



Essentials of Understanding Psychology, 13th ed. Robert S. Feldman

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Student Learning: Content and Concepts

A major change in this new edition is an increased commitment to covering diversity. A new concluding module called “Epilogue: Diversity, Culture, Conflict, and Cooperation” addresses questions of how diversity affects individual behavior, how we observe and understand other people, and how our understandings (and misunderstandings) of our differences can lead to cooperation and/or conflict. Beyond the Epilogue, every chapter has a section called “Exploring Diversity,” which examines how diversity affects psychology and vice-versa. These sections address ways to incorporate the concepts of diversity and culture across the curriculum as well as ways we can interact more effectively in this country and the world. In addition, the following information about new and revised topics and textual changes, including new definitions based on heat map data, provides a good indication of the content’s currency and clarification for students.

Chapter by Chapter Changes

Chapter 1—Introduction to Psychology

- Added new figure on where psychologists work
- Clarified introspection
- Redefined structuralism
- Expanded graphical timeline on developments in psychology
- Discussed discrepancy in salary and prestige between male and female psychologists
- Clarified definition of theory
- Clarified experimental manipulation
- Added new Neuroscience and Your Life feature

Chapter 2—Neuroscience

- Explained hydrogel-embedding methods of brain scanning
- Added new information on using computers to assist movement in quadriplegics
- Added research on cortical thickness and student income-level differences
- Clarified the definition of dendrite
- Redefined terminal button
- Clarified the process of neurotransmission
- Redefined neurotransmitter
- Added a new definition of reuptake
- Clarified the acetylcholine description
- Clarified the description of motor neurons
- Clarified transcranial magnetic Stimulation
- Clarified reticular formation
- Added a new definition of neuroplasticity
- Reorganized the description of lateralization of hemispheres of brain
- Added information on brain-computer interface

Chapter 3—Sensation and Perception

- Clarified the description of light waves
- Clarified information on feature detection and specialization of receptors of visual information
- Clarified afterimage implications for trichromatic theory
- Clarified the place theory of hearing
- Clarified auditory neurons specialization
- Defined reflex sympathetic dystrophy syndrome
- Clarified gate–control Theory
- Clarified biofeedback as a means to control pain
- Clarified synesthesia
- Redefined motion parallax
- Updated information on cognitive factors in pain perception
- Added a feature on the use of dogs' sensory capabilities for detection
- Enhanced the discussion of echolocation
- Updated statistics on chronic pain
- Introduced new synesthesia cases
- Introduced new information on inner speech and daydreaming

Chapter 4—States of Consciousness

- Included information on the opioid epidemic
- Added a new figure for sleep needs by age
- Discussed reverse learning and synaptic pruning as functions of sleep
- Clarified the definition of nightmares
- Added information on the frequency of nightmares
- Changed the stages of sleep from four to three, reflecting the American Academy of Sleep Medicine change
- Clarified the experience of waking consciousness while daydreaming
- Clarified changes in electrical activity during hypnosis
- Clarified the controversy regarding the nature of hypnosis
- Clarified the use of hypnosis in pain relief
- Discussed long-term effects of meditation on heart disease
- Clarified psychologists' motivation for studying consciousness
- Added an example of opioid addict whose addiction started with Percocet
- Discussed reasons for the increase in deaths due to opioid overdoses
- Clarified the difference between opioids and opiates
- Clarified reasons why people seek out drug highs
- Discussed Adderall use by college students
- Added new figure on drug use
- Clarified information on the use of cocaine and crack
- Clarified the definition of hallucinogens
- Discussed the expanded legalization of marijuana
- Clarified MDMA Use

Chapter 5—Learning

- Added a feature on the use of learning principles by Uber and Lyft
- Added a new prologue on training dogs for medical purposes

- Clarified the classical conditioning figure
- Clarified neutral stimulus
- Clarified the description of classical conditioning
- Clarified the stimulus generalization definition
- Redefined operant conditioning
- Redefined the schedule of reinforcement
- Clarified continuous and partial reinforcement schedules
- Redefined the variable-ratio schedule
- Clarified the results of exposure to media aggression
- Noted that behavior modification can help students study more effectively
- Added APA task force findings on violent video game play

Chapter 6—Memory

- Discussed highly superior autobiographical memory (HSAM)
- Added information on the meaning of memories
- Enhanced the discussion of false memories
- Clarified the sensory memory explanation
- Redefined chunk
- Clarified the explanation of chunk
- Redefined mnemonics
- Clarified the description of memory stores in working memory
- Clarified procedural memory
- Added the term implicit memory
- Clarified the description of engram
- Clarified the flashbulb memory description
- Clarified similarities and differences between cultures in memory
- Clarified relearning and the importance of practice
- Refined the description of keyword technique
- Explained the value of forgetting regarding relearning
- Explained conditions under which eyewitness memories are accurate

Chapter 7—Thinking, Language, and Intelligence

- Added information on the value of video gaming for cognitive skills
- Included new definition of reasoning
- Redefined familiarity heuristic, with new example
- Clarified how we represent problems to ourselves
- New examples of enhancing insight in humans
- Clarified definition of functional fixedness
- Removed term “mental set”
- Redefined divergent thinking
- Redefined cognitive complexity
- Added new definition of convergent thinking
- Clarified telegraphic speech
- Clarified overgeneralization
- Added new contrary evidence to nativist approach
- Clarified definition of interactionist approaches to language development
- Clarified linguistic-relativity hypothesis
- Added new stats on multilingual students
- Discussed behavioral Economics
- Changes in creativity with aging
- Redefined fluid intelligence
- Redefined crystallized intelligence
- Added new definition of reliability
- Added new definition of validity
- Added new definition of familial intellectual disability
- Redefined intellectual disability

Chapter 8—Motivation and Emotion

- Added a feature regarding research on the biggest losers’ inability to maintain their weight loss
- Added a new prologue on excessive weight loss and social media
- Clarified Maslow’s view of esteem
- Clarified the self-determination theory

- Added a new definition of need for achievement
- Clarified the James-Lange theory of emotions
- Clarified the Schachter-Singer theory of emotions
- Updated the description of the facial-affect program
- Discussed the increase in obesity across the globe
- Clarified use of gay and lesbian labels
- Clarified biological and genetic causes of sexual orientation
- Redefined transgender
- Clarified distinction between transgender and intersex persons

Chapter 9—Development

- Discussed the use of mitochondria in in vitro fertilization
- Clarified the vision capabilities of neonates
- Updated information on the changes in cognitive abilities over the life span
- Clarified the benefits of play
- Clarified Erikson's trust-versus- mistrust stage
- Clarified Erikson's autonomy-versus- shame-and-doubt stage
- Clarified Erikson's industry-versus- inferiority stage
- Clarified the information processing approach
- Clarified Vygotsky's view of cognitive development
- Changed the presentation of scaffolding
- Clarified the presentation of puberty
- Clarified the discussion of spermatogenesis
- Clarified Kohlberg's Level 2 morality
- Clarified Kohlberg's Level 3 morality
- Clarified adolescence as a period of relative tranquility
- Redefined personal fables
- Clarified the discussion of culture- specific rites of passage
- Clarified emerging adulthood
- Redefined genetic programming theories of aging
- Updated statistics on Alzheimer's disease
- Added new research on slowing the declines of Alzheimer's disease
- Added new statistics on Facebook use by adolescents
- Enhanced the discussion of mental health issues for early puberty
- Discussed cyberbullying as a cause of suicide

Chapter 10—Personality

- Add a new prologue on the Lance Armstrong case
- Discussed the stability of personality across generations
- Redefined ego
- Clarified the discussion of ego's mediating role
- Clarified the discussion of Freud's Oedipal conflict in boys and girls
- Added specificity to the description of psychoanalytic theory
- Added a new definition of inferiority complex
- Redefined the Allport cardinal trait
- Redefined the Allport central trait
- Refined factor analysis
- Clarified criticisms of trait theory
- Clarified the distinction between psychodynamic, trait, and learning theories
- Clarified the relationship harmony concept
- Clarified temporary reductions in self-esteem
- Clarified research studies on twins separated early in life
- Clarified Rogers' notion of self-concept
- Replaced the term norm with test norm
- Added a new definition of test norm
- Added a new definition of projective test
- Clarified projective test criticisms

Chapter 11—Health Psychology: Stress, Coping, and Well-Being

- Added the concept of posttraumatic growth
- Added a feature on training physicians to convey bad news effectively
- Added data on Facebook as a source of negative health outcomes

- Updated medical error death statistics
- Discussed nontraditional forms of PTSD for combat veterans
- Discussed e-health communication
- Added statistics on electronic- cigarette use
- Added discussion on e-cigarette use and its effect on quitting traditional cigarette smoking
- Discussed the link between social relationships and health
- Clarified the biological and psychological consequences of stress
- Clarified the critique of general adaptation syndrome
- Clarified the effects of stress on lymphocytes
- Clarified techniques for coping with stress
- Included data on the incidence of smoking and disease among whites versus African Americans
- Clarified the social causes of smoking
- Discussed the relationship between poverty and sadness
- Added information on buying time savers versus buying goods and the relationship to happiness
- Added a new figure on smoking incidence

Chapter 12—Psychological Disorders

- Added a new case study of a woman with anxiety disorder
- Added references to magic and spells as explanations for abnormal behavior
- Add a feature on increases in self- reported psychological disorders
- Removed the explication of historical change in the DSM
- Discussed epigenetic approaches to schizophrenia
- Discussed the relationship between homelessness and psychological disorders
- Added new statistics on the mentally ill homeless population
- Clarified deviation from the typical definition of abnormality
- Clarified deviation from an ideal definition of abnormality
- Clarified the discussion of insanity
- Explicitly defined abnormal behavior
- Clarified the importance of the neurological basis of psychological disorders
- Clarified criticisms of psychoanalytic theory
- Added a new example of rationality of negative emotions regarding cognitive perspectives
- Clarified the discussion of the humanistic perspective
- Added a new definition of the sociocultural perspective
- Clarified the atheoretical, descriptive approach of the DSM
- Clarified the lack of objective danger in phobic stimuli
- Redefined compulsion
- Clarified the definition of illness anxiety disorder
- Clarified the discussion of dissociative identity disorder
- Redefined mood disorder
- Clarified the causes of gender differences in depression in women
- Clarified the label and explanation of internal unconscious conflicts as a cause of depression
- Changed “inappropriate emotional displays” to “inappropriate emotions” in the discussion of schizophrenia
- Added an explanation of the action of glutamate in treating schizophrenia
- Added material on the genes responsible for schizophrenia
- Discussed gray matter differences in the brains of people with schizophrenia
- Clarified and qualified the psychoanalytic explanations of schizophrenia
- Clarified the predispositional model of schizophrenia
- Clarified the lack of distress for those with personality disorders
- Clarified the explanation of borderline personality disorder
- Redefined neurocognitive disorders
- Clarified the statistics on the prevalence of psychological disorders
- Condensed and clarified the discussion of cross-cultural influences on definitions of abnormal behavior

Chapter 13—Treatment of Psychological Disorders

- Redefined psychotherapy
- Redefined biomedical therapy
- Reframed the discussion of psychodynamic therapies (versus psychoanalysis)
- Redefined psychoanalysis
- Clarified free association
- Redefined the behavioral approaches to therapy
- Clarified aversive therapy
- Revised the discussion of aversion therapy

- Clarified the definition of systematic desensitization
- Revised the discussion of contingency contracting
- Added a new definition of observational learning
- Reframed the discussion of behavioral techniques
- Expanded the definition of unconditional positive regard
- Clarified the discussion of contemporary versions of client-centered therapy
- Revised the discussion of interpersonal therapy effectiveness
- Revised the discussion of the goals of family therapy
- Clarified the definition of self-help therapy
- Clarified the discussion of the effectiveness of therapy in general versus specific kinds of therapy
- Added a new case study on use of deep brain stimulation
- Discussed the use of online therapy
- Reframed the distinction between biomedical approaches and other treatments
- Updated the definition of drug therapy
- Clarified the inhibition of neurotransmitter transmission
- Discussed virtual reality exposure therapy
- Added psychotherapy to the biomedical treatments for schizophrenia
- Added a discussion of brain scan neurofeedback for treatment
- Clarified the prefrontal lobotomy discussion
- Clarified the drawbacks to biomedical therapies
- Revised the definition of deinstitutionalization
- Added material on drug treatments that is more explicitly linked to the neuroscience chapter
- Discussed cognitive appraisal retraining on academic tasks
- Added information on memory deficits as side effect of antidepressant drugs
- Referenced Satir's family therapy work

Chapter 14—Social Psychology

- Added a new prologue on Dylann Roof in South Carolina
- Discussed mentoring approaches to reducing self-stereotyping
- Clarified the description of the warm-cold person perception experiment
- Clarified the example of fundamental attribution error
- Redefined norms
- Clarified the description of the foot-in-the-door technique
- Clarified the door-in-the-face technique
- Clarified the effect of proximity on liking
- Clarified the mere exposure effect
- Clarified the effect of similarity on liking
- Clarified the relationship between physical attractiveness and a general attraction
- Clarified frustration-aggression approaches
- Clarified diffusion of responsibility explanations of helping
- Added information on global warming and aggression
- Added research on microaggressions