

Part one : Basic terminologies

Introduction

The field of psychology can be complex, but understanding basic psychology terms and their meaning is a good first step to understanding the study of the mind .keep reading to learn all about psychology vocabulary, Including psychology conditions and disorders.

I. Basic psychology terms and their meanings:

1. Psychology:

Is the scientific study of mind and behavior, which is a part of our everyday life

2. The main schools of psychology:

- Structuralism
- Functionalism
- Behaviorism
- Psychoanalysis
- Humanism
- Cognetivism

3. Types of psychology:

Psychology includes four major areas:

- ❖ **Clinical psychology** :(counseling for mental and behavioral health)
- ❖ **Cognitive psychology** :(the study of mental processes)
- ❖ **Behavioral psychology** :(understanding behavior through different types of conditioning)
- ❖ **Biopsychology** : (research on the brain, behavior and evolution)

II. Terms and their meanings:

If you are doing a basic review of psychological terms, you may see some words pop up in your studies.

These terms are common to psychologists and therapists in all fields include:

Anxiety: worry or fear that isn't proportional to reality

Attachment theory: theory of four (4) attachments styles (secure, avoidant, anxious and disorganized)

Attitude: a person's mindset that changes in different situations

Big five: the five (5) main personality traits (neuroticism, extraversion, openness, agreeableness and conscientiousness)

Cognition: mental activity (e.g.: understanding, creativity, problem-solving)

Consciousness: one's awareness of the world around them

Ego: part of Freud's model of the psyche that balances the conflict

Emotional intelligent: one's ability to regulate process and express emotion

Intelligence quotient: (IQ) score that measures a person's cognitive abilities

Long-term memory: memory system that stores information for a long period

Mind fullness: ability to use all five senses to focus on the present moment

Pathology: scientific study of disease and /or behavior

Personality: one's standard pattern of thinking, feeling and behaving

Schema: mental model that includes prior knowledge and expectations

Short- term memory: memory system that only stores information for a short amount of time

Self-efficacy: one's knowledge and confidence that they can meet challenges

Stress: the negative effect of challenging circumstances on one's mental and emotional well-being

III. Term for psychological conditions or disorders:

Antisocial personality disorders: personality disorder marked by a pattern of behaviors that aren't socially acceptable

Anorexia nervosa: eating disorder characterized by the need to restrict one's eating in order to control one's weight

Attention Deficit Hyperactivity Disorder :(ADHD) disorder marked by one's inability to focus, sit still, or control impulsive behavior

Bipolar disorders: mood disorders that fluctuate between depressive and manic episodes

Borderline personality disorder: personality disorder in which a person exhibits impulsive, erratic behavior and unstable relationships

Cognitive dissonance: state of anxiety that occurs when a person encounters information that contradicts their beliefs

Depression: mood disorder marked by lack of motivation, energy and joy

Eating disorders: disorders in which a person protect themselves from emotional trauma by detaching from reality for short or long periods of time

Mental illness: psychological condition that makes it difficult to function

Narcissistic personality disorder: disorder in which a person's sense of extrem importance leads to a lack of empathy

Personality disorders: patterns of behavior and experience that is not typical to one's primary culture or environment

Phobia: anxiety disorder that is characterized by an extrem, irrational fear

Post traumatic stress disorder: (PTSD) condition in which an environmental trigger causes a person to re-experience the stress or trauma of a traumatic event

Psychosomatic: a physical illness brought on by one's beliefs that they are ill

Schizophrenia: disorder in which one experience can alternate reality, which may include hallucinations, delusions and erratic behavior

GOOD LUCK