**AP PSYCHOLOGY 2022-23 March 28, 2023**

**Today’s Agenda (Day 133)**

1. HOMEWORK CHECK

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1. Class Activity

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🡪**BEGIN: Unit 13 PPT Review**

1. **Module 70 – Intro to Therapy and Psychodynamic and Humanistic Theories**
2. Module 71 – Behavior, Cognitive and Group Therapies
3. Module 72 – Evaluating Psychotherapies and Prevention Strategies
4. Module 73 – The Biomedical Therapies

HOMEWORK:

* READ: Unit 13 – Treatment of Abnormal Behavior
* COMPLETE: Chapter 13 Vocabulary
* STUDY: Unit 13 Vocabulary Quiz and Test

Unit 13

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Active listening | antianxiety drugs | antidepressant drugs | antipsychotic drugs | aversive conditioning |
| behavior therapy | biomedical therapy | client-centered therapy | cognitive therapy | cognitive-behavioral therapy |
| counterconditioning | eclectic approach | electroconvulsive therapy | evidence-based practice | exposure therapies |
| family therapy | group therapy | insight therapies | interpretation | lobotomy |
| meta-analysis | psychoanalysis | psychodynamic therapy | psychopharmacology | psychosurgery |
| psychotherapy | rational-emotive behavior therapy | regression toward the mean | repetitive transcranial magnetic stimulation | resilience |
| resistance | systematic desensitization | therapeutic alliance | token economy | transference |
| unconditional positive regard | virtual reality exposure therapy |  |  |  |

Unit 14

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| aggression | Altruism | attitude | attribution theory | bystander effect |
| central route persuasion | cognitive dissonance theory | compassionate love | conflict | conformity |
| culture | deindividuation | discrimination | equity | foot-in-the-door phenomenon |
| frustration-aggression principle | fundamental attribution error | GRIT | group polarization | group think |
| informational social influence | ingroup | ingroup bias | just-world phenomenon | mere exposure effect |
| mirror-image perceptions | norm | normative social influence | other-race effect | outgroup |
| passionate love | peripheral route persuasion | prejudice | reciprocity norm | role |
| scapegoat theory | self-disclosure | self-fulfilling prophecy | social exchange theory | social facilitation  |
| social loafing | social psychology | social script  | social trap | social-responsibility norm |
| stereotype | superordinate goals |  |  |  |

REMINDERS:

* **QUIZ:** Unit 13 Vocabulary **🡪 March 29**
* **TEST: Unit 13** 🡪 **March 31**
* **QUIZ:** Unit 12 AND 13 FRQ **🡪 April 3**
* **QUIZ:** Unit 14 Vocabulary **🡪 April 5**
* **TEST: Unit 14** 🡪 **April 12**

**AP PSYCHOLOGY 2022-23 CLASS REVIEW**

**Handout 70-1: Fact or Falsehood?**

T F 1. Psychodynamic therapists believe that resisting the help of the therapist hints at underlying anxiety.

T F 2. Psychoanalysis as a therapeutic technique is used very rarely in the US today.

T F 3. Promoting growth, not curing illness, is the main goal of humanistic therapy.

T F 4. Carl Rogers, the founder of person-centered therapy, believed that the therapist could be totally nondirective when talking with the client.

T F 5. Sigmund Freud invented psychotherapy, in which patients lie on a couch and tell about their feelings.

**Handout 71-1: Fact or Falsehood?**

T F 1. It is difficult, even impossible, to be relaxed and afraid at the exact same time.

T F 2. Alcoholism can be treated by causing alcoholics to get sick following a drinking episode.

T F 3. People can overcome phobias by gradually interacting with the object of their fear.

T F 4. Using virtual reality to help combat phobias has been shown to be largely ineffective.

T F 5. Changing people’s self-defeating beliefs can help combat depression.

T F 6. Sharing feelings in a group setting is not usually helpful for most people.

T F 7. Typically, involving a person’s family in the therapeutic process only makes things worse.

**Handout 72-1: Fact or Falsehood?**

T F 1. Recent research shows that psychotherapy is no more effective than waiting a certain amount of time in the treatment of mental illness.

T F 2. People generally report that they don’t believe therapy was worth the effort, and they typically speak poorly of their therapists.

T F 3. Psychological treatment is generally cost effective.

T F 4. All psychological disorders respond to any type of therapy given.

T F 5. Research has shown that therapeutic touch therapists were able to detect the presence of a human energy field almost 90% of the time.

T F 6. People who get depressed during the winter can be treated successfully by being exposed to ultraviolet light.

**Handout 73-1: Fact or Falsehood?**

T F 1. There are no drugs known to help with the treatment of schizophrenia.

T F 2. Antidepressant drugs are only effective for combating depression, not other types of disorders.

T F 3. People who take antidepressants usually feel better immediately.

T F 4. Electroconvulsive therapy is never effective at treating psychological disorders.

T F 5. Lobotomies were found to be amazingly successful in treating all types of psychological disorders.

# Handout 70-2 Attitudes Toward Seeking Professional Psychological Help

**Directions:** Respond to the statements below using the following scale:

**3 = Agree**

**2 = Partly Agree**

**1 = Partly Disagree**

**0 = Disagree**

|  |  |  |
| --- | --- | --- |
| \_\_\_\_\_  | 1.  | If I believed I was having a mental breakdown, my first inclination would be to get professional attention.  |
| \_\_\_\_\_  | 2.  | The idea of talking about problems with a psychologist strikes me as a poor way to get rid of emotional conflicts.  |
| \_\_\_\_\_  | 3.  | If I were experiencing a serious emotional crisis at this point in my life, I would be confident that I could find relief in psychotherapy.  |
| \_\_\_\_\_  | 4.  | There is something admirable in the attitude of a person who is willing to cope with his or her conflicts and fears without resorting to professional help.  |
| \_\_\_\_\_  | 5.  | I would want to get psychological help if I were worried or upset for a long period of time.  |
| \_\_\_\_\_   | 6.  | I might want to have psychological counseling in the future.  |
| \_\_\_\_\_  | 7.  | A person with an emotional problem is not likely to solve it alone; he or she is likely to solve it with professional help.  |
| \_\_\_\_\_  | 8.  | Considering the time and expense involved in psychotherapy, it would have doubtful value for a person like me.  |
| \_\_\_\_\_  | 9.  | A person should work out his or her own problems; getting psychological  |
| counseling would be a last resort.  |
| \_\_\_\_\_  | 10. Personal and emotional troubles, like many things, tend to work out by themselves.  |

# Handout 70-3 The Self-Concealment Scale

**Directions:** Indicate your agreement or disagreement with each of the following statements by using a five-point scale:

1. **= strongly agree**
2. **= agree**
3. **= neither agree nor disagree**
4. **= disagree**

**5 = strongly disagree**

|  |  |
| --- | --- |
| \_\_\_\_\_  | 1. I have an important secret that I haven’t shared with anyone.  |
| \_\_\_\_\_  | 2. If I shared all my secrets with my friends, they’d like me less.  |
| \_\_\_\_\_  | 3. There are lots of things about me that I keep to myself.  |
| \_\_\_\_\_  | 4. Some of my secrets have really tormented me.  |
| \_\_\_\_\_  | 5. When something bad happens to me, I tend to keep it to myself.  |
| \_\_\_\_\_  | 6. I’m often afraid I’ll reveal something I don’t want to.  |
| \_\_\_\_\_  | 7. Telling a secret often backfires and I wish I hadn’t told it.  |
| \_\_\_\_\_  | 8. I have a secret that is so private I would lie if anybody asked me about it.  |
| \_\_\_\_\_  | 9. My secrets are too embarrassing to share with others.  |

\_\_\_\_\_ 10. I have negative thoughts about myself that I never share with anyone.

# Handout 72-4 Frequency of Self-Reinforcement

**Directions:** Below are a number of statements concerning beliefs or attitudes people have. Indicate whether the statements are characteristic and descriptive of you by circling **T** if the statement is somewhat or very true for yourself. Circle **F** if the statement is somewhat or very false for yourself. Please be as honest as possible. Your answers are completely anonymous.

**T F** 1. When I fail at something, generally I am still able to feel good about myself.

**T F** 2. I can stick to a tiresome task that I need to complete for a long time without someone encouraging me.

**T F** 3. I don’t often think positive thoughts about myself.

**T F** 4. When I do something right, I take time to enjoy the feeling.

**T F** 5. I have such high standards for what I demand of myself that I rarely meet those standards.

**T F** 6. I seem to blame myself when things go wrong and am very critical of myself.

**T F** 7. There are pleasurable activities which I enjoy doing alone at my leisure.

**T F** 8. I usually get upset when I make mistakes because I rarely learn from them.

**T F** 9. My feelings of self-confidence and self-esteem fluctuate a great deal.

**T F** 10. When I succeed at small things, I become encouraged to go on.

**T F** 11. Unless I do something absolutely perfectly, it gives me little satisfaction.

**T F** 12. I get myself through hard things mostly by planning to enjoy myself afterwards.

**T F** 13. When I make mistakes, I take time to criticize myself.

**T F** 14. I encourage myself to improve by feeling good about myself or giving myself something special whenever I make some progress.

**T F** 15. If I didn’t criticize myself frequently, I would continue to do things poorly forever.

**T F** 16. I think talking about what you’ve done right is being too boastful.

**T F** 17. I find I feel better and do better when I silently praise myself for even small achievements.

**T F** 18. I can keep trying at something when I stop to think of what I’ve accomplished.

**T F** 19. The way I keep up my confidence is by acknowledging any success I have.

**T F** 20. The way I achieve my goals is by rewarding myself every step along the way.

**T F** 21. Praising yourself is being selfish and egotistical.

**T F** 22. When someone criticizes me, my self-confidence is shattered.

**T F** 23. I criticize myself more frequently than others criticize me.

**T F** 24. I have a lot of worthwhile qualities.

**T F** 25. I silently praise myself even when other do not praise me.

**T F** 26. Any activity can provide some pleasure regardless of how it comes out.

**T F** 27. If I don’t do the best possible job, I think less of myself.

**T F** 28. I should be upset if I make a mistake.

**T F** 29. My happiness depends more on myself than it does on other people.

**T F** 30. People who talk about their own better points are just bragging.

**AP PSYCHOLOGY 2022-23 CLASS REVIEW**

**Handout 65-1: Fact or Falsehood**

T F 1. Any person who acts in a bizarre manner is considered abnormal.

T F 2. People in the past have been tortured or executed for having a mental disorder.

T F 3. Healthy people have been able to pretend to be mentally ill, fooling staff at mental hospitals.

T F 4. People who are wealthy are twice as likely to be diagnosed with a serious mental disorder than those who are poor.

T F 5. People who are diagnosed with a mental illness are officially known as “insane.”

**Handout 66-1: Fact or Falsehood**

T F 1. Generalized anxiety can lead to health problems such as high blood pressure.

T F 2. Many people accept their phobias and live with them.

T F 3. Obsessive compulsive disorder is characterized by an excessive need for items to be neatly arranged in any room.

T F 4. Only people who have been to war can be diagnosed with having posttraumatic stress disorder or PTSD.

T F 5. All people who have been through a traumatic event eventually suffer some symptoms of PTSD.

T F 6. All anxiety disorders are caused by biological imbalances in the brain.

**Handout 67-1: Fact or Falsehood**

T F 1. Depression is the number one reason people seek mental health services.

T F 2. When people are in their highest manic phases, they are their most creative.

T F 3. Women’s risk of depression is nearly double that of men.

T F 4. Major depressive episodes only get better after intensive counseling.

T F 5. People seldom commit suicide in the depths of depression.

**Handout 68-1: Fact or Falsehood**

T F 1. Schizophrenia is a condition in which people have multiple personalities.

T F 2. People with schizophrenia often speak using nonsensical or jumbled words and sentences.

T F 3. People with schizophrenia only display loud, overt, and inappropriate emotional responses.

T F 3. Schizophrenia always appears suddenly and seemingly “out of the blue.”

T F 4. In some cases, schizophrenia is linked to mothers having the flu while they are pregnant.

**Handout 69-1: Fact or Falsehood**

T F 1. Some people have reported odd loss of functioning (blindness, inability to swallow) and yet feel very indifferent about the issue (“Oh, well, I guess I can’t see….”).

T F 2. A person might have a psychological disorder if they interpret normal symptoms or sensations as evidence of a dreaded disease.

T F 3. It is normal for people to feel as if they are not real or if they feel separated from their bodies.

T F 4. All psychologists agree that dissociative identity disorder (formerly known as multiple personality disorder) is a real psychological illness that requires intensive treatment.

T F 5. People with anorexia nervosa never binge on food.

T F 6. People with bulimia nervosa often fluctuate within or above normal weight ranges.

T F 7. Women who are thin are viewed as beautiful in all cultures across the globe.

T F 8. People with antisocial personality disorder typically feel uncomfortable in social situations and avoid social gatherings as a result.

**Handout 65-2 Defining Mental Disorders**

Instructions: Read through these case studies. After you read each one, decide whether you think that the individual described is displaying a mental disorder. Go with your initial “gut” instinct for now.

**Andrew**

Andrew has led a turbulent life. As a young child, he skipped school more often than he attended. When he did attend, he had frequent behavior problems, and often got into fights with other boys. He was finally expelled from school altogether after stabbing another student in a high school class. Since then, Andrew has not held a job for any length of time. Soon after his expulsion, he began supplementing his income by breaking into homes and stealing whatever he could get his hands on. However, he appears to feel no guilt about his behavior. Although he has never been in a committed relationship, he has several children—whom he never sees, due partly to the fact that he frequently moves from town to town. Despite these characteristics, Andrew is a colorful and entertaining person and has a certain charm. If asked, he will tell you that he is quite happy with his current lifestyle.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has a mental disorder

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ does not have a mental disorder

**Barbara**

Barbara was generally a happy child and had many friends in high school. She made very good grades and decided to go on to college and then to law school. After her first year of law school, she began to notice periods of “feeling down.” At first she ignored this, but after a year or so, these episodes began to get worse. When Barbara started paying more attention, she noticed that these episodes usually began about a week before her period and ended a few days after her period began. In addition to feeling depressed during that time, she also was overly sensitive to criticism. Her appetite would often increase, and she would especially crave sweets. Barbara sometimes found it difficult to concentrate on her studies during this time, and she often lacked the energy to do much of anything except watch television.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has a mental disorder

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ does not have a mental disorder

**Diane**

Diane is the only child of two professional parents. She did well in high school and had several close friends. However, her grades suffered when she got to college, and she spent one semester on probation before she graduated. She met Don while in college, the two married soon after graduation, and had two children. Diane and Don decided that Diane would stay home until the children were in school, because Don’s job with a prestigious accounting firm enabled him to support the family. Three months ago, however, Don came home from work and announced that he was having an affair with another woman. He had decided to leave Diane. The divorce proceeded quickly, and although Diane retained custody of the children, she had to move into a small apartment. She began to look for work, and eventually took a job that she disliked. Diane often finds herself thinking about how quickly her life has changed! She has been sad for the last few months, and sometimes lies in bed crying after the children are asleep. She also eats a lot more than she used to and sometimes has difficulty getting to sleep at night.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has a mental disorder

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ does not have a mental disorder

**Eric**

Eric was born in a rural town in the Midwest. He made average grades in school and decided after graduation to purchase a farm in the area and raise corn. He enjoyed this lifestyle and did quite well. One day, while working in the field, Eric was seriously injured in an accident with the combine and he was rushed to the hospital. The doctors were able to save his life, but his legs had to be amputated. Eric is now confined to a wheelchair. It has been a year since the accident, and he still takes morphine (which his doctor prescribed) to control his considerable pain. His thinking remains quite rational, and he has been able to do some work helping with the books at his parents’ store. He does not enjoy the work, however, and misses his previous activity. Recently, he confided in his doctor that he does not feel that his new life is worth living, and he has decided that he would like to end it all.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has a mental disorder

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ does not have a mental disorder

**Handout 66-2 Taylor Manifest Anxiety Scale**

 Directions: Circle the items that are true of you.

1. I do not tire quickly.

2. I am troubled by attacks of nausea.

3. I believe I am no more nervous than most others.

4. I have very few headaches.

5. I work under a great deal of tension.

6. I cannot keep my mind on one thing.

7. I worry over money and business.

8. I frequently notice my hand shakes when I try to do something.

9. I blush no more often than others.

10. I have diarrhea once a month or more.

11. I worry quite a bit over possible misfortunes.

12. I practically never blush.

13. I am often afraid that I am going to blush.

14. I have nightmares every few nights.

15. My hands and feet are usually warm.

16. I sweat very easily even on cool days.

17. Sometimes when embarrassed, I break out in a sweat.

18. I hardly ever notice my heart pounding and I am seldom short of breath.

19. I feel hungry almost all the time.

20. I am very seldom troubled by constipation.

21. I have a great deal of stomach trouble.

22. I have had periods in which I lost sleep over worry.

23. My sleep is fitful and disturbed.

24. I dream frequently about things that are best kept to myself.

25. I am easily embarrassed.

26. I am more sensitive than most other people.

27. I frequently find myself worrying about something.

28. I wish I could be as happy as others seem to be.

29. I am usually calm and not easily upset.

30. I cry easily.

31. I feel anxiety about something or someone almost all the time.

32. I am happy most of the time. 33. It makes me nervous to have to wait.

34. I have periods of such great restlessness that I cannot sit long in a chair.

35. Sometimes I become so excited that I find it hard to get to sleep.

36. I have sometimes felt that difficulties were piling up so high that I could not overcome them.

37. I must admit that I have at times been worried beyond reason over something that really did not matter.

38. I have very few fears compared to my friends.

39. I have been afraid of things or people that I know could not hurt me.

40. I certainly feel useless at times.

41. I find it hard to keep my mind on a task or job.

42. I am usually self-conscious. 43. I am inclined to take things hard.

44. I am a high-strung person.

45. Life is a trial for me much of the time.

46. At times I think I am no good at all.

47. I am certainly lacking in self-confidence.

48. I sometimes feel that I am about to go to pieces.

49. I shrink from facing a crisis of difficulty.

50. I am entirely self-confident.

**Handout 66-3 SAT (Social Anxiety Thoughts)**

Directions: Listed below are a variety of thoughts that pop into people’s heads in situations that involve being with other people or talking to them. Please read each thought and indicate how frequently, if at all, the thought occurred to you over the last week. Please read each item carefully and, following the scale, indicate to the left of the question the number that best applies to you. Please answer each question very carefully. In social or interpersonal situations during the past week, how often did you have the following thoughts?

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

\_\_\_\_\_ 1. I feel tense and uncertain.

\_\_\_\_\_ 2. I don’t know what to say.

\_\_\_\_\_ 3. Maybe I sound stupid.

\_\_\_\_\_ 4. I am perspiring.

\_\_\_\_\_ 5. What will I say first?

\_\_\_\_\_ 6. Can they tell I am nervous?

\_\_\_\_\_ 7. I feel afraid.

\_\_\_\_\_ 8. I wish I could just be myself.

\_\_\_\_\_ 9. What are they thinking of me?

\_\_\_\_\_ 10. I feel shaky.

\_\_\_\_\_ 11. I’m not pronouncing well.

\_\_\_\_\_ 12. Will others notice my anxiety?

\_\_\_\_\_ 13. I feel defenseless.

\_\_\_\_\_ 14. I will freeze up.

 \_\_\_\_\_ 15. Now they know I am nervous.

\_\_\_\_\_ 16. I don’t like being in this situation.

\_\_\_\_\_ 17. I am inadequate.

\_\_\_\_\_ 18. Does my anxiety show?

\_\_\_\_\_ 19. I feel tense in my stomach.

\_\_\_\_\_ 20. Others will not understand me.

\_\_\_\_\_ 21. What do they think of me?

**Handout 66–4 Measuring Fear**

Directions: Using the key below, rate each item on the intensity of fear you associate with that object or event.

1 2 3 4 5 6 7

no fear very little a little some much great terror

\_\_\_\_\_ 1. Sharp objects \_\_\_\_\_ 27. Being with drunks

\_\_\_\_\_ 2. Being a passenger in a car \_\_\_\_\_ 28. Illness or injury to loved one

\_\_\_\_\_ 3. Dead bodies \_\_\_\_\_ 29. Being self-conscious

\_\_\_\_\_ 4. Suffocating \_\_\_\_\_ 30. Driving a car

\_\_\_\_\_ 5. Failing a test \_\_\_\_\_ 31. Meeting authority

\_\_\_\_\_ 6. Looking foolish \_\_\_\_\_ 32. Mental illness

\_\_\_\_\_ 7. Being a passenger in an airplane \_\_\_\_\_ 33. Closed places

\_\_\_\_\_ 8. Worms \_\_\_\_\_ 34. Boating

\_\_\_\_\_ 9. Arguing with parents \_\_\_\_\_ 35. Spiders

\_\_\_\_\_ 10. Rats and mice \_\_\_\_\_ 36. Thunderstorms

\_\_\_\_\_ 11. Life after death \_\_\_\_\_ 37. Not being a success

 \_\_\_\_\_ 12. Hypodermic needles \_\_\_\_\_ 38. God

\_\_\_\_\_ 13. Being criticized \_\_\_\_\_ 39. Snakes

\_\_\_\_\_ 14. Meeting someone for the first time \_\_\_\_\_ 40. Cemeteries

\_\_\_\_\_ 15. Roller coasters \_\_\_\_\_ 41. Speaking before a group

\_\_\_\_\_ 16. Being alone \_\_\_\_\_ 42. Seeing a fight

\_\_\_\_\_ 17. Making mistakes \_\_\_\_\_ 43. Death of a loved one

\_\_\_\_\_ 18. Being misunderstood \_\_\_\_\_ 44. Dark places

\_\_\_\_\_ 19. Death \_\_\_\_\_ 45. Strange dogs

\_\_\_\_\_ 20. Being in a fight \_\_\_\_\_ 46. Deep water

\_\_\_\_\_ 21. Crowded places \_\_\_\_\_ 47. Being with a member of the opposite sex

\_\_\_\_\_ 22. Blood \_\_\_\_\_ 48. Stinging insects

\_\_\_\_\_ 23. Heights \_\_\_\_\_ 49. Untimely or early death

\_\_\_\_\_ 24. Being a leader \_\_\_\_\_ 50. Losing a job

\_\_\_\_\_ 25. Swimming alone \_\_\_\_\_ 51. Auto accidents

\_\_\_\_\_ 26. Illness

**Handout 66-5 OCS (Obsessive Compulsive Scale)**

Directions: Please indicate whether each statement below is true or false for you by circling the T or the F to the left of the question.

T F 1. I feel compelled to do things I don’t want to do.

T F 2. I usually check things that I know I have already done.

T F 3. I can walk 30 miles in an hour.

T F 4. I often do things I don’t want to do because I cannot resist doing them.

T F 5. I seldom keep a daily routine.

T F 6. I feel compelled always to complete what I am doing.

T F 7. I often feel the need to double check what I do.

T F 8. I’d rather do things the same way all the time.

T F 9. I seldom have recurring thoughts.

T F 10. I seldom am compelled to do something I don’t want to do.

T F 11. I don’t feel uncomfortable and uneasy when I don’t do things my usual way.

T F 12. If I don’t feel like doing something, it won’t bother me not to do it.

T F 13. I usually never feel the need to be organized.

T F 14. I am uneasy about keeping a rigid time schedule.

T F 15. My birthday comes once a year.

T F 16. I am often compelled to do some things I do not want to do.

T F 17. I like to keep a rigid daily routine.

T F 18. I believe there is a place for everything and everything in its place.

T F 19. I seldom check things I know I have already done.

T F 20. I am not obsessed with details.

T F 21. I often have recurring thoughts.

T F 22. I like to do things differently each time.

**Handout 67-2 Zung Self-Rating Depression Scale**

Directions: Read each statement carefully. Use the following scale to indicate how often you have felt that way during the past two weeks. (If you are on a diet, respond to statements 5 and 7 as though you were not on a diet.)

1 = none or a little of the time 4 = most or all of the time

2 = some of the time 5 = all the time

3 = good part of the time

\_\_\_\_\_ 1. I feel down-hearted, blue, and sad.

\_\_\_\_\_ 2. Morning is when I feel the best.

\_\_\_\_\_ 3. I have crying spells or feel like it.

\_\_\_\_\_ 4. I have trouble sleeping through the night.

\_\_\_\_\_ 5. I eat as much as I used to.

\_\_\_\_\_ 6. I enjoy looking at, talking to, and being with attractive women/men.

\_\_\_\_\_ 7. I notice that I am losing weight.

\_\_\_\_\_ 8. I have trouble with constipation.

\_\_\_\_\_ 9. My heart beats faster than usual.

\_\_\_\_\_ 10. I get tired for no reason.

\_\_\_\_\_ 11. My mind is as clear as it used to be.

\_\_\_\_\_ 12. I find it easy to do the things I used to do.

\_\_\_\_\_ 13. I am restless and can’t keep still.

\_\_\_\_\_ 14. I feel hopeful about the future.

\_\_\_\_\_ 15. I am more irritable than usual.

\_\_\_\_\_ 16. I find it easy to make decisions.

\_\_\_\_\_ 17. I feel that I am useful and needed.

\_\_\_\_\_ 18. My life is pretty full.

\_\_\_\_\_ 19. I feel that others would be better off if I were dead.

\_\_\_\_\_ 20. I still enjoy the things I used to do.

**Handout 67-3 The Revised UCLA Loneliness Scale**

Directions: Indicate how often you feel the way described in each of the following statements. Circle one number for each, as follows:

 Never Rarely Sometimes Often

1 2 3 4

1 2 3 4 1. I feel in tune with the people around me.

1 2 3 4 2. I lack companionship.

1 2 3 4 3. There is no one I can turn to.

1 2 3 4 4. I do not feel alone.

1 2 3 4 5. I feel part of a group of friends.

1 2 3 4 6. I have a lot in common with the people around me.

1 2 3 4 7. I am no longer close to anyone.

1 2 3 4 8. My interests and ideas are not shared by those around me.

1 2 3 4 9. I am an outgoing person.

1 2 3 4 10. There are people I feel close to.

1 2 3 4 11. I feel left out.

1 2 3 4 12. My social relationships are superficial.

1 2 3 4 13. No one really knows me well.

1 2 3 4 14. I feel isolated from others.

1 2 3 4 15. I can find companionship when I want it.

1 2 3 4 16. There are people who really understand me.

1 2 3 4 17. I am unhappy being so withdrawn.

1 2 3 4 18. People are around me but not with me.

1 2 3 4 19. There are people I can talk to.

1 2 3 4 20. There are people I can turn to.

**Handout 67-4 The Automatic Thoughts Questionnaire (ATQ)**

Directions: Listed below are a variety of thoughts that pop into people’s heads. Please read each thought and indicate how frequently, if at all, the thought occurred to you over the last week. Please read each item carefully and fill in the blank with the appropriate number, using the following scale:

1 = not at all 2 = sometimes 3 = moderately often 4 = often 5 = all the time

\_\_\_\_\_ 1. I feel like I’m up against the world.

\_\_\_\_\_ 2. I’m no good.

\_\_\_\_\_ 3. Why can’t I ever succeed?

\_\_\_\_\_ 4. No one understands me.

\_\_\_\_\_ 5. I’ve let people down.

\_\_\_\_\_ 6. I don’t think I can go on.

\_\_\_\_\_ 7. I wish I were a better person.

\_\_\_\_\_ 8. I’m so weak.

\_\_\_\_\_ 9. My life’s not going the way I want it to.

\_\_\_\_\_ 10. I’m so disappointed in myself.

\_\_\_\_\_ 11. Nothing feels good anymore.

\_\_\_\_\_ 12. I can’t stand this anymore.

\_\_\_\_\_ 13. I can’t get started.

\_\_\_\_\_ 14. What’s wrong with me?

\_\_\_\_\_ 15. I wish I were somewhere else.

\_\_\_\_\_ 16. I can’t get things together.

\_\_\_\_\_ 17. I hate myself.

\_\_\_\_\_ 18. I’m worthless.

\_\_\_\_\_ 19. Wish I could just disappear.

\_\_\_\_\_ 20. What’s the matter with me?

\_\_\_\_\_ 21. I’m a loser.

\_\_\_\_\_ 22. My life is a mess.

\_\_\_\_\_ 23. I’m a failure.

\_\_\_\_\_ 24. I’ll never make it.

\_\_\_\_\_ 25. I feel so helpless.

\_\_\_\_\_ 26. Something has to change.

\_\_\_\_\_ 27. There must be something wrong with me.

\_\_\_\_\_ 28. My future is bleak.

\_\_\_\_\_ 29. It’s just not worth it.

\_\_\_\_\_ 30. I can’t finish anything.

**Handout 68-2 True/False Scale**

 Directions: Circle the items with which you agree, that is, those you consider “true.”

1. Some people can make me aware of them just by thinking about me.

2. I have had the momentary feeling that I might not be human.

3. I have sometimes been fearful of stepping on sidewalk cracks.

4. I think I could learn to read others’ minds if I wanted to.

5. Horoscopes are right too often for it to be a coincidence.

6. Things sometimes seem to be in different places when I get home, even though no one has been there.

7. Numbers like 13 and 7 have no special powers.

8. I have occasionally had the silly feeling that a TV or radio broadcaster knew I was listening to him.

9. I have worried that people on other planets may be influencing what happens on earth.

10. The government refuses to tell us the truth about flying saucers.

11. I have felt that there were messages for me in the way things were arranged, like in a store window.

12. I have never doubted that my dreams are the products of my own mind.

13. Good luck charms don’t work.

14. I have noticed sounds on my records that are not there at other times.

15. The hand motions that strangers make seem to influence me at times.

16. I almost never dream about things before they happen.

17. I have had the momentary feeling that someone’s place has been taken by a look-alike.

18. It is not possible to harm others merely by thinking bad thoughts about them.

19. I have sometimes sensed an evil presence around me, although I could not see it.

20. I sometimes have a feeling of gaining or losing energy when certain people look at me or touch me.

21. I have sometimes had the passing thought that strangers are in love with me.

22. I have never had the feeling that certain thoughts of mine really belong to someone else.

23. When introduced to strangers, I rarely wonder whether I have known them before.

24. If reincarnation were true, it would explain some unusual experiences I have had.

25. People often behave so strangely that one wonders if they are part of an experiment.

26. At times, I perform certain little rituals to ward off negative influences.

27. I have felt that I might cause something to happen just by thinking too much about it.

28. I have wondered whether the spirits of the dead can influence the living.

29. At times I have felt that a professor’s lecture was meant especially for me.

30. I have sometimes felt that strangers were reading my mind.

**Handout 69-2 Questionnaire of Experiences of Dissociation (QED)**

Directions: Listed below are a number of statements about experiences you may or may not have had. Read each one and indicate your response by circling the appropriate letter (T = True, F = False). There are no “right” or “wrong” answers.

T F 1. I often feel as if things are not real.

T F 2. Occasionally, I feel like someone else.

T F 3. Sometimes my mind blocks, goes totally empty.

T F 4. I often wonder who I really am.

T F 5. At one or more times, I have found myself staring intently at myself in the mirror as though looking at a stranger.

T F 6. I often feel that I am removed from my thoughts and actions.

T F 7. I rarely feel confused, like in a daze.

T F 8. I have had periods where I could not remember where I had been the day (or days) before.

T F 9. When I try to speak words, they don’t come out right.

T F 10. I have never come to without knowing where I was or how I got there.

T F 11. As I was growing up, people often said that I seemed to be off in a world of my own.

T F 12. Sometimes I feel like my body is undergoing a transformation.

T F 13. Sometimes I feel as if there is someone inside of me directing my actions.

T F 14. Sometimes my limbs move on their own.

T F 15. When I was a child, I rarely sat and daydreamed in school.

T F 16. Sometimes I have problems understanding others’ speech.

T F 17. I am rarely bothered by forgetting where I put things.

T F 18. My mind has never gone blank on me.

T F 19. I have a rich and exciting fantasy life.

T F 20. I never find myself staring off into space without thinking of anything.

T F 21. I daydream very little.

T F 22. My soul sometimes leaves my body.

T F 23. I do not think that I would be able to hypnotize myself.

T F 24. When I was a child, I never had imaginary companions.

T F 25. I have never gone into a trance, like hypnosis.

T F 26. I have never had periods of déjà vu, that is, found myself in a new position with the distinct sense that I had been there or experienced it before.

**Handout 69-3 Survey of Eating Habits**

Read each statement and decide if it is true as applied to you or false as applied to you. Do not omit any of the items. Mark either true or false before every one by placing a check mark in the True or the False column.

**True False**

I. PAST ATTITUDES AND HABITS

\_\_\_\_ \_\_\_\_ 1. My family seldom argued at the dinner table.

\_\_\_\_ \_\_\_\_ 2. Many different types of meals were served at our house.

\_\_\_\_ \_\_\_\_ 3. I did not particularly care for the food served at home.

\_\_\_\_ \_\_\_\_ 4. My mother was a good cook.

\_\_\_\_ \_\_\_\_ 5. Our family seemed to be in a better disposition at and shortly after meals than before.

\_\_\_\_ \_\_\_\_ 6. My mother enjoyed cooking.

\_\_\_\_ \_\_\_\_ 7. Meals were simple but substantial in our family.

\_\_\_\_ \_\_\_\_ 8. My mother served desserts frequently.

\_\_\_\_ \_\_\_\_ 9. Discipline was usually enforced shortly before or after the evening meal.

\_\_\_\_ \_\_\_\_ 10. Mealtimes were quite unhurried; in fact, they took on the aspect of a social activity.

\_\_\_\_ \_\_\_\_ 11. My father enjoyed eating.

\_\_\_\_ \_\_\_\_ 12. I enjoyed eating.

\_\_\_\_ \_\_\_\_ 13. Younger members of the family were requested not to talk too much at meals.

\_\_\_\_ \_\_\_\_ 14. My family often celebrated something important by going to a restaurant.

 \_\_\_\_ \_\_\_\_ 15. Less than an average amount of conversation occurred at mealtime in my family.

\_\_\_\_ \_\_\_\_ 16. My father tended to dampen mealtime conversation.

\_\_\_\_ \_\_\_\_ 17. Conversation at meals was more light than serious.

\_\_\_\_ \_\_\_\_ 18. Business matters and chores were often discussed at meals.

\_\_\_\_ \_\_\_\_ 19. Flowers or candies were sometimes placed on the table at evening meals.

\_\_\_\_ \_\_\_\_ 20. Sometimes my mother would give me my favorite food when I was sick or unhappy.

\_\_\_\_ \_\_\_\_ 21. My mother used to take special precautions to avoid giving us contaminated food.

\_\_\_\_ \_\_\_\_ 22. The emphasis was on nutritional meals in our family.

\_\_\_\_ \_\_\_\_ 23. My mother liked cooking least of all household chores.

\_\_\_\_ \_\_\_\_ 24. Meals were quite elaborate in our family.

\_\_\_\_ \_\_\_\_ 25. Individuals other than my immediate family, such as grandparents, usually participated in the evening meal.

\_\_\_\_ \_\_\_\_ 26. Following the main meal, I tended to linger about the table talking and so on rather than leaving the table.

\_\_\_\_ \_\_\_\_ 27. My mother enjoyed eating.

\_\_\_\_ \_\_\_\_ 28. Sometimes I felt like leaving the table before the meal was over.

\_\_\_\_ \_\_\_\_ 29. My mother fixed my favorite foods when I was sick.

\_\_\_\_ \_\_\_\_ 30. At restaurants everything I ordered had to be eaten.

\_\_\_\_ \_\_\_\_ 31. Eating out was infrequent.

\_\_\_\_ \_\_\_\_ 32. The entire family was usually present at the evening meal.

\_\_\_\_ \_\_\_\_ 33. On my birthdays, I helped plan the menu.

\_\_\_\_ \_\_\_\_ 34. My mother tended to dampen mealtime conversation.

\_\_\_\_ \_\_\_\_ 35. Discipline was often applied at mealtime.

\_\_\_\_ \_\_\_\_ 36. Family meals were more hurried than unhurried.

\_\_\_\_ \_\_\_\_ 37. My father sometimes scolded us at the evening meal.

 \_\_\_\_ \_\_\_\_ 38. At breakfast, I often read what was printed on the cereal boxes.

**II. PRESENT ATTITUDES AND HABITS**

\_\_\_\_ \_\_\_\_ 39. Mealtime is usually pleasant in my home.

\_\_\_\_ \_\_\_\_ 40. I like to smell food cooking.

\_\_\_\_ \_\_\_\_ 41. In general, I prefer a slow, leisurely meal to a quick, hurried one.

\_\_\_\_ \_\_\_\_ 42. I like many different types of food.

\_\_\_\_ \_\_\_\_ 43. I tend to be underweight.

\_\_\_\_ \_\_\_\_ 44. At a party, I tend to eat a lot of peanuts.

\_\_\_\_ \_\_\_\_ 45. I do not care much for desserts.

\_\_\_\_ \_\_\_\_ 46. I seldom like to try a new food.

\_\_\_\_ \_\_\_\_ 47. I often get indigestion or heartburn.

\_\_\_\_ \_\_\_\_ 48. If I am very busy, I may forget all about eating.

\_\_\_\_ \_\_\_\_ 49. Shopping for groceries is unpleasant.

\_\_\_\_ \_\_\_\_ 50. I like to eat foreign foods.

\_\_\_\_ \_\_\_\_ 51. A good wife must be a good cook.

\_\_\_\_ \_\_\_\_ 52. I think that going to an expensive restaurant is a good way to celebrate an important event such as an anniversary or a birthday.

 \_\_\_\_ \_\_\_\_ 53. I have a tendency to gain weight.

\_\_\_\_ \_\_\_\_ 54. Sometimes I have a craving for sweets.

\_\_\_\_ \_\_\_\_ 55. I tend to be quiet rather than talkative.

\_\_\_\_ \_\_\_\_ 56. If a child refuses dinner, he should be made to eat.

\_\_\_\_ \_\_\_\_ 57. I almost never eat between meals.

\_\_\_\_ \_\_\_\_ 58. I dislike many foods.

\_\_\_\_ \_\_\_\_ 59. I enjoy eating at restaurants.

\_\_\_\_ \_\_\_\_ 60. I often eat while I am watching television.

\_\_\_\_ \_\_\_\_ 61. Watching people eat makes me hungry.

\_\_\_\_ \_\_\_\_ 62. People who eat heartily in public have bad manners.

\_\_\_\_ \_\_\_\_ 63. I often buy refreshments at movies, ball games, and similar events.

\_\_\_\_ \_\_\_\_ 64. I sometimes reward myself by eating.

\_\_\_\_ \_\_\_\_ 65. When depressed, I sometimes eat my favorite foods.

**Handout 69-4 Personality Inventory**

Directions: Indicate your agreement or disagreement with each of the following items by circling T (True) or F (False).

T F Love is just a four-letter word.

T F People find me very charming.

T F About the only thing that ever makes me nervous is being cooped up.

T F People who never lie are suckers.

T F Feeling guilty is a waste of time.

T F If I don’t feel like doing something, I just don’t do it.

T F I often do things just to do them.

T F I’ve fallen in and out of love dozens of times.

T F Most of my problems are due to the fact that people just don’t understand me.

T F As far as people go, I can take them or leave them.

T F One of my chief amusements is pulling people’s strings.

T F I have never been able to understand how anyone could pursue one goal for a long time.

T F I keep finding myself in the same difficulties time after time.

**AP PSYCHOLOGY 2022-23 PROJECT**

**PERSONALITY MASK PROJECT**

You have just completed the Personality Unit in AP Psychology! You have learned many theories on Personality (what it is, how it develops, the good/the bad/the ugly) from Freud and sex to Erikson to Maslow and the Self-Actualizing Person. You have also looked at Trait Theorists and taken several Personality “tests” that range from Myers-Briggs to Martin Seligman’s Positive Psychology.

You will have gathered some evidence along the way—test results, from any of three sources listed below:

* <http://personality-project.org/>
* <http://www.humanmetrics.com/cgi-win/jtypes2.asp>
* <http://similarminds.com/jung.html>
* <https://www.personalitypathways.com/type_inventory.html>
* <https://keirsey.com/>
* <https://www.personalityonline.com/>
* <https://www.queendom.com/>

You will now use all of the information along with the theories that you have learned to create your very own **Personality Mask.**

The only instructions for the mask that I will give: you should put anything that you want on the front of the mask that describes your personality. Things that are more private may go on the inside of the mask.

If you have an alternative way that you want to display your personality—please see me to discuss.

You must do a “factor analysis” of the slips and your test results to see if you can relate your personality to some of the theories and theorists that we have studied in this unit.

For instance—Do you see yourself as others see you? (Rogers)

Do the results relate to the assessments such as the Big Five, Rotter’s Locus of Control, or Myers-Brigg’s, etc.

Do you see Freud or the Neo-Freudians fitting into your personality? The id, the ego, the super-ego or defense mechanisms? What about a collective unconscious? Or never forget the dreaded penis envy!!!

YOU MUST DIGITALLY SUBMIT A ONE PAGE SINGLE-SPACE TYPED PAPER WITH YOUR MASK. IT SHOULD EXPLAIN THE MASK AND MAKE CONNECTIONS TO THE THEORIES WE HAVE LEARNED. Include your test results with this report submission.

Bring in your finished product hidden in a shoe box (or something similar). We will “reveal” each personality mask and guess who it represents!

Oh—and have a little fun ☺

DUE DATE: **TBA** Possible Points: Mask: \_\_\_\_/50

 Paper: \_\_\_\_/30