

# CONTENTS

## About the Authors xi

## 1 PREPARING FOR THE A2 EXAM

### (By Diana Dwyer) 2

How A2 differs from AS 3

The A2 course and examinations 3

Knowing how you will be assessed 4

The examinations 4

Understanding exam questions 7

Answering essay questions 8

Strategies you can use to improve your AO2 marks 11

Strategies you can use to improve your AO3 marks 12

Revision 12

Useful advice when in the exam room 15

## 2 BIOLOGICAL RHYTHMS

### AND SLEEP

### (By Evie Bentley) 20

Biological rhythms 21

Sleep states 43

Disorders of sleep 61

## 3 PERCEPTION

### (By Michael W. Eysenck) 72

Theories of perceptual organisation 73

Development of perception 88

Face recognition and visual agnosias 101

## 4 RELATIONSHIPS

### (By Evie Bentley) 114

The formation, maintenance, and breakdown of romantic relationships 115

Human reproductive behaviour 124

Effects of early experience and culture on adult relationships 136

## 5 AGGRESSION

### (By Evie Bentley) 146

Social psychological approaches to explaining aggression 148

Biological explanations of aggression 170

Aggression as an adaptive response 177

## 6 EATING BEHAVIOUR

### (By Evie Bentley) 188

Eating behaviour 189

Biological explanations of eating behaviour 199

Eating disorders 208

## 7 GENDER

### (By Diana Dwyer) 228

Psychological explanations of gender development 230

Biological influences on gender 244

Social contexts of gender role 253



**8 INTELLIGENCE AND LEARNING****(By Michael W. Eysenck) 264**

Theories of intelligence 265

Animal learning and intelligence 284

Evolution of intelligence 305

**9 COGNITION AND DEVELOPMENT****(By Michael W. Eysenck) 324**

Development of thinking 325

Development of moral understanding 347

Development of social cognition 358

**10 PSYCHOPATHOLOGY:****SCHIZOPHRENIA****(By Michael W. Eysenck) 376**

Clinical characteristics of schizophrenia 378

Issues surrounding the classification and diagnosis of schizophrenia 380

Biological explanations of schizophrenia 386

Psychological explanations of schizophrenia 397

Biological therapies for schizophrenia 409

Psychological therapies for schizophrenia 414

**11 PSYCHOPATHOLOGY: DEPRESSION****(By Michael W. Eysenck) 424**

Clinical characteristics of depression 425

Issues surrounding the classification and diagnosis of depression 428

Biological explanations of depression 432

Psychological explanations of depression 441

Biological therapies for depression 451

Psychological therapies for depression 459

**12 PSYCHOPATHOLOGY:****ANXIETY—PHOBIC DISORDERS****(By Michael W. Eysenck) 470**

Clinical characteristics of phobic disorders 472

Issues surrounding the classification and diagnosis of phobic disorders 475

Biological explanations of phobic disorders 479

Psychological explanations of phobic disorders 485

Biological therapies for phobic disorders 497

Psychological therapies for phobic disorders 510

**13 PSYCHOPATHOLOGY:****ANXIETY—OCD****(By Michael W. Eysenck) 512**

Clinical characteristics of obsessive compulsive disorder 514

Issues surrounding the classification and diagnosis of obsessive compulsive disorder 517

Biological explanations of obsessive compulsive disorder 521

Psychological explanations of obsessive compulsive disorder 529

Biological therapies for obsessive compulsive disorder 536

Psychological therapies for obsessive compulsive disorders 539



<b>14 PSYCHOLOGY IN ACTION: MEDIA PSYCHOLOGY</b> <b>(By Michael W. Eysenck)</b>	<b>550</b>	Factors underlying anomalous experience	659
Media influences on social behaviour	551	Belief in exceptional experience	678
Persuasion, attitude, and change	567		
The psychology of "celebrity"	587		
<b>15 PSYCHOLOGY IN ACTION: THE PSYCHOLOGY OF ADDICTIVE BEHAVIOUR</b> <b>(By Mark Griffiths &amp; Philip Banyard)</b>	<b>604</b>	<b>17 PSYCHOLOGICAL RESEARCH AND SCIENTIFIC METHOD</b> <b>(By Michael W. Eysenck &amp; Clare Charles)</b>	<b>686</b>
Models of addictive behaviour	609	The application of scientific method in psychology	687
Factors affecting addictive behaviours	618	Designing psychological investigations	699
Reducing addictive behaviour	628	Data analysis and reporting on investigations	720
<b>16 PSYCHOLOGY IN ACTION: ANOMALISTIC PSYCHOLOGY</b> <b>(By Craig Roberts)</b>	<b>648</b>	<b>APPENDIX:</b>	
Theoretical and methodological issues in the study of anomalous experience	649	<b>TABLES OF SIGNIFICANCE</b>	<b>746</b>
		<i>References</i>	<b>753</b>
		<i>Index</i>	<b>791</b>
		<i>Illustration credits</i>	<b>803</b>

Philip Banyard is Senior Lecturer in Psychology at Nottingham Trent University.

Eric Bentley is the Advanced Skills Practitioner for Psychology for West Sussex Adult and Community Learning, and the editor for The Association for the Teaching of Psychology.

Clare Charles is Head of Social Sciences at Lutterworth College, Leicestershire.

Diana Dwyer is Head of Psychology at The West Bridgford School.

Mark Griffiths is Professor of Gambling Studies at Nottingham Trent University.

Craig Roberts is Head of Psychology at Totton College.