Mental and Physical Health

AP Psychology · Vocabulary in context

Word	Example
Health psychology /helθ saɪˈkɒlədʒi/	**Health psychology** studies how the mind affects health.
Stress /stres/	Exams cause a lot of **stress**.
stressor /ˈstresə/	A noisy neighbour is a **stressor**.
Eustress /ˈjuːstrəs/	**Eustress** is good stress, like before a big game.
distress /dɪˈstres/	**Distress** is bad stress that feels too much.
daily hassles /ˈdeɪli ˈhæslz/	Traffic jams and lost keys are **daily hassles**.
significant life changes /sɪgˈnɪfɪkənt laɪf ˈtʃeɪndʒɪz/	Moving house and starting a job are **significant life changes**.
catastrophes /kəˈtæstrəfiz/	Earthquakes and wars are **catastrophes**.
general adaptation syndrome (GAS) /ˈdʒenərəl ˌædæpˈteɪʃn ˈsɪndrəʊm/	The **general adaptation syndrome (GAS)** has three stages of stress.
alarm /əˈlɑːm/	In the **alarm** stage, your heart beats fast.
resistance /rɪˈzɪstəns/	In the **resistance** stage, the body keeps fighting the stress.
exhaustion /egˈzɔːstʃn/	In the **exhaustion** stage, the body runs out of energy.

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Tend-and-befriend theory /tend ænd bɪˈfrend ˈθɪəri/	**Tend-and-befriend theory** says stress makes us look after others and seek friends.
Problem-focused coping /ˈprɒbləm ˈfəʊkəst ˈkəʊpɪŋ/	**Problem-focused coping** means fixing the problem.
Emotion-focused coping /ɪˈməʊʃn ˈfəʊkəst ˈkəʊpɪŋ/	**Emotion-focused coping** means calming your feelings.
Positive psychology /ˈpɒzɪtɪv saɪˈkɒlədʒi/	**Positive psychology** studies what makes people happy.
well-being /wel ˈbiːɪŋ/	Exercise improves your **well-being**.
resilience /rɪˈsɪlɪəns/	**Resilience** helps you bounce back after hard times.
gratitude /ˈgrætɪtjuːd/	Writing a thank-you note shows **gratitude**.
subjective well-being /sʌbˈdʒektɪv wel ˈbiːɪŋ/	**Subjective well-being** is how happy you say you are.
signature strengths /ˈsɪgnɪtʃə streŋθs/	Kindness is one of her **signature strengths**.
Posttraumatic growth /ˌpəʊstrəˈmætɪk grəʊθ/	**Posttraumatic growth** means becoming stronger after a hard event.
dysfunction /dɪsˈfʌŋkʃn/	**Dysfunction** means a problem stops you living a normal day.
personal distress /ˈpɜːsənl dɪˈstres/	**Personal distress** is feeling upset by someone else's pain.

Word	Example
deviation from social norms /ˌdiːvɪˈeɪʃn frɒm ˈsəʊʃl nɔːmz/	Talking loudly to yourself on a bus is a **deviation from social norms**.
stigma /ˈstɪgmə/	**Stigma** can stop people asking for help.
eclectic approach /ɪˈklektɪk əˈprəʊtʃ/	An **eclectic approach** mixes ideas from many therapies.
Behavioral /bɪˈheɪvjərəl/	The **behavioral** view looks at actions and rewards.
Psychodynamic /ˌsaɪkəʊdaɪˈnæmɪk/	The **psychodynamic** view looks at hidden childhood feelings.
Humanistic /ˌhjuːməˈnɪstɪk/	The **humanistic** view looks at growth and choice.
Cognitive /ˈkɒgnɪtɪv/	The **cognitive** view looks at how we think.
Evolutionary /ɪvəˈluːʃənəri/	The **evolutionary** view asks how a behaviour helped survival.
Sociocultural /ˌsəʊsɪəˈkʌltʃərəl/	The **sociocultural** view looks at culture and society.
Biological /ˌbaɪəˈlɒdʒɪkl/	The **biological** view looks at the brain and genes.
biopsychosocial model /baɪˈɒsaɪkəʊsəʊʃl ˈmɒdl/	The **biopsychosocial model** combines body, mind and society.
diathesis-stress model /ˈdaɪəθəsɪs stres ˈmɒdl/	The **diathesis-stress model** says illness comes from a weakness plus stress.
Neurodevelopmental disorders /ˌnjuːrəʊdˈveləpmentl dɪˈsɔːdəz/	ADHD and autism are **neurodevelopmental disorders**. ADHD

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Word	Example
Schizophrenic spectrum disorders /ˌskɪtsəˈfrenɪk ˈspektrəm dɪˈsɔːdəz/	**Schizophrenic spectrum disorders** can involve hearing voices.
positive symptoms /ˈpɒzɪtɪv ˈsɪmptəmz/	Hearing voices is one of the **positive symptoms**.
delusions /dɪˈluːʒnz/	**Delusions** are false beliefs, like thinking you are famous.
hallucinations /həˌluːsɪˈneɪʃnz/	**Hallucinations** are seeing or hearing things that are not there.
disorganized thinking /dɪˈsɔːgənaɪzd ˈθɪŋkɪŋ/	**Disorganized thinking** makes speech hard to follow.
catatonia /ˌkætəˈtəʊnɪə/	**Catatonia** can make a person stay still for hours.
negative symptoms /ˈnegətɪv ˈsɪmptəmz/	Lack of emotion is one of the **negative symptoms**.
flat affect /flæt əˈfekt/	A person with **flat affect** shows little emotion on the face.
Depressive disorders /dɪˈpresɪv dɪˈsɔːdəz/	**Depressive disorders** cause long-lasting sadness.
Bipolar disorders /baɪˈpəʊlə dɪˈsɔːdəz/	**Bipolar disorders** swing between very low and very high moods.
mania /ˈmeɪnɪə/	During **mania**, a person feels full of energy and sleeps little.
Anxiety disorders /æŋˈzaɪəti dɪˈsɔːdəz/	**Anxiety disorders** cause too much worry or fear.

Word	Example
specific phobia /spəˈsɪfɪk ˈfəʊbɪə/	A fear of spiders is a **specific phobia**.
agoraphobia /ˌægɔːrəˈfəʊbɪə/	**Agoraphobia** is fear of places that are hard to escape.
panic disorder /ˈpænɪk dɪˈsɔːdə/	In **panic disorder**, sudden attacks of fear keep coming back.
panic attacks /ˈpænɪk əˈtæks/	**Panic attacks** make the heart race and breathing fast.
social anxiety disorder /ˈsəʊʃl æŋˈzaɪəti dɪˈsɔːdə/	**Social anxiety disorder** is a strong fear of being judged.
generalized anxiety disorder (GAD) /ˈdʒenərəlaɪzd æŋˈzaɪəti dɪˈsɔːdə/	**Generalized anxiety disorder (GAD)** means worrying about many things all the time.
Obsessive-compulsive and related disorders /ɒbˈsesɪv kəmˈpʌlsɪv ænd rɪˈleɪtɪd dɪˈsɔːdəz/	**Obsessive-compulsive and related disorders** involve unwanted thoughts and repeated actions.
obsessions /ɒbˈseʃnz/	**Obsessions** are unwanted thoughts that keep coming back.
compulsions /kəmˈpʌlʃnz/	**Compulsions** are actions repeated again and again, like hand washing.
Dissociative disorders /dɪˈsəʊsɪətɪv dɪˈsɔːdəz/	**Dissociative disorders** affect memory and sense of self.
Trauma and stressor-related disorders /ˈtrɔːmə ænd ˈstresə rɪˈleɪtɪd dɪˈsɔːdəz/	**Trauma and stressor-related disorders** follow a very stressful event.

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posttraumatic stress disorder (PTSD) /ˌpəʊstrəˈmætɪk stres dɪˈsɔːdə/	**Posttraumatic stress disorder (PTSD)** can follow a war or a crash.
Feeding and eating disorders /ˈfiːdɪŋ ænd ˈiːtɪŋ dɪˈsɔːdəz/	Anorexia is one of the **feeding and eating disorders**.
Personality disorders /ˌpɜːsəˈnælɪti dɪˈsɔːdəz/	**Personality disorders** are long-lasting patterns that cause problems.
Meta-analyses /ˈmetə ˈænəlaɪzɪz/	**Meta-analyses** combine the results of many studies.
psychotropic medication /ˌsaɪkəʊˈtrɒpɪk ˌmedɪˈkeɪʃn/	**Psychotropic medication** changes mood or thinking.
informed consent /ɪnˈfɔːmd kənˈsent/	Get **informed consent** before you interview people.
confidentiality /ˌkɒnfɪˌdenʃiˈæləti/	Doctors keep **confidentiality**: they do not share patients' information.
Psychodynamic therapies /ˌsaɪkəʊdaɪˈnæmɪk ˈθerəpiz/	**Psychodynamic therapies** explore childhood experiences.
free association /friː əˌsəʊsɪˈeɪʃn/	In **free association**, you say whatever comes into your mind.
Cognitive therapies /ˈkɒgnɪtɪv ˈθerəpiz/	**Cognitive therapies** change negative thinking.
cognitive restructuring /ˈkɒgnɪtɪv rɪˈstrʌktʃərɪŋ/	**Cognitive restructuring** replaces "I always fail" with a fairer thought.
fear hierarchies /fɪə ˈhaɪərɑːkiz/	**Fear hierarchies** list fears from least to most scary.

Word	Example
Applied behavior analysis /əˈplaɪd bɪˈheɪvjə əˈnæləsɪs/	**Applied behavior analysis** uses rewards to teach new behaviour.
systematic desensitization /ˌsɪstəˈmætɪk diːˌsensɪtaɪˈzeɪʃn/	**Systematic desensitization** slowly exposes you to a fear while you relax.
token economies /ˈtəʊkən ɪˈkɒnəmiz/	**Token economies** give stars that can be swapped for rewards.
Cognitive-behavioral therapies /ˈkɒgnɪtɪv bɪˈheɪvjərəl ˈθerəpiz/	**Cognitive-behavioral therapies** change both thoughts and actions.
dialectical behavior therapy /daɪəˈlektɪkl bɪˈheɪvjə ˈθerəpi/	**Dialectical behavior therapy** teaches skills to manage strong emotions.
rational-emotive behavior therapy /ˈræʃənl ɪˈməʊtɪv bɪˈheɪvjə ˈθerəpi/	**Rational-emotive behavior therapy** challenges beliefs like “I must be perfect”. “ ”
Person-centered therapy /ˈpɜːsn ˈsentəd ˈθerəpi/	In **person-centered therapy**, the therapist listens without judging.
active listening /ˈæktɪv ˈlɪsənɪŋ/	**Active listening** means repeating back what the speaker said.
Hypnosis /hɪpˈnəʊsɪs/	**Hypnosis** puts a person into a calm, focused state.
antidepressants /ˌæntɪdɪˈpresənts/	**Antidepressants** help treat depression.
antianxiety drugs /ˌæntiæŋˈzaɪəti drʌgz/	**Antianxiety drugs** reduce worry.
lithium /ˈlɪθɪəm/	**Lithium** helps control bipolar disorder.

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antipsychotics /ˌæntɪsaɪˈkɒtɪks/	**Antipsychotics** reduce hallucinations.
psychosurgery /ˈsaɪkəʊsɜːdʒəri/	**Psychosurgery** removes or changes brain tissue.
transcranial magnetic stimulation (TMS) /trænˈskreɪnɪəl mægˈnetɪk ˌstɪmjʊˈleɪʃn/	**Transcranial magnetic stimulation (TMS)** uses magnets to treat depression.
electroconvulsive therapy (ECT) /ɪˌlektrəʊˈkɒnvəlsɪv ˈθerəpi/	**Electroconvulsive therapy (ECT)** is used for very severe depression.
DSM /ˌdiː es ˈem/	Doctors use the **DSM** to diagnose mental disorders.
ICD /ˌaɪ siː ˈdiː/	The **ICD** lists all diseases, including mental ones.