

Study Sheet: Psychology 3131 Exam 3

Note: There may be concepts from lecture or readings on the exam not covered in this sheet. It is your responsibility to attend lecture and complete the assigned readings

Week 10 – Emotion and Cognition

Canceled due to snow

Week 11 – Emotion and College Mental Health

Examines of risk and resilience during emerging adulthood

Prevalence of mental health difficulties in college students (from class)

Risk factors for underrepresented students

Emodiversity (define, research findings linking to clinical and physical health)

Emotion-related impulsivity (define, research findings linking to clinical health)

EMERGE study (aims, target population)

Week 12.1 - Anxiety and Fear

3 themes in emotion & psychopathology (define, examples)

Fear vs. anxiety

Helpful vs. harmful aspects of anxiety

Phobias, Panic Disorder, OCD, GAD & Agoraphobia: symptoms, emotion specific component

Fear of fear hypothesis

Avoidance perspective on worry

Emotion regulation model of GAD

Exposure therapy for anxiety

Week 12.2 – Depression and Mania (Note: Mania Covered in 13.2)

3 themes in emotion & psychopathology (how apply to depression and mania)

Depression: symptoms, 2 views of emotion disturbance, emotion context insensitivity (ECI)

Mania: symptoms, 2 views of emotion disturbance, distinct positive emotions, positive emotion persistence (PEP)

Week 13.1 – Emotional Health

Emotional effects of stress (challenge vs. threat)

Stress and physical immunity (hotel study)

Robert Sapolsky

Lighter side of stress (define, example)

PTSD: symptoms, emotion specific component

4 trajectories of response to trauma (define, %)

Resiliency: definition, associations with adjustment, 3 components (define, example)

Expressive flexibility study

Week 13.2 - Happiness

Definitions of happiness

Broaden & build theory of positive emotion

Myths/riddles about happiness

Dark side of happiness (key themes)