IDH SEMESTER 1 EXAM NOTES 2013

Classical Conditioning (Lec 1)

Qu. Define learning

- The relatively permanent change in behaviour or knowledge which results from practice or experience

Qu. What healthy behaviours can be acquired through learning?

- Eating behaviours
- Exercise behaviours
- Social behaviours
- Sun protective behaviours

Qu. What maladaptive health behaviours can be acquired through learning?

- Substance abuse behaviours
- Physiological changes that can lead to illness
- Avoidance behaviours

Qu. What are the 3 types of major learning?

- Classical conditioning
- Operant conditioning
- Social Learning

Qu. Define Classical Conditioning

- A learning process in which an originally neutral stimulus that normally produces some response, comes to produce a similar or even identical response
- Learn through associations

Qu. Define NS, UCS, UCR, CS, CR.

Neutral Stimulus	- A stimulus that produces no response - Eg. Bell
Unconditioned Stimulus	- A stimulus that naturally triggers a response. - EG. Smell of food leads to salivating
Unconditioned Response	- The unlearned response that occurs naturally in response to the UCS. - Eg. Salivating
Conditioned Stimulus	- Was previously a neutral stimulus, but after becoming associated with the UCS, eventually comes to trigger a CS - Eg. Bell

	- Bell + Smell of food → salivating
Conditioned Response	- The learned response to the previously neutral stimulus (CS) - Eg. Salivating to the sound of the bell

Qu. Describe the <u>process</u> for CC?

- **Before conditioning**
    1. Present UCS (meat)→ UCR (saliva)
    2. Present NS (bell)→ no response
- **During conditioning**
    1. Present CS (bell) + UCS (meat) paired together
    2. Repeat CS + UCS → CR
- **After conditioning**
    1. Only present CS to get→ CR

Qu. What are some <u>everyday examples</u> of CC in humans?

- Advertising and media. Eg. Linx gets the girls
- Food and drink aversions
- Baby cries when sees babysitter just before parents leave
- Music→ puts baby to sleep

Qu. How can CC lead to <u>illness</u> or <u>behaviour</u> that is <u>bad</u> for our health?

- Through general and medical phobias:
    - Dental phobias
    - Fear of sharp instruments (needles)
    - Fear of medical procedures (MRI scans)
    - Fear of swallowing pills

Qu. Describe 2 <u>characteristics</u> of phobias?

- Unrealistic
- Lead to avoidance behaviours

Qu. What is <u>stimulus generalization</u>?

- When a stimulus that is similar but not identical to the original CS, produces a CR.
- Eg. White rat→ cotton balls→ Santa Clause mask

Qu. How can <u>medical conditions</u> be <u>treated</u> using CC?

- Extinction
    - Counterconditioning
        - Systematic Desensitization

Qu. Define <u>extinction</u>

- The gradual weakening of the CR that leads in the behaviour decreasing or disappearing
- CS in no longer paired with the UCS

Qu. What is counter-conditioning?

- Most powerful technique for breaking learned associations!
- The process in which one CR is extinguished, while another is established
- Can be done through systematic desensitization

Qu. What is Systematic Desensitization?

- A form of counter-conditioning that trains the client to maintain a state of relaxation in the presence of imagined or real anxiety objects or events

****Qu. What are the steps in Systematic Desensitization?**

1. Teach the client a relaxation technique (eg. Benson's or Jacobson's procedures)
2. Construct an anxiety hierarchy of feared objects or situations
3. Proceed through the hierarchy using imagery
4. Invivo desensitization→ do it in real life

Qu. What is the difference between Benson's and Jacobson's procedures?

- Bensons→ picture image and relax
- Jacobsons→ Relax sections of the body one at a time

Qu. What are the limitations of the CC model?

- It can explain most of our learning, but not all
- We learn through consequences + punishment + social learning too!

Operant Conditioning (Lec 2)

Qu. Where did the origins of Operant Conditioning come from?

- Skinner- found that organisms tend to repeat the responses that are followed by favourable consequences

****Qu. Define Operant Conditioning**

- Study in the way in which behaviour is modified by its consequences
- A conditioning procedure in which behaviour becomes more or less probable depending on whether the behaviour has been reinforced or punished

Qu. What is reinforcement?

- Consequences that lead to an in↑ behaviour
- Behaviour is strengthened because it has rewarding consequences

Qu. What are the 2 types of reinforces?

- Primary reinforces
- Secondary reinforces

Qu. What are primary reinforces?

- The value doesn't need to be learned
- Events that are inherently reinforcing because they satisfy biological needs. Eg. Eating, keeping warm…

Qu. What are secondary reinforces?

- Values need to be learned
- Eg. Money, praise, attention, good marks

Qu. Reinforcement can be delivered in 2 ways, what are they?

- Positive reinforcement
- Negative reinforcement

Qu. What is positive reinforcement?

- Presenting of a rewarding stimulus after a particular response to ↑ the probability of the behaviour occurring again
- Eg. Get good marks→ keep studying hard
    - Get lollies after throwing a tantrum→ keep throwing tantrum

Qu. What health related examples are learnt through positive reinforcement?

- Feeling more relaxed when drinking
- Exercising makes you feel good
- Taking drugs makes you feel relaxed

Qu. What is negative reinforcement?

- Withdrawing an unpleasant stimulus after a particular response to ↑ the probability of the behaviour occurring again
- Eg. Putting sunglasses on to reduce glare

Qu. What health related examples are learnt through negative reinforcement?

- Take aspirin to stop headache
- Use Proactive to get rid of pimples
- Take the pill to stop pregnancy

Qu. What are the 2 schedules of reinforcement?

- Continuous schedule of reinforcement
- Partial schedule of reinforecment
    - Fixed ratio schedule
    - Variable ration schedule

Qu. Describe the Continuous Schedule of Reinforcement?

- Reinforcement is delivered after every response.
- Eg. Praising a patient after every rehab exercise
- Advantage→ Good in the beginning
- Disadvantage→ Prone to satiation, easily extinguished