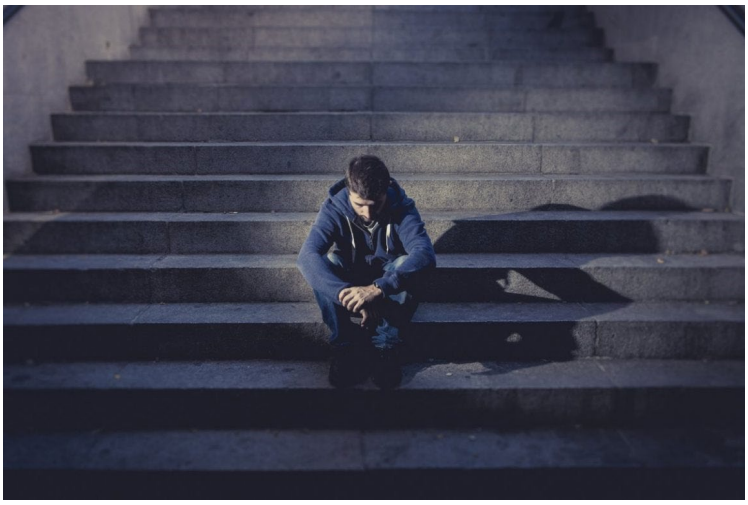
Chapter 12
"Psychological Disorders"
Article #1

"Cognitive Therapy for Depression"



Summary: This article explains what a cognitive approach to treating depression can look like. In a three-step process, cognitive therapy uses psychological therapy, cognitive therapy and problem-solving therapy. While this approach to treating depression may seem extensive and unnecessary, all these tactics work hand in hand to help the patient achieve at the highest possible amount. Psychological therapy is used to show the patient that they have a support system and addresses the feelings of hopelessness one may be experiencing. Cognitive therapy addresses some of the "over critical self-images" they have towards themselves. Finally, we undergo problem-solving therapy to display adequate coping skills in stressful situations.

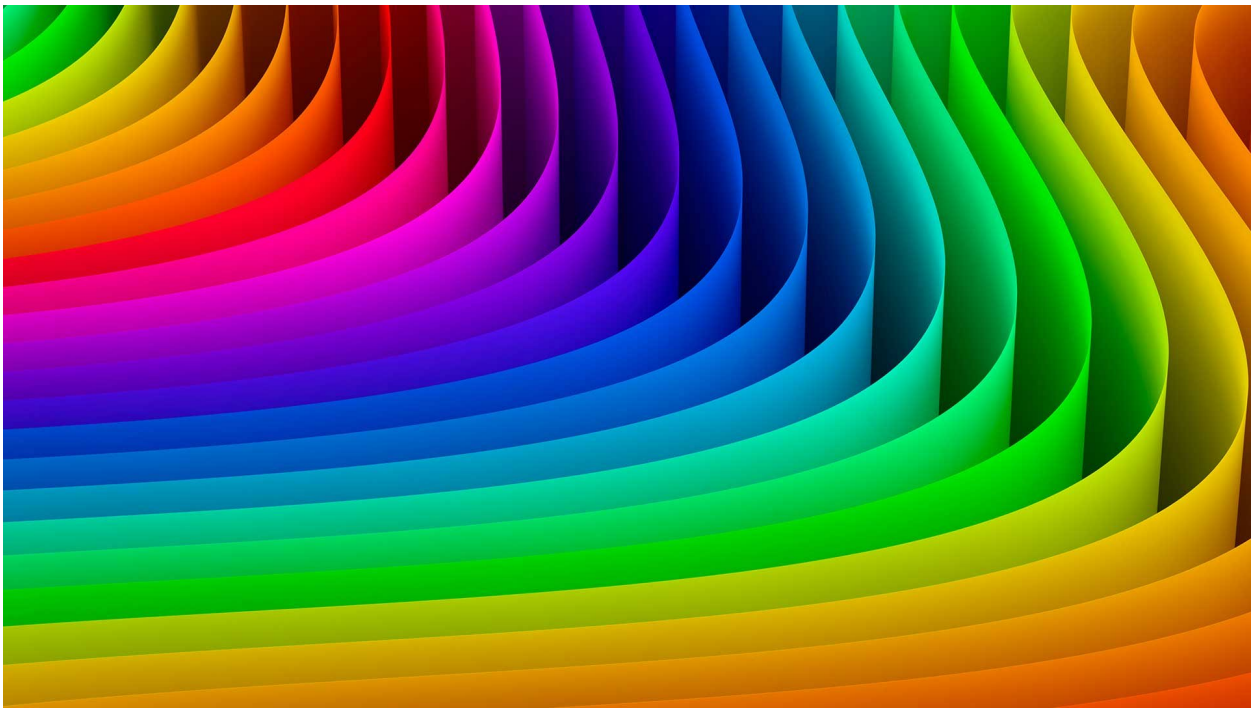
Reference:

Franklin, Donald J. "Cognitive Therapy for Depression." *Psychologyinfo.com*, 2012, psychologyinfo.com/depression/cognitive.htm. Accessed 6 Sept 2019.

Link: http://psychologyinfo.com/depression/cognitive.htm

Chapter 3
"Sensation and Perception"
Article #2

"Color Psychology: How Does It Affect How You Feel?"



Summary: In this article it is explained the psychological effect of color is always at work on us whether you realize it or not. The affect of color has been studied for longer than you may think. In many ancient cultures, color was used as an abstract type of healing. Blue was believed to "soothe illness and treat pain" while red was used to "stimulate the mind and body to increase circulation." In modern cultures color is used in marketing strategies, your willingness to buy a blue car versus a yellow car, and it's even been found that sports teams dressed in all black have a higher likelihood to be given penalties. Even with the numerous years we have studied the affects of color on our minds, the subject is still illusive to many psychologists.

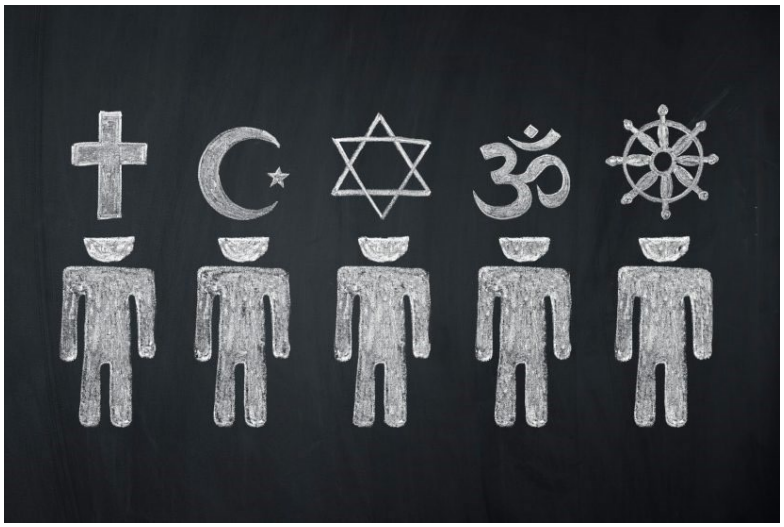
Reference:

Cherry, Kendra. "Can Color Affect Your Mood and Behavior?" *Verywell Mind*, Verywell Mind, 17 July 2019, www.verywellmind.com/color-psychology-2795824. Accessed 6 Sept 2019.

Link: https://www.verywellmind.com/color-psychology-2795824

Chapter 14
"Social Psychology"
Article #3

"The Psychology of Religion"



Summary: This article attempts to deconstruct people's ideas of religion and how it influences other cognitive decisions they make in their everyday lives. It also tackles the reasoning behind why some people are more religious/devout than others. Studies listed in this article mention the mental processes of religious people versus non-religious people when making a decision that involves critical thinking. It states that religious people are more likely to go with their "gut feeling" or let their emotions overtake influence their decision. While non-religious people are more analytical in thinking and tend to make the more logical choice. The article also mentions the biological aspect of our views on religion. A study discussed in the article said that "identical twins if raised separately are more likely to develop similar religious beliefs opposed to two strangers." In conclusion, psychologists cannot fully understand why a person chooses a certain religion over another or why some people are more religious than others, yet we can boil it down to our genetics, culture, and environment as the three main factors.

Reference:

Tix, Andy. "The Psychology of Religion." *Psychology Today*, Sussex Publishers, 14 Dec. 2017, www.psychologytoday.com/us/blog/the-pursuit-peace/201712/the-psychology-religion. Accessed 6 Sept 2019.

Link: https://www.psychologytoday.com/us/blog/the-pursuit-peace/201712/the-psychology-religion

Chapter 3
"Sensation and Perception"
Article #4

"Music's Power Explained"

Summary: In this article Ryback explains how music can affect our mental processes and how we listen and interpret certain kinds of music can have long lasting impacts on our minds. It's no secret that music can influence our moods. If we're listening to an upbeat pop song, we're more likely to be happy. If we listen to a slow, drowsy ballad by Mozart, we find ourselves relaxed and, in some cases, even sad. Studies are mentioned in the article on how music can aid in reducing anxiety, depression and even boost your immune system. There are seven categories that the affects of music fit into: Entertainment, Revival, Strong Sensation, Mental Work, Solace, Diversion and Discharge. The last three however are of much interest to the psychology community. Solace is when you listen to music that matches your current emotional state (i.e. sad music for when you're feeling down). Diversion is when you listen to music that counteracts your current mood to distract you (i.e. happy music when you're feeling sad). Finally, Discharge is when you listen to music that matches your emotional state so you can release pent up emotion (i.e. hardcore music for when you are angry).

Reference:

Ryback, Ralph. "Music's Power Explained." *Psychology Today*, Sussex Publishers, 19 Jan. 2017, www.psychologytoday.com/us/blog/the-truisms-wellness/201601/music-s-power-explained. Accessed 9 Sept 2019.

Link: www.psychologytoday.com/us/blog/the-truisms-wellness/201601/music-s-power-explained

Chapter 14
"Social Psychology"
Article #5

"Which Hair Color Induces the Strongest Physical Attraction"

Summary: The psychology of hair color is one that reaches way farther than just personal preference. From one's choice of dance partner at a club, to the newly elected CEO of a company, hair color influences how we perceive ourselves as well as the attractiveness and the abilities of others. In psychologist performed studies, men and women were placed in a nightclub and observed the amount of dance proposals one got depending on hair color. It was found that men were keener to ask a blonde-haired woman for a dance as opposed to red heads and brunettes. In the same study men with brown or black hair were more likely to be granted a dance when they asked a woman. Preferences vary from person to person, yet after multiple studies psychologists arrived at starkly similar results. Even when evaluating numerous companies, psychologists found that hair color was a factor among successful CEO's.

Reference:

Persaud, Raj, and Peter Bruggen. "Which Hair Color Induces the Strongest Physical Attraction?" *Psychology Today*, Sussex Publishers, 1 Sept. 2015, www.psychologytoday.com/us/blog/slightly-blighty/201509/which-hair-color-induces-the-strongest-physical-attraction. Accessed 6 Sept 2019.

Link: www.psychologytoday.com/us/blog/slightly-blighty/201509/which-hair-color-induces-the-strongest-physical-attraction

Chapter 11
"Stress and Health Psychology"
Article #6

"Where You Live Affects Your Happiness & Health, But How Exactly?"

Summary: In this article, Dana Bate evaluates different studies and experiments in how we rank our communities for overall wellbeing of its citizens. She began by discussing *Gallup and Sharecare's* annual rankings of communities in America that have the highest wellbeing score as well as the communities with the lowest. Naples, FL ranked at number one and Flint, MI ranked last on their list. In further review, Bate began to consider all factors that affect a community's overall health. She found that aspects such as cultural diversity, adequate bike lanes, and a well-adjusted economy all fed into the psychological and physical health of that area's citizens.

Reference:

Bates, Dana. "Where You Live Affects Your Happiness & Health, But How Exactly?" *New Hampshire Public Radio*, 29 May 2018, www.nhpr.org/post/where-you-live-affects-your-happiness-and-health-how-exactly#stream/0. Accessed 6 Sept 2019.

Link: www.nhpr.org/post/where-you-live-affects-your-happiness-and-health-how-exactly#stream/0

Chapter 8
"Motivation and Emotion"
Article #7

"How Money Changes the Way We Think and Behave"

Summary: Money has always had its persuasive ways and power over the human mind that we still cannot fully understand. Is the pursuit of money pure greed, the pursuit for success or maybe even a vessel for good/evil? In this article Carolyn Gregoire looks at our attitudes towards money and how it makes us behave. In recent studies it was found that lower- and middle-class citizens showed higher levels of empathy towards others while the upper class showed less. She discusses the term affluenza. This term may sound like an infection residing in the lungs, but it means "painful, contagious, socially transmitted condition of overload, debt, anxiety, and waste, resulting from the dogged pursuit of more." A term that is making itself more and more prevalent in todays society. Wealth can also "cloud mental judgement." It was found that in pursuit of a higher pay wage or the golden pot at the end of the rainbow, individuals will do irrational things to attain such luxuries.

Reference:

Gregoire, Carolyn. "How Money Changes The Way We Think And Behave." *HuffPost*, HuffPost, 7 Dec. 2017, www.huffpost.com/entry/psychology-of-wealth_n_4531905. Accessed 6 Sept 2019.

Link: www.huffpost.com/entry/psychology-of-wealth_n_4531905

Chapter 12
"Psychological Disorders"
Article #8

"The Psychology Behind Hoarding"

Summary: The psychological disorder of "hoarding" is one that has been thrust into the public limelight and is of the utmost interest to many Americans who don't suffer from this disease. Hoarding is a form of OCD or Obsessive-Compulsive Disorder and can begin at a very young age. It is estimated that "one in fifty Americans has extreme hoarding tendencies," and that "one in four Americans are OCD." For individuals with a Hoarding Disorder, accumulating mass amounts of personal belongings (no matter the value), serves as a coping mechanism for anxiety and provided them with a sense of security. Simply having "stuff" makes people suffering from this disease feel comforted within their homes.

Reference:

Jantz, Gregory L. "The Psychology Behind Hoarding." *Psychology Today*, Sussex Publishers, 5 Sept. 2014, www.psychologytoday.com/us/blog/hope-relationships/201409/the-psychology-behind-hoarding. Accessed 6 Sept 2019.

Link: www.psychologytoday.com/us/blog/hope-relationships/201409/the-psychology-behind-hoarding

Chapter 10
"Personality"
Article #9

"If Tattoos Could Talk"

Summary: Tattoos are a normality that have been around for thousands of years. As soon as humans figured out we could print our beliefs or intentions onto our skin, it was game over. This article aims to tackle the reasoning behind getting tattoos or piercings, and how they can psychologically alter our self-image. Farrell explains that when we get tattoos we are aiming to be noticed. That in permanently putting something on your body, the attention gained from that gives us a vessel to communicate to those who ask about its significance to us. He goes on to explain that tattoos are also a powerful way to proclaim something has no hold over you. For example, when one gets a tattoo of a skull on their shoulder this could mean that death does not scare them, but rather excites them.

Reference:

Farrell, Kirby. "If Tattoos Could Talk." Psychology Today, Sussex Publishers, 14 Oct. 2013, www.psychologytoday.com/us/blog/swim-in-denial/201310/if-tattoos-could-talk. Accessed 6 Sept 2019.

Link: www.psychologytoday.com/us/blog/swim-in-denial/201310/if-tattoos-could-talk.

Chapter 14
"Social Psychology"
Article #10

"Pet Names Between Couples Are a Very Good Sign"

Summary: Pet names between couples is a commonality among couples of many cultures, but what psychological significance do pet names have within an intimate relationship? In this article Dr. White explains the positivity that using nicknames can have in a relationship. Pet names such as "babe or precious" can have a positive effect on your emotions toward a person. If the meaning behind the term is positive and not derogatory, this can spike one's connection to the other individual. Couples seem to develop a certain nomenclature or code when together for an extended period. A forced yawn or a wink can mean "this dinner is boring; we should go home and eat Oreos." Okay, maybe not that specific, but you get the point. This language is a fantastic gauge on how the relationship is performing. If the pet names and inside jokes cease, you might want to have a talk with your loved one and sort some things out.

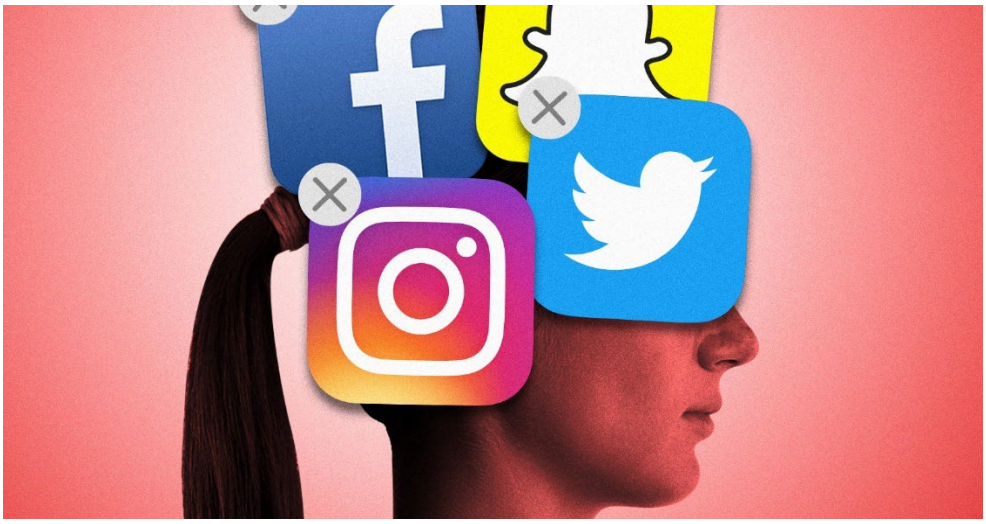
Reference:

White, Suzanne Degges. "Pet Names Between Couples Are a Very Good Sign." *Psychology Today*, Sussex Publishers, 18 Mar. 2016, www.psychologytoday.com/us/blog/lifetime-connections/201603/pet-names-between-couples-are-very-good-sign. Accessed 6 Sept 2019.

Link: www.psychologytoday.com/us/blog/lifetime-connections/201603/pet-names-between-couples-are-very-good-sign

Chapter 12
"Psychological Disorders"
Article #11

"Social Media and Teens: How Does Social Media Affect Teenagers' Mental Health"



Summary: Social media is obviously a huge factor in teens' lives today, but is it beneficial or harmful? This article looks at the benefits and negative side effects of access to such platforms. The upside of social media is its ability to give kids social interaction at the click of a button. Teens who identify with the LGBT community can seek refuge in other members of the same community even if those individuals aren't in the same town as them. Teens can also use social media to widen their friend groups, express interest in certain subjects, and share a bit of themselves with the world. The downsides to social media seem to eclipse the upsides though. The thirst for "likes" on social media give teens a sense of worth, but what happens when the likes deplete? Social media can give teens a negative self-image and can be the root for eating disorders and even depression.

Reference:

Hurley, Katie. "Social Media and Teens: How Does Social Media Affect Mental Health?" *Psycom.net - Mental Health Treatment Resource Since 1986*, 7 Mar. 2019, www.psycom.net/social-media-teen-mental-health. Accessed 6 Sept 2019.

Link: www.psycom.net/social-media-teen-mental-health

Chapter 12
"Psychological Disorders"
Article #12

"The Psychology of Gambling"

Summary: This article is a list of facts about gambling that we should all be aware of before we step into a casino with dreams of "making it big." Within this list lies different psychological components of the phenomenon of addictive gambling. Phenomenon such as how nice weather makes an individual more likely to take risks, the bandwagon effect, and the different beliefs and superstitions when one hits the casino floor. It was found that people become increasingly hopeful after they place money on their "prize winning horse" as opposed to before they place their bets. Before someone bets their mortgage payment on 34 red in roulette their confidence in that space is low. It is after they wager money on that number that their confidence it will win doubles. The "Gamblers' Fallacy" is also mentioned in the article. This is a fallacy that explains the heightened expectations for a certain occurrence after a series of events has occurred. For example, a man is playing roulette and the past seven rolls have been on red. With confidence, the man places all his savings on black even though the probability of it being black has not changed in the slightest.

Reference:

Riggio, Ronald E. "The Psychology of Gambling." *Psychology Today*, Sussex Publishers, 16 Mar. 2016, www.psychologytoday.com/us/blog/cutting-edge-leadership/201603/the-psychology-gambling. Accessed 7 Sept 2019.

Link: www.psychologytoday.com/us/blog/cutting-edge-leadership/201603/the-psychology-gambling

Chapter 14
"Social Psychology"
Article #13

"Do We All Deserve Gold? Setting Kid Up to Fail."

Summary: In this article Dr. Diller addresses a common issue that we've seen on social media, the news and in passing over the last couple of years. The idea of giving kids a trophy or praise for simply showing up, win or lose, has become a concern to many. Do participation trophies as children produce entitled, lazy adults in the future? Dr. Diller does not give us a flat-out answer in this article but does raise some concerns with the idea. She discusses the long-term effects of never letting your kids fail/lose. She states that her concern is not in the feel-good instance when children receive an award, but rather "the failure to distinguish the accomplishments that deserve it." Her view of the issue is that children who do not learn how to cope with losing or failing will likely lose that ability entirely, even into adulthood. That the "participation trophy" concept can possibly lead to an unstable work ethic or even one's ability to uphold a stable marriage.

Reference:

Diller, Vivian. "Do We All Deserve Gold? Setting Kids Up To Fail." *Psychology Today*, Sussex Publishers, 19 Nov. 2011, www.psychologytoday.com/us/blog/face-it/201111/do-we-all-deserve-gold-setting-kids-fail. Accessed 7 Sept 2019.

Link: www.psychologytoday.com/us/blog/face-it/201111/do-we-all-deserve-gold-setting-kids-fail

Chapter 14
"Social Psychology"
Article #14

"What Does Solitary Confinement Do to Your Mind?"

Summary: In this article Jason Breslow discusses the long and short-term effects of solitary confinement on the mind. Used in the American prison system, as well as worldwide, solitary confinement is the complete separation of human interaction for the person in confinement. In most cases this means 23-hours in an 80 square foot room with a bed, toilet and sink, with one hour for physical activity in yet another cage. This amount of isolation has driven some prisoners to insanity, self-mutilation and in extreme cases, suicide. In 1995 a study was conducted, and it was found that an astounding "63% of prison suicides are carried out by inmates in solitary confinement or special housing." For the inmates who make it out of solitary confinement, social behavior is a thing of the past. After spending weeks, months or even years in solitary most inmates find it impossible to maintain a sense of socialistic thinking. Breslow goes on to discuss how approximately half of inmates in solitary are clinically diagnosed with mental illnesses. This kind of confinement heightens that illness, driving some to extreme measures of "escape" such as talking to blank walls, imagining an illness they have or harming themselves in order to "feel something."

Reference:

Breslow, Jason M. "What Does Solitary Confinement Do To Your Mind?" *PBS*, Public Broadcasting Service, 22 Apr. 2014, www.pbs.org/wgbh/frontline/article/what-does-solitary-confinement-do-to-your-mind/. Accessed 7 Sept 2019.

Link: www.pbs.org/wgbh/frontline/article/what-does-solitary-confinement-do-to-your-mind/

Chapter 12
"Psychological Disorders"
Article #15

"Sleep and Mental Health"

Summary: It is widely known that a good night's rest at the end of the day is vital to maintaining a healthy happy life, but what exactly does sleep do for our mental health? Cognitively, sleep is the foundation of a normal functioning organism. Psychologists and neurologists have found that instead of sleep disorders being a side affect of other mental disorders (i.e. ADHD, depression and bipolar disorder), that lack of sleep can be a precursor to contracting a mental disorder. Basically, this means that if you don't sleep enough, you could go crazy. Conditions such as narcolepsy, sleep apnea and insomnia have a higher likelihood of effecting those with mental conditions, only worsening the condition over time. Luckily, there are precautions you can take to make sure you're being well rested. Physical activity, meditation and practicing sleep hygiene (ridding your bedroom of distractions and maintaining a tight sleep schedule) can all help with falling asleep, staying asleep and getting the most out of your sleep.

Reference:

Harvard Health Publishing. "Sleep and Mental Health." *Harvard Health*, 18 Mar. 2019, www.health.harvard.edu/newsletter_article/sleep-and-mental-health. Accessed 7 Sept 2019.

Link: www.health.harvard.edu/newsletter_article/sleep-and-mental-health