



Psychological disorders, stress, intelligence

AP PSYCHOLOGY DUMP SHEET

Psychological disorders and treatment

- ✓ **Disorder** = dysfunction + distress + deviance; classification via DSM/ICD.
- ✓ Biopsychosocial & diathesis—stress models.
- ✓ **Categories:** neurodevelopmental (ADHD, ASD), schizophrenia spectrum (positive/negative symptoms), depressive, bipolar, anxiety (phobias, panic, GAD), OCD, dissociative, trauma-related (PTSD), feeding/eating, personality clusters A/B/C.
- ✓ **Treatments:** psychotherapy (CBT, psychodynamic, humanistic), behavior therapies (exposure, ABA), group therapy; medications (antidepressants, antipsychotics, anxiolytics, lithium); biological interventions (ECT, TMS) used when appropriate.
- ✓ **Ethics:** therapeutic alliance, cultural humility, APA principles (do no harm, confidentiality, informed consent).

Health, stress, and positive psychology

- ✓ **Stress:** eustress vs distress; GAS = alarm → resistance → exhaustion.
- ✓ **Coping:** problem-focused vs emotion-focused; tend-and-befriend as alternate stress response. ACEs have long-term health impacts.
- ✓ **Positive psychology:** gratitude, using signature strengths, virtues, and posttraumatic growth.

Research methods and data interpretation

- ✓ **Designs:** experimental = causation (IV/DV, control, random assignment); correlational/case studies/naturalistic observation when manipulation unethical.
- ✓ **Controls:** placebos, single/double-blind to reduce bias. Sampling: random vs convenience. Operational definitions required.
- ✓ **Stats essentials:** mean/median/mode, range, SD, normal distribution; correlation coefficient r (-1 to +1) ≠ causation; $p < .05$ for significance; effect size for strength.
- ✓ **Common issues:** confounds, directionality, third-variable problem, regression to mean.
- ✓ **Ethics:** IRB, informed consent/assent, confidentiality, debriefing when deception used.

Intelligence and achievement

- ✓ **Debates:** g (single) vs multiple intelligences.
- ✓ **IQ basics:** ratio/standard scores; tests require standardization, reliability, validity.
- ✓ **Flynn effect:** generational IQ gains (environmental causes).
- ✓ **Tests:** achievement vs aptitude; mindset (growth vs fixed) influences learning outcomes.