Anxiety Disorders + OCD x PTSD

Social Anxiety Disorder	intense fear of social situations, fear of judgement
Generalized Anxiety Disorder	excessive + uncontrollable worry that persists for 6+ months, constantly in state of ANS arousal
Panic Disorder	unpredictable, minute long episodes of intense dread, might experience terror/panic attack symptoms
Specific Phobia	persistent, irrational fear of something (ex. arachnophobia: spiders)
Obsessive-Compulsive Disorder (OCD)	unwanted repetitive thoughts (the obsession), actions followed (the compulsion)
Post Traumatic Stress Disorder (PTSD)	haunting memories, nightmares, avoidance of trauma-related stimuli 4+w after traumatic event

Depressive/Psychotic Disorders

Major Depressive Disorder	experiences >= 5 symptoms, depressed mood (2+w)
Persistent Depressive Disorder	aka dysthymia, feel depressed for most days for 2yrs+ (milder form of depression)
Bipolar I	experiencing euphoric, talkative, highly energetic state, lasting w+

Depressive/Psychotic Disorders (cont)

Bipolar II	less severe form of bipolar disorder, switch between depression x milder hypomania
Schizophrenia Spectrum Disorder	hallucinations, delusions, disorganized speech/thinking x motor movement, negative symptoms
Hallucinations	false perceptions - auditory/-visual, tactile (skin sensation), distorted taste/smell
Delusions	persecution (paranoia) x grandeur (wow i'm him) x sin/guilt (he forgot to take trash out, that's why he died) x influence ("the devil told me to do it")

symptoms include: reduced interest in activities, challenges regarding appetite/-weight/sleep, feeling worthless, suicide ideation

Personality Disorders

Cluster A	odd, eccentric thinking & behavior
Cluster B	dramatic, overly emotional, unpredictable thinking
Cluster C	anxious, fearful thinking & behavior
Paranoid Personality Disorder	(a) suspicious & distrust in others
Schizoid Personality Disorder	(a) social detachment, limited emotional expression
Schizotypal Personality Disorder	(a) intense social discomfort, behavioral eccentricity

Personality Disorders (cont)

Borderline Personality Disorder (BPD)	(b) impulsivity, unstable relationships x self image
Histrionic Personality Disorder	(b) attention seeking, excessive emotionality
Antisocial Personality Disorder	(b) exhibits lack of wrongdoing conscience, can be ruthless/aggressive, manipulates/exploits others for personal gain
Narcissistic Personality Disorder	(b) grandiosity, looking for admiration, lack empathy, feeling of superiority
Avoidant Personality Disorder	(c) social inhibition, feeling inadequate
Dependent Personality Disorder	(c) submissive, emotional neediness (heavily dependent on someone else, i assume.)
Obsessive-Compulsive Personality Disorder	(c) (NOT OCD) pervasive pattern of perfectionism, orderliness, and control

Perception (Visual)

Cornea	light enters; bends light to provide focus (refraction)
Pupil	adjustable, small opening
Iris	dilates/constricts in response to light
Lens	transparent structure, changes shape to help focus image on retina

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Perception (Visual) (cont)

Retina	light-sensitive back inner surface, contains cones + rods x layers of neurons that process visual info
Cones	see color, finer details in fit conditions
Rods	see grayscale, helps us see in dark
Ganglion Cells	transmits visual info -> brain via optic nerve
Bipolar Cells	transmits photoreceptor info (cone/rods) to ganglion cells
Feature Detectors	nerve cells in visual cortex that responds to specific elements; edges, lines, movement
Fovea	responsible for high-acuity vision, retinal area of focus
Optic Nerve	nerve fibers that transmit visual info to brain, made of ganglion cells
Blind Spot	no receptor cells, optic nerve leaves eye
Young--Helmholtz Trichroma Theory	when the 3 RGB receptors combine, they can produce perception of any color
Oppone-nt-Pro-cessing Theory	we perceive colors in terms of opposing pairs: red/green x blue/yellow x white/black

Perception (Auditory/Miscellaneous)

Amplitude	physical strength of a wave, determines *volume*
Pitch	sound's high/low, frequency of wave determined in hz; x frequency
Frequency	complete wavelengths that pass a point in given time; x pitch
Cochlea	snail-like bone in inner ear, soundwaves traveling through fluid trigger neural impulses
Middle Ear	concentrate vibrations of eardrum on cochlea's oval window - hammer x anvil x stirrup
Sensor-ineural Hearing Loss	damage to cochlea hair cells/nerves
Conduction Hearing Loss	damage to eardrum/middle ear bones
Frequency Theory	rate of nerve impulses traveling up to auditory nerve matches with frequency of a tone, enabling us to sense pitch [LOW, NOT HIGH]
Place Theory	links pitch w/ cochlea membranes, stimulated [HIGH, NOT LOW]
Volley Principle	neurons can't fire more than 1,000/s, rapidly alt. fire for +efficiency

Memory Encoding

Encoding	process of moving info into memory system (hippocampus)
Storage	retention of encoded material over time
Retrieval	getting the information out of memory system

Memory Encoding (cont)

Sensory Memory	brief, initial split second encoding for all sensory info
Iconic Memory	fleeting, visual memory (0.5s)
Echoic Memory	momentary, auditory memory (0.5-4s)
Working Memory	encode from sensory memory, goes to short term memory - "scratchpad"
Long Term Memory	no limit/capacity, unlimited storage
Visuos-patial Sketchpad	info about objects in relation to space - ex. where a car is parked
Phonol-ogical Loop	holds auditory info in short term - ex. reciting phone # in head until you can write it down
Explicit (decla-rative) Memory	facts/experiences we know - the "what"
Implicit (non-decl-arative) Memory	skills learnt, conditioned association - the "how"

* magic 7+-2

Sleep

nREM-1	alpha waves, hallucination, hypnagogic sensations
nREM-2	theta waves, sleep spindles
nREM-3	delta waves, "deep sleep", sleepwalking
REM	beta waves, dreams
Insomnia	hard time falling asleep

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Sleep (cont)

Narcolepsy	sudden attacks of overwh-elming sleepiness -> bad when driving/tasks that need conscious focus
Sleep Apnea	difficulty of breathing while sleeping, linked to obesity + depression
REM Sleep Behavior Disorder	acting out your dreams

* as night goes on, N3 disappears
* alpha -> theta -> delta -> beta (ATDB)

Reinforcement + Punishment

Fixed Ratio	every x time condition met, give reward (ex. every 3 purchases -50%)
Variable Ratio	after ? times condition met, give reward (ex. lottery)
Fixed Interval	every x hours/minutes/time measurement, give reward (ex. 1 fish after 2 hours)
Variable Interval	after ? hours/minutes/time measurement, give reward (ex. holding angle w/ op)
Positive Punishment (+P)	adds something unpleasant, -behavior
Negative Punishment (-P)	takes away something good, -behavior
Positive Reinfo-rcement (+R)	rewards something good, +behavior
Negative Reinfo-rcement (-R)	takes away something bad, +behavior

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