



## **Psychology and Your Life with P.O.W.E.R. Learning, 4<sup>th</sup> Edition**

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**Psychology and Your Life with P.O.W.E.R. Learning, 4<sup>th</sup> edition**, contains a significant amount of new and updated content and features reflecting the advances in the field and the suggestions of reviewers. Hundreds of new citations have been added, and most of them refer to articles and books published in the last few years.

Moreover, this edition incorporates a wide range of new topics. The following sample of new and revised topics provides a good indication of the material's currency.

### **Chapter Changes**

#### **Chapter 1**

- Added a new prologue on shootings in a Florida high school
- Updated statistics on numbers and job settings of psychologists
- Updated gender salary discrepancies of psychologists
- Clarified definition of introspection
- Clarified definition of structuralism
- Added to the discussion of autism spectrum disorder
- Clarified material on racism

- Clarified definition of case studies
- Clarified definition of experimental manipulation

## **Chapter 2**

- Added new prologue on brain-computer interface (BCI)
- Clarified definition of neuron
- Changed presentation of terminal buttons
- Clarified description of transcranial magnetic stimulation (TMS)
- Introduced hydrogel-embedding methods of examining the brain
- Clarified presentation of reticular formation
- Updated discussion of neuroplasticity

## **Chapter 3**

- Included new prologue on synesthesia
- Clarified discussion of visual spectrum
- Clarified feature detection
- Added material on facial recognition
- Clarified discussion of color blindness
- Clarified discussion of distinctions between theories of color vision
- Clarified discussion of pain gates
- Clarified discussion of biofeedback to reduce pain
- Clarified explanation of binocular disparity
- Clarified discussion of motion parallax

## **Chapter 4**

- Included new prologue on opioid crisis
- Updated stages of sleep, removing Stage IV
- Updated information on sleep medication
- Clarified changes in brain waves during hypnosis
- Revised description of meditation
- Clarified material on the factors that lead to addictive drug use
- Updated information on Adderall use
- Updated information on crack cocaine use
- Discussed the opioid epidemic
- Presented statistics on opioid use
- Clarified description of hallucinogens
- Added material on legalization of marijuana
- Clarified description of MDMA properties

## **Chapter 5**

- Clarified the classical conditioning figure
- Clarified neutral stimulus
- Clarified unconditioned stimulus
- Clarified unconditioned response
- Redefined operant conditioning
- Clarified schedule of reinforcement

- Redefined variable-ratio schedule
- Clarified results of exposure to media aggression
- Explained how behavior modification can lead to more effective study sessions
- Discussed APA task force findings on violent video game play
- Updated figure comparing relational versus analytical approaches to learning

## **Chapter 6**

- Discussed false memories
- Redefined chunk
- Clarified explanation of chunk
- Clarified procedural memory
- Added the term implicit memory
- Clarified flashbulb memory description
- Clarified similarities and differences between cultures with regard to memory
- Clarified concept of relearning and importance of practice
- Redefined description of keyword technique
- Clarified the need for skepticism around drug use to improve memory
- Discussed the value of forgetting to relearning
- Removed term “mental set”
- Clarified telegraphic speech
- Clarified overgeneralization
- Clarified nativist approach
- Added new contrary evidence to nativist approach
- Clarified definition of interactionist approaches to language development
- Clarified linguistic-relativity hypothesis

## **Chapter 7**

- Revised self-test on preferred level of stimulation
- Clarified Maslow’s view of esteem
- Clarified self-determination theory
- Updated figure reflecting the major approaches to motivation
- Updated statistics about obesity
- Introduced new term orbitofrontal cortex
- Added new discussion of biological causes of eating disorders
- Updated resources for eating disorders advice and help
- Added new definition of need for achievement
- Clarified James-Lange theory of emotions
- Clarified Schachter-Singer theory of emotions
- Updated description of facial-affect program
- Added new information about the benefits of sexual activity
- Redefined transgender
- Clarified use of gay and lesbian labels
- Clarified biological and genetic causes of sexual orientation
- Clarified distinction between transgender and intersex persons

## Chapter 8

- Clarified vision capabilities of neonates
- Clarified the benefits of play
- Clarified Erikson's trust-versus-mistrust stage
- Clarified Erikson's autonomy-versus-shame-and-doubt stage
- Clarified Erikson's industry-versus-inferiority stage
- Clarified information processing approach
- Clarified Vygotsky's view of cognitive development
- Changed presentation of scaffolding
- Clarified presentation of puberty
- Clarified discussion of spermatogenesis
- Added new discussion of the effects of early maturation/early puberty
- Clarified Kohlberg's Level 2 morality
- Clarified Kohlberg's Level 3 morality
- Clarified adolescence as a period of relative tranquility
- Discussed cyberbullying as a cause of suicide
- Clarified emerging adulthood
- Redefined genetic programming theories of aging
- Added new statistics on Alzheimer's disease
- Added new research on slowing the declines of Alzheimer's disease

## Chapter 9

- Added Lance Armstrong case
- Redefined ego
- Clarified discussion of ego's mediating role
- Clarified discussion of Freud's Oedipal conflict in boys and girls
- Added specificity to influence of psychoanalytic theory
- Added new definition of inferiority complex
- Refined definition of factor analysis
- Clarified criticisms of trait theory
- Clarified Roger's notion of self-concept
- Replaced term "norm" with "test norm"
- Added new definition of test norm
- Added new definition of projective test
- Clarified projective test criticisms
- Added research studies on twins separated early in life
- Clarified distinction between psychodynamic, trait, and learning theories
- Redefined fluid intelligence
- Redefined crystallized intelligence
- Added definition of familial intellectual disability
- Clarified heritability
- Clarified discrepancies associated with comparing IQ scores of individuals versus groups

## Chapter 10

- Added new case study of woman with anxiety disorder
- Clarified deviation from typical definition of abnormality

- Clarified deviation from an ideal definition of abnormality
- Explicitly defined abnormal behavior
- Added references to magic and spells as explanations for abnormal behavior
- Clarified the difference between causes and symptoms in the cognitive perspective
- Clarified discussion of the humanistic perspective
- Removed explication of historical change in DSM
- Removed discussion of a theoretical approach to identifying psychological disorders
- Added new statistics on mentally ill homeless population
- Discussed the relationship between homelessness and psychological disorders
- Clarified discussion of insanity
- Discussed epigenetic approaches to understanding schizophrenia
- Redefined mood disorder
- Redefined compulsion
- Added new definition of sociocultural perspective
- Clarified major depressive disorder
- Redefined illness anxiety disorder
- Clarified discussion of dissociative identity disorder
- Clarified label and explanation of internal unconscious conflicts as a cause of depression
- Changed inappropriate emotional displays to inappropriate emotions in discussion of schizophrenia
- Added explanation of action of glutamate in treating schizophrenia
- Added material on genes responsible for schizophrenia
- Discussed gray matter differences in brain of people with schizophrenia
- Clarified the predispositional model of schizophrenia
- Clarified explanation of borderline personality disorder
- Clarified narcissistic personality disorder
- Clarified lack of distress for those with personality disorders
- Clarified and qualified psychoanalytic explanations of schizophrenia
- Clarified symptoms of schizophrenia
- Condensed and clarified discussion of cross-cultural influences on definitions of abnormal behavior
- Clarified lack of objective danger in phobic stimuli
- Clarified difference between phobic disorders and generalized anxiety disorders or panic disorders

## **Chapter 11**

- Redefined psychotherapy
- Redefined biomedical therapy
- Reframed discussion of psychodynamic therapies (versus psychoanalysis)
- Redefined psychoanalysis
- Clarified free association
- Redefined and explained behavioral approaches to therapy
- Clarified aversive therapy
- Added new example of aversion therapy
- Revised discussion of aversion therapy
- Clarified definition of systematic desensitization

- Added new discussion of virtual reality exposure therapy
- Revised discussion of contingency contracting
- Added definition of observational learning
- Reframed discussion of behavioral techniques
- Expanded definition of unconditional positive regard
- Clarified discussion of contemporary versions of client-centered therapy
- Revised discussion of interpersonal therapy effectiveness
- Revised discussion of the goals of family therapy
- Clarified definition of self-help therapy
- Clarified discussion of effectiveness of therapy in general versus specific kinds of therapy
- Reframed distinction between biomedical approaches and other treatments
- Updated definition of drug therapy
- Added psychotherapy to biomedical treatments for schizophrenia
- Added discussion of brain scan neurofeedback for treatment
- Clarified prefrontal lobotomy discussion
- Clarified drawbacks to biomedical therapies
- Revised definition of deinstitutionalization
- Explicitly linked material on drug treatments to neuroscience chapter
- Discussed memory deficits as side effect of antidepressant drugs
- Referenced Satir's family therapy work

## Chapter 12

- Added prologue describing Dylann Roof
- Redefined fundamental attribution error
- Clarified example of fundamental attribution error
- Redefined norms
- Clarified description of foot-in-the-door technique
- Clarified door-in-the-face technique
- Clarified mere exposure effect
- Clarified effect of proximity on liking
- Clarified frustration-aggression approaches
- Added new research on microaggressions
- Clarified diffusion of responsibility explanations of helping
- Redefined diffusion of responsibility
- Clarified relationship between physical attractiveness and general attraction
- Added new discussion of posttraumatic growth
- Discussed nontraditional forms of PTSD for combat veterans
- Clarified biological and psychological consequences of stress
- Clarified effects of stress on lymphocyte

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