



Experience Psychology, 4th ed.
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All chapters are updated with current research and data, when available. The author utilized anonymous data from SmartBook to pinpoint “hotspots” where learners struggled with particular content and revised content with this in mind.

Chapter by Chapter Changes

CHAPTER 1: THE SCIENCE OF PSYCHOLOGY

- New opening vignette: Unlocking the Secret of Heroism
- New Intersection on why we mature
- Expanded treatment of replication
- New treatment of the Replication Crisis
- New research example of Demand Characteristics
- New Challenge Your Thinking on authenticity in social media

CHAPTER 2: THE BRAIN AND BEHAVIOR

- New opening vignette: The Empathic Brain
- New research example of managerial experience and brain structure and function
- New Intersection: Neuroscience and Environmental Psychology: How Does Spending Time in Nature Affect the Brain?
- Expanded coverage of acetylcholine, glutamate, and oxytocin
- Updated treatment of neurogenesis
- New Challenge Your Thinking: Could Neuroscience Help Identify the Right Brain for the Job?
- Updated Psychology in Our World: Protecting the Athlete’s Brain
- New discussion of challenges of genome wide associations and linkage studies

CHAPTER 3: SENSATION AND PERCEPTION

- New opening vignette: Those Potato Chips Sound Delicious
- Further differentiation between sensation and perception
- New discussion and example of the Influences of Top-Down Expectations, including research on how people miss “gigantic” objects
- New Challenge Your Thinking: Why Does a Cell Phone Look Like a Gun?
- New research discussion of biological responses to information presented outside of awareness and priming
- New detail on Feature Detectors
- New example of Binding
- New Intersection: Sensation and Social Psychology: Why Do Some People Literally Feel What Others Feel? reviewing mirror-touch synaesthesia
- Updated research discussion on gender differences in pain perception

CHAPTER 4: STATE OF CONSCIOUSNESS

- Updated opening vignette: When the Human Mind is a Buried Treasure
- New discussion of Brain Wandering and the Default Mode Network
- New Challenge Your Thinking: Are There Benefits to Mind Wandering?
- Updated naming of the sleep stages (W, N1, N2, N3, R)
- New information about GABA’s role in sleep
- New Intersection: Sleep and Neuroscience: Does Sleep Deprivation Affect Neurons?
- Updated and expanded treatment of opioids (including fentanyl)
- New Psychology in Our World: Responding to the Opioid Crisis

CHAPTER 5: LEARNING

- New opening vignette: Frida: Labrador and Life Saver
- New discussion of classical conditioning and mindless habitual behavior
- New Intersection: Learning and Health Psychology: Can Classical Conditioning Help Combat Obesity?
- Revised presentation of Timing and Consequences of Behavior (operant conditioning)
- New example of observational learning
- Revised and updated Challenge Your Thinking: Do Learning Styles Matter to Learning?

CHAPTER 6: MEMORY

- New opening vignette: The Ubiquitous Selfie, Memory, and Meaning
- New Intersection: Cognitive Psychology and Developmental Psychology: How Does Reminiscing Affect Our Relationships and Our Development?
- New coverage of Executive Attention
- New Challenge Your Thinking: Why Is the Pen Mightier Than the Keyboard?
- Replaced priming examples from studies that have not replicated

CHAPTER 7: THINKING, INTELLIGENCE, AND LANGUAGE

- Updated opening vignette: The Value of a Really Good Idea
- New Intersection: Cognitive and Health Psychology: Does thinking fast relate to living longer?
- New research example of “intelligence” genes
- New example of delayed language exposure
- New coverage of socioeconomic status and language development
- New Challenge Your Thinking: Can Reducing the “Word Gap” Lead to Better Out-comes for Disadvantaged Children?

CHAPTER 8: HUMAN DEVELOPMENT

- New opening vignette: The You You Used to Be
- Expanded discussion of pruning
- New research example of telomere length and stress
- New section on the Information Processing Approach to Cognitive Development
- New Intersection: Developmental Psychology and Cognitive Psychology: Do children engage in wishful thinking?
- New research example of cross-cultural parenting styles
- New extended example of Marcia’s identity statuses theory

- New discuss sexual and gender minority youth and bullying
- New coverage of Gender Identity and Sexual Orientation in the context of gender development
- New Psychology in Our World: Human Identities and the Changing Gender Landscape
- New coverage of children and prosocial behavior
- New Challenge Your Thinking: Are children natural helpers?

CHAPTER 9: MOTIVATION AND EMOTION

- New opening vignette: What Would You Do If You Won the Lottery?
- New example of social context and eating
- New coverage of Mindless Eating
- New Psychology in Our World: What's on the Menu and Why It Matters
- Revised coverage of Sex Education
- New information on frequency of sexual behavior
- Updated coverage of biological factors and same sex attraction
- New examples of Self-Determination Theory
- New Challenge Your Thinking: Can Watching TV Shows Contribute to Optimal Well-being?
- New research example of association between intrinsic and extrinsic motivation, and work factors
- New Intersection: Motivation and Neuroscience: Can We See Intrinsic Motivation in the Brain?
- Replaced suspect research by Wansink with more rigorous findings from other investigators

CHAPTER 10: PERSONALITY

- New opening vignette: "So much time has passed but it hasn't changed a thing"
- New discussion of Reaction Formation
- New Psychology in Our World: What's Your Type?
- Revised and updated descriptions of the Big Five Factors of Personality
- New Intersection: Personality and Sleep Science: Are You a Morning Person or an Evening Person and Does It Matter?
- Revised section on the Study of Traits in Animals
- New review of links between neuroticism and the HPA axis
- Expanded coverage of Personality Neuroscience
- New coverage of neuroticism and avoiding punishment
- Updated coverage of the TAT

CHAPTER 11: SOCIAL PSYCHOLOGY

- New opening vignette: Can one hour change a life?
- Integration of Social Neuroscience throughout Social Cognition section
- New research example of Person Perception
- New coverage of the role of the brain in first impressions
- New research example of physical attractiveness and achievement
- New research example of Self-Fulfilling Prophecy
- New expanded example of how social perceivers treat attractive people
- New Challenge Your Thinking: Do We Look Like Our Names?
- Expanded coverage of stereotypes
- New coverage of the brain and fundamental attribution error
- New coverage of the brain and cognitive dissonance
- Expanded coverage of Resisting Persuasion
- Expanded discussion of video games and aggression
- Expanded coverage of long-term relationships
- New example of Group Influence
- New research findings of Ingroup Favoritism in Infants and Children
- New coverage of Discrimination and Health Disparities
- Intersection: Social Psychology and Health Psychology: What Is the Physical and Psychological Cost of Prejudice and Discrimination?
- New section on Breaking the Prejudice Habit

CHAPTER 12: PSYCHOLOGICAL DISORDERS

- New opening vignette: Making castles from life's stones
- New coverage of definitions of risk factors and comorbidity

- New major section, Neurodevelopmental Disorders, covering ASD and ADHD
- New Challenge Your Thinking: Can Adults Develop ADHD?
- New Intersection: Clinical Psychology and Cognitive Psychology: How Does PTSD Affect Autobiographical Memory?
- New Psychology in Our World: Sexual Victimization on Campus
- Expanded coverage of GAD and the brain
- New coverage of Social Anxiety and Beliefs about Social Failure
- Coverage of PTSD and Dissociative Disorders moved to Trauma and Stress-Related Disorders section
- New coverage of brain structure and schizophrenia
- Updated suicide coverage with more appropriate less stigmatizing language
- New, brief, overviews of treatments for most disorders
- New advice for talking to a friend with a psychological disorder

CHAPTER 13: THERAPIES

- New opening vignette: The Immense, Invisible Burden of Secrets
- New Intersection: Clinical Psychology and Social Psychology: Can Authentic Interactions Help Those with Social Anxiety?
- New research example of the effectiveness of Neuroleptics
- New coverage of Transcranial Stimulation

CHAPTER 14: HEALTH PSYCHOLOGY

- New opening vignette: The importance of listening to your body
- New coverage of Social Support
- New coverage of the role of physical activity in longevity
- New Intersection: Health Psychology and Emotion: How Do Negative Feelings Fit in the Healthy Life?