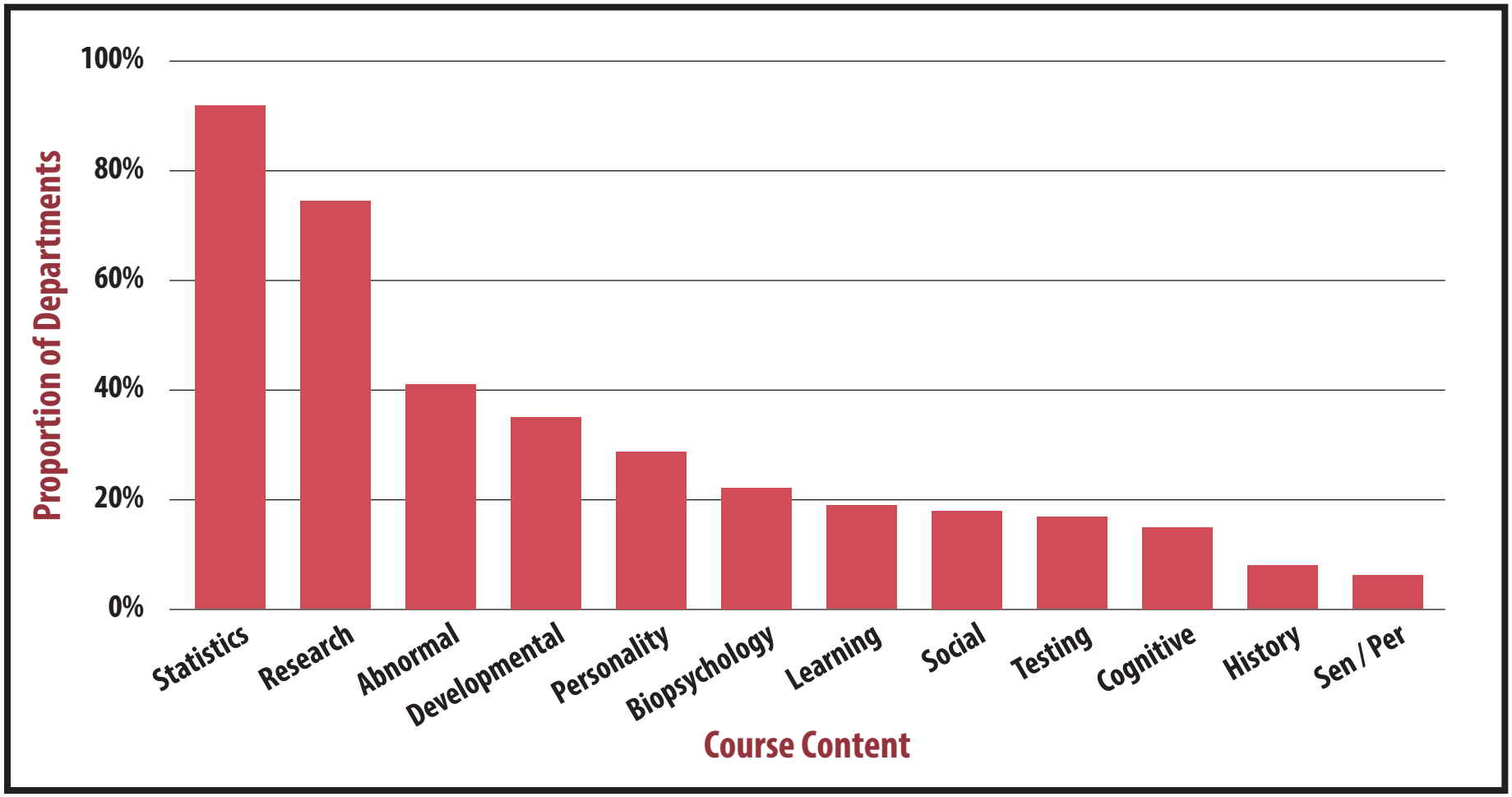






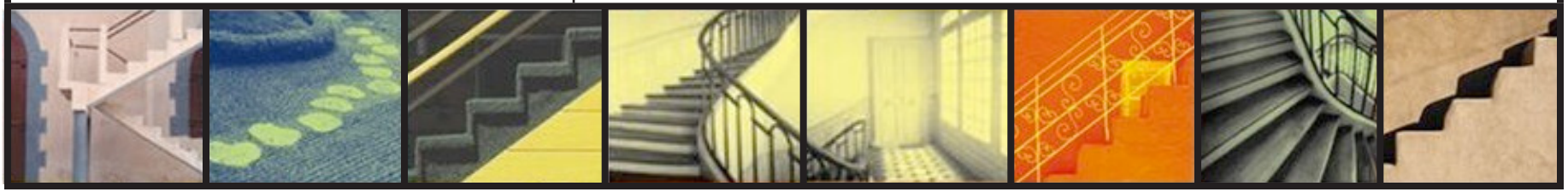
Important courses in psychology

The most important course in psychology is this course, Introductory Psychology. **Lawson, Reisinger, and Jordan-Fleming (2012)** found that programs in 61% of university psychology departments also recommend or require other courses for admission into a graduate program. The courses listed by those programs are shown below.



Weiten's seven key themes of psychology

Theme	Description
Psychology is empirical.	Psychology is based on scientific obersvation, not simply conjecture.
Psychology is theoretically diverse.	The same behavior can be explained by different theories and through different perspectives.
Psychology evolves in a sociohistorical context.	Societal influences impact the direction of psychological theory.
Behavior is determined by multiple causes.	A given behavior should not be assumed to be a result of one specific factor.
Behavior is shaped by cultural heritage.	Culture influences behavior in ways that may be transparent within one's own culture.
Heredity and environment jointly influence behavior.	Both nature (genetics) and nurture (experiences) shape behavior.
People's experience of the world is highly subjective.	Subjective experience varies interpersonally (between people) and intrapersonally (within people).

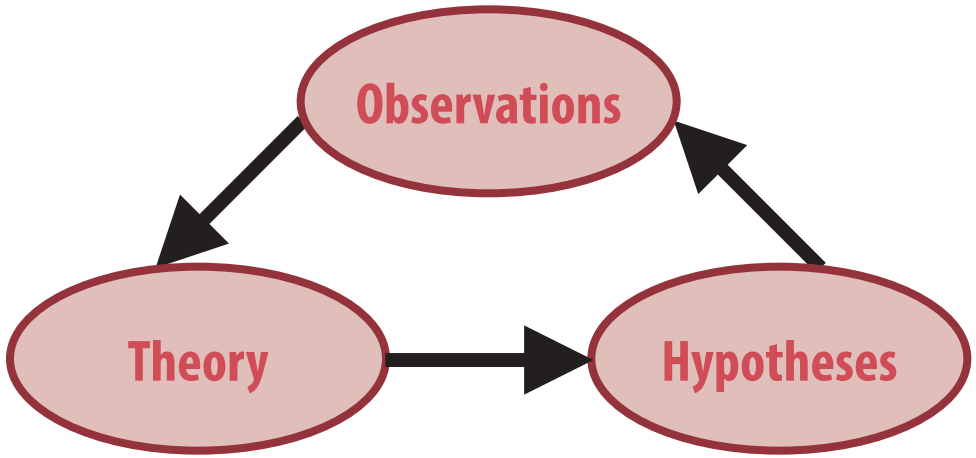


Theories

A scientific theory is not isolated an idea. Rather, it is an encompassing explanation for existing observations that leads to testible hypotheses so that more observations can be made that will either support or refute the theory. If a theory contradicts existing theories, it should generate hypotheses that specifically compare the explanations by predicting one outcome if one theory is correct but a different outcome if the other theory is correct.

For example, it has long been observed that it is easier to read a word than to say the color of a word. Various theories can explain this, and these theories have created hypotheses so that observations can be made to evaluate the underlying theories.

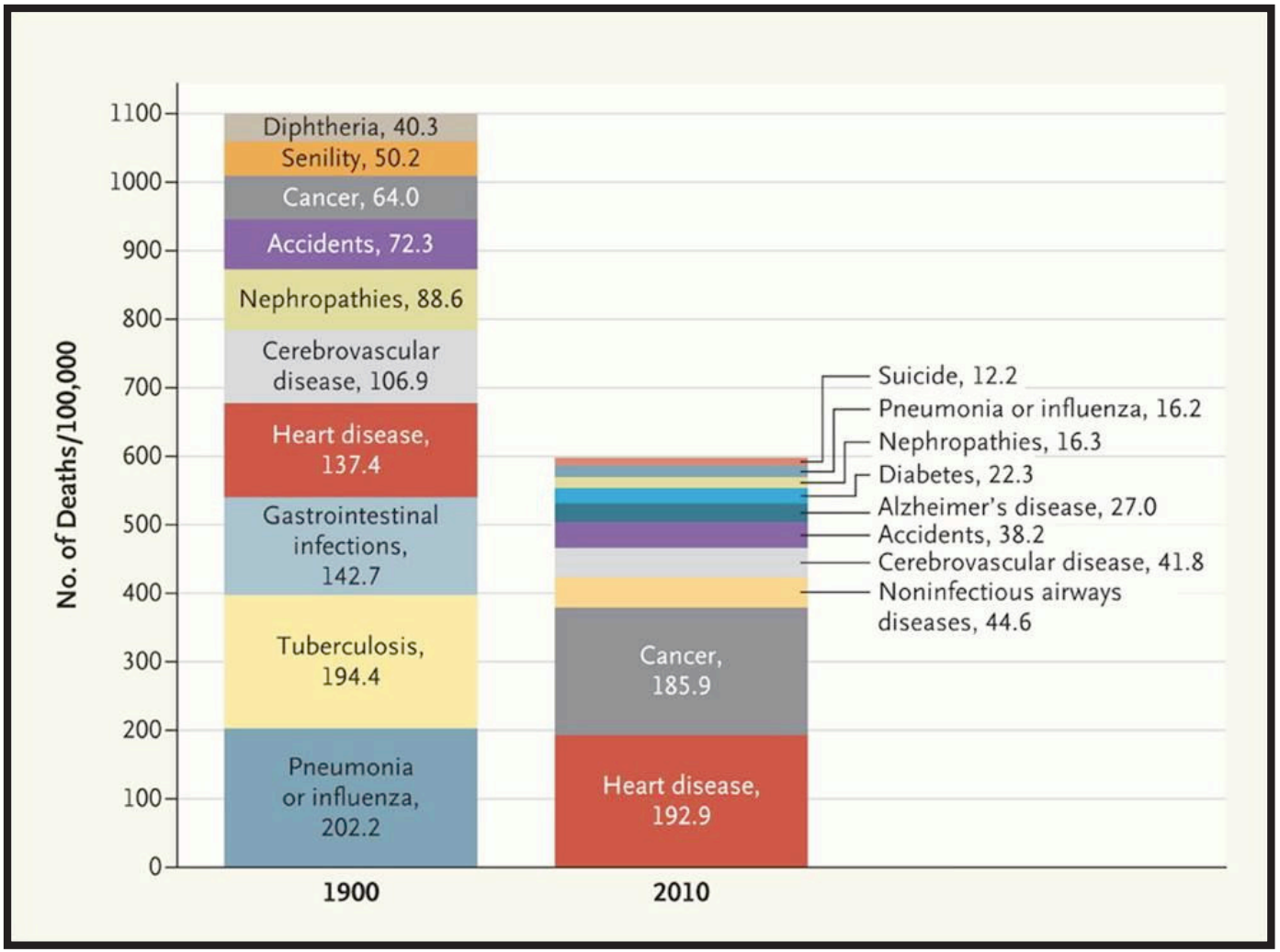
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Models of Health

For nearly two centuries, the **biomedical model** has viewed poor health as due to disease based on biolgical factors that can be cured or restricted with medicine. In past centuries, common causes of death fit well into this model.

First theorized in 1977, the **biopsychosocial model** has viewed good health as achievable and maintainable by a combination of biological (e.g., medicinal), psychological (e.g., behavioral), and social (e.g., cultural) factors. Modern causes of death tend to be influenced by all three of these.



Shifting toward a biopsychosocial model

In recent years there has been a significant, though not universal, push toward the biopsychosocial model, such as by the organizations below.

Organization	Recent changes
American Psychological Association	A growing focus has been emerging. 2012 APA president Suzanne Johnson made its advancement a cornerstone of her presidency.
Association of American Medical Colleges	Starting this year, one of the four sections on the MCAT will be "psychological, social, and biological explanations of behavior."
International Baccalaureate Organization	Starting in 2011, their psychology curriculum and exams are organized around biological, cognitive, and sociocultural factors, as shown below.

IB Level of analysis	What guides behavior	Specific factors
Biological	anatomy and physiology	brain structures, genes, neurotransmission, evolution
Cognitive	conscious thought	mental processes, memory
Sociocultural	social or cultural context	others' actions or presence

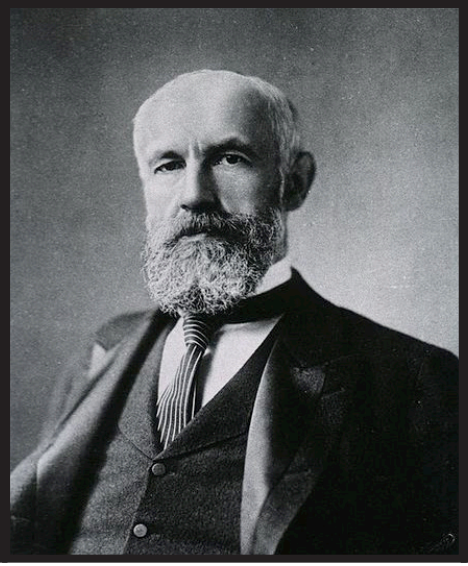
Part Two: Psychologists

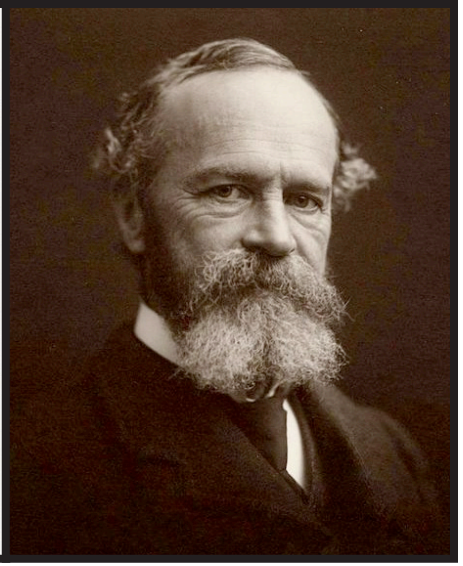
Thousands of psychologists have contributed to the knowlegde we have today. It is important to know who some of them are and what they have done.

- **the founders of psychology**
- ***Haggbloom et al. (2002)***
  top psychologists of the 20th century
- **American Psychological Association**

The founders of psychology

Psychologist	Major contributions
Wilhelm Wundt[92]	established psychology as an independent discipline and a science in 1879 with a formal lab at the University of Leipzig
G. Stanley Hall[72]	established psychology in American universities beginning in 1883; president of APA at its founding in 1892
Edward Titchener	led structuralism
William James[14]	led functionalism; wrote *Principles of Psychology* (1890)



Haggbloom et al. (2002)

Steven Haggbloom and collegues made a list of the 100 most eminent psychologists of the 20th century. They calculated rankings based on six factors:

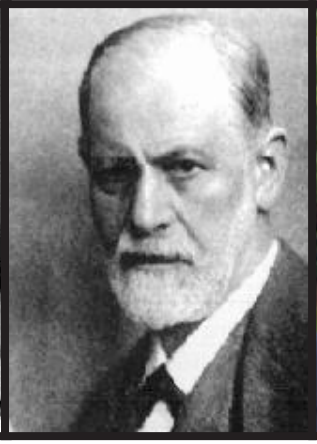
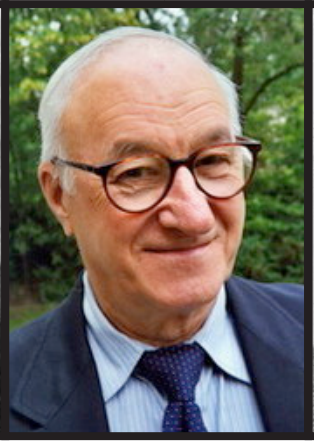
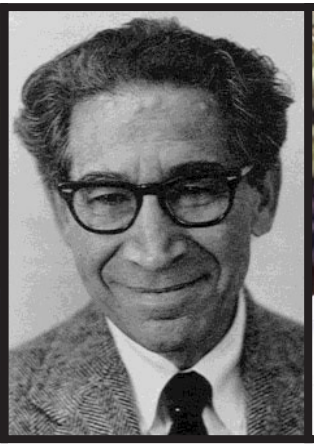
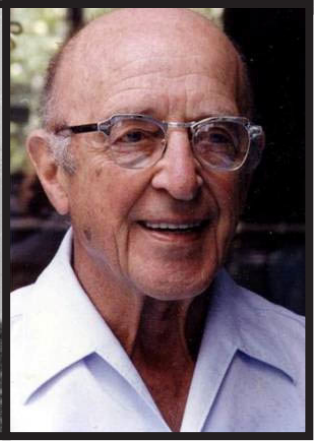
- current psychologists' votes
- frequency of journal article citations
- if they had psychological terminology named after them
- frequency of introductory psychology textbook citations
- whether or not they had been elected to the National Acadamy of Sciences
- whether or not they had been an APA president or received an APA Distinguished Scientific Contributions award

In this course, psychologists' rankings on this list are denoted with superscript.

The 10 most eminent psychologists of the 20th century

Psychologist	Life	Especially known for
B. F. Skinner[1]	1904-1990	behaviorism
Jean Piaget[2]	1896-1980	stages of cognitive development
Sigmund Freud[3]	1856-1939	psychoanalysis
Albert Bandura[4]	1925-	social cognitive theory
Leon Festinger[5]	1919-1989	cognitive dissonance theory
Carl Rogers[6]	1902-1987	humanism
Stanley Schacter[7]	1922-1997	two-factor theory of emotion
Neal Miller[8]	1909-2002	biofeedback
Edward Thorndike[9]	1874-1949	behaviorism
Abraham Maslow[10]	1908-1970	hierarchy of needs



The American Psychological Association

Of the many psychological associations throughout the world, the **APA** is the most well known, most well established, and largest.

Aspect	APA
Founder	G. Stanley Hall, with 30 other members
Founded	1892
Members	>100,000
Mission	"Advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives."
Current President	Barry S. Anton, PhD

Part Three: APA Style

APA is the style used for psychological publications and those of many other scientific disciplines.

- **general framework**
- **sections of papers**
- **sources**

  citations

General framework

APA style is similar to other academic styles. Below are a few notable differences.

Aspect	APA Style
Citations	authors' last names and year of publication stated within text (not footnotes or endnotes)
References	varies by type of source, but focuses on authors' last names and year of publication; words in article titles are not capitalized except first word and after a colon
Punctuation and Grammar	as described in manual (similar or identical to other styles); comma required before *and* or *or* in a list
Measurements	done in metric when possible; otherwise written in original units and converted to metric
Race	always capitalized

Sections of APA research papers

Research papers done in APA format typically have the following sections.

Section	Description
Abstract	summarizes the paper in one paragraph
Introduction	discusses the background, including relevant past research, and purpose of current work
Method	describes the participants, research design, and procedure, commonly each in its own subsection
Results	reports the calculated statistics in text, tables, and/or graphs; states or justifies the statistical tests used; and states the conclusions of the tests
Discussion	discusses how the results relate to the hypotheses and to past research, and what they imply for future research and/or society
References	alphabetical list (by author) of all works cited within the text

Sources

All ideas and information from outside sources are cited.

Requirement	Specifics
Cite each direct source.	Cite each idea or piece of information that is from an outside source, even if you wrote the source.
Do not cite indirect sources.	Do not cite a source you have not read. For example, if you get information from a textbook about a study, cite the textbook rather than the study.
Use quality sources.	For formal papers, primary sources should be used almost exclusively.
Do not use unsourced information.	Other than general knowledge, do not include information without an identifiable source.
Avoid plagiarism.	Do not write any word-for-word quotations without identifying them as such (see below). Do not copy anything phrase-for-phrase. Be careful about copying ideas from notes that were taken from sources.
Use quotations appropriately.	Quotations should be used to illustrate a point, not because you do not understand the statement sufficiently to explain it yourself. Use quotation marks for quotations under 40 words, or a left-indented, separate block of text for longer quotations. Include the page number, or the section and paragraph number if from an unpaginated source.

Citations

APA format uses inline citations, in which the authors and year (but not the title) are included as part of the text. The goal is to provide the citation information in context without breaking the flow of the reading with footnotes or endnotes. The approaches below are common and are used interchangably, based on which provides the best flow in the given context.

Approach	Example
Within sentence, study as subject	Darley and Latané (1968) found that number of bystanders in an emergency situation is negatively correlated with individuals' speed and likelihood of getting help.
Within sentence, study as object	The bystander effect was first experimentally demonstrated in Darley and Latané's (1968) landmark study.
At end of sentence or paragraph	Individuals are less likely to get help in an emergency situation when others are present (Darley & Latené, 1968).

Et al. is an abbreviation for the latin phrase *et alii*, meaning "and others." When a source has more than five authors, or has more than two authors and has already been cited in the paper, it is cited using only the first author, followed by "et al." and the year.