Anxiety and Fear
1. 3 themes in emotion & psychopathology (define, examples)
2. Fear vs. anxiety
3. Helpful vs. harmful aspects of anxiety
4. Phobias, Panic Disorder, OCD, GAD & Agoraphobia: symptoms, emotion specific component
5. Fear of fear hypothesis
6. Avoidance perspective on worry
7. Emotion regulation model of GAD
8. Exposure therapy for anxiety

Mania and Depression
9. Mania: symptoms, 2 views of emotion disturbance, positive emotion persistence
10. Depression: symptoms, 2 views of emotion disturbance, emotion context insensitivity

Psychosis
11. Schizophrenia: symptoms (positive, negative, disorganized)
12. Common misconceptions about schizophrenia
13. Emotion disjunction in schizophrenia (Kring)

Emotional Development: Adolescence, Development and Autism
14. All Gas/No Brakes model of emotion during adolescence (Steinberg)
15. Pruning and myelination (what they are, how they relate to the All Gas/No brakes model)
16. Emotional reactivity during adolescence (more extreme, more variable)
17. Strange situation paradigm and the attachment styles observed
18. Emotional referencing and the visual cliff (Campos)
19. Autism spectrum disorder (domains of deficits)
20. Emotion in autism (Heerey, Capps, & Keltner study)

Emotional Treatments for Depression
21. Mindfulness-Based Cognitive Therapy: Definition, rationale, scientific basis
22. Cognitive reactivity
23. Decentering

Emotional Treatments for Anxiety
24. Contributions to anxiety (genetic, biological, social/cultural, psychological)
25. Treatments for GAD
26. Probability overestimation in GAD
27. Catastrophic consequences in GAD
28. Causes of panic disorder
29. Treatments for panic disorder

Sleep and Stress
30. Stages of sleep
31. Sleep to forget model
32. Sleep deprivation and emotional reactivity
33. Sleep and emotion recognition
34. Emotional effects of stress
35. Lighter side of stress (define, example)

Happiness
36. Definitions of happiness
37. Happiness-inducing activities
38. Happiness set point
39. Dark side of happiness (key themes)
40. What makes people happy

Emotional Intelligence
41. Emotional intelligence (define, examples)
42. Affective circumplex (4 quadrants)
43. R.U.L.E.R. approach