

## Study Guide for AP Psychology Test Chapter 12- Emotion, Stress and Health

### **Emotions:**

Emotions are the expressive behaviors, psychological arousal, and conscious experiences.

### **Theories:**

**James-Lange (William James):** Arousal first then emotion.

To experience emotion is to be aware of our physiological responses to an emotion-arousing event.

"we feel sorry because we cry . . . afraid because we tremble"?

**Cannon Bard Theory:** The physiological arousal and the emotion are experienced simultaneously. Cerebral Cortex and Sympathetic N.S. get the information at the same time.

**Schachter-Singer "Two Factor Theory":**

arousal and then thinking which emotion you are experiencing.

**Sympathetic Nervous System:** Response (arousing) to stressful events: Some things like: pupils dilating, decrease in saliva, increase in perspiration, increase in respiration, accelerated heart beat, slowing of digestion, Adrenal gland secrete stress hormones.

**Parasympathetic Nervous System-** calms the body after a stressful event. (opposite of the above list)

**The Brain and Emotions:**

**Right Prefrontal Cortex:** more active electrically to negative emotions

**Left Prefrontal Cortex:** more active electrically to positive emotions

**Amygdala:** rapid and automatic emotional responses may result from the routing of sensory input through the thalamus directly to the amygdala.

Damage to the amygdala can cause the organism not to reaction to impending fear/suffering.

**Prefrontal Cortex:** Rapid fear reactions to sensory input in the absence of conscious thought are possible because certain neural pathways bypass the Prefrontal Cortex.

**Emotional response low road-** brain pathway

**Emotional response high road-** cortex

**Lie Detectors (Polygraphs):** 25% of guilty people are judged innocent by lie detectors. 35% of innocent people are judged guilty by lie detectors .

**Spillover Effect:** arousal from one event influences our response to other events.

### **Facial Expressions:**

Where do we detect most emotions in others? Which emotion is easily defined in someone's face?

Children of abuse know which emotion easily? What is difficult for us to detect in facial expression?

Are e-mail's good ways to detect emotion?

Why/why not?

Who's better at facial expression detection?

Men/women? Introverts/Extroverts?

Gender Neutral faces....

Cultural expression prove....

**Women and emotions:**

Crying and distress...

**Fear**

Fear can be learned, observationally learned(i.e. seeing someone else that is scared of the item)

We (humans) are biologically predisposed to learn some fears quicker than others.

**Anger**

**Catharsis Hypothesis-** release. Catharsis

hypothesis is that reacting/retaliating against something/someone relieves aggressive urges and calms us. (Darwin believed this was wrong, that it increased our Anger)

**Happy-**

**Feel-good, do-good phenomenon,** people feel happy when they are more willing to help others.

**Subjective Well Being-** self perceived happiness.

Parts of the day we are having positive moods and when we are having negative moods. Best way to improve Subjective Well Being is to participate in regular aerobic exercise.

**Diminishing Returns Phenomenon-** the original feeling of the emotion gets less enthusiastic as the emotion is aroused.

**Adaptation level phenomenon-** tendency for standards of judgment to be heavily influenced by previous experiences.

**Religious- Faith Factor-** contributes to general happiness and life satisfaction.

Sleep, marriage, and religion contribute greatly to happiness or life satisfaction.

**Study of Emotion/Stress/Health**

**Behavioral Medicine-** applies behavioral and medical knowledge to health and disease

**Stress-** the process by which we perceive and respond to environmental threats and challenges.

**Stressor-** is the object/person/event that can trigger a stressful situation

**Stress Reactions-** stress physiological responses (i.e. heartbeat etc)

**Hormones** in bloodstream when stressed? (2)  
epinephrine and norepinephrine from the Adrenal glands.

**Pain** in a stressful situation would be dulled by what system? sympathetic

**Fight or flight reaction-** wide variety of stressors can trigger the reaction of fight or flight

**Tend-and-befriend response-** come together and help each other in times of need. (uses oxytocin as a hormone to cuddle and pair bonding)

**General Adaptation Syndrome (GAS)-** body's responses to prolonged stress. Three stages. Alarm Reaction, resistance(strongest), and exhaustion.

**Stressful events:** death of a spouse, change in job, or ended a marriage.

**Results of Stress:** Vulnerability to disease, hypertension,

### **Friedman and Rosenman**

**Type A-** competitive, hard-driving, and impatient. negative emotions, especially the anger associated with an aggressively reactive temperament. More likely to have a heart attack (due to the stress and anger) or experience increase of cholesterol/fat because the stress causes the liver to function less effectively to remove this from the blood stream.

**Type B-** less physiologically reactive when harassed or given a difficult challenge. Less susceptible to heart attacks.

**Psychophysiological illness-** a stress-related physical illness such as hypertension.

**Psychoneuroimmunology-** study of how psychological, neural, and endocrine processes combine to affect our immune system and health

**Immune System-** Two major agents of the immune system? (2) macrophage and lymphocytes- white blood cells that are part of the body's immune system

B lymphocytes- bacterial infections

T Lymphocytes- viral infections

**AIDS-** caused by a viral infection spread primarily by body fluids. Causes the greatest number of deaths where?

### **Coping with Stress**

**Problem focused Coping-** alleviate the stress by directly changing the stressor.

**Emotion focused Coping-** feeling you cannot change the stress, so you go to something else to alleviate the stress or avoid the stressor all together.

**Perceived Control-** feeling like you have some ability to change the situation. (Executive rat...lives longer.)

**Optimists-** experience less stress, have a better attitude. Better immune systems.

**Pessimists-** experience more stress. More likely to die earlier.

Laughter? Live longer (less heart disease)

Married people vs. Unmarried?

Aerobic Exercise- helps with depression and stress (better than relaxation exercises)

**Complementary and alternative medicine (CAM) -** homeopathy, acupuncture, and herbal remedies, are bound to seem effective, whether or not they are.

Could have the placebo effect.

**Faith Factor-** correlation between religious attendance and participation and life expectancy.