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EMOTION – Built for Emotion

Evolutionary Perspective

- **Ontogeny** – individual
- **Phylogeny** – species

Duchenne

Electric stimulation to determine muscles used for facial expressions

Darwin

- Evolutionary processes encompass emotion
- Emotions...
 - ❖ Automatically produced and recognised
 - ❖ Innate
- Theory of Emotion
 - 1) Antithesis – opposite expression, opposite emotion
 - 2) Nervous system
 - 3) Serviceable Associable Habits – feel one way, look one way

Ekman and Friesen

- Basic emotions are universally recognised to signify same psychological state
- Experiment – USA and PNG

Anger Happiness Sadness Fear Surprise Disgust Contempt

Alternative – Circumplex Model

- Linguistic classification
- Dimensions
 - 1) Arousal – sleepiness
 - 2) Pleasure – misery

Facial Feedback Hypothesis (FFH)

- Conditions
 - 1) Imagine emotional events
 - 2) Mimic emotional expressions
- Emotions have distinctive patterns of arousal

The Fear System

Amygdala

- Damage causes **psychic blindness** (Kluver-Bucy disease)
- Don't recognise emotional significance

Fear Conditioning

- Paired tone (conditioned stimulus) and shock (unconditioned stimulus)
- Fear CS (tone) without US (shock)
- After lesions
 - ❖ No fear
 - ❖ Thus, amygdala has an evaluative capacity

Whalen (2004)

- Initial fleeting expression – wasn't consciously perceived
- Neutral expression – consciously perceived
- Results
 - ❖ Amygdala activation associated with whites of eyes
 - ❖ "Bottom up"
 - Amygdala is primed
 - Evolutionary advantage

Frontal Lobes

- Neural connection to the amygdala
- Involved in reasoning

Hippocampus

- Contextual associations
- Sole representation
 - ❖ "Top-down"
 - ❖ You expect to feel fear

Emotion in Infancy

Cognitive and Emotional Capabilities

Emotional Understanding

- Empathetic
- Emotionally sensitive
- Have structured emotional responses

Imitation

- Piagetian Framework
 - ❖ Imitation occurs at 2 years after the infant...
 - Achieves muscular control
 - Sees itself imitating
- 3-day-olds imitate lip smacking and poking tongue

Person Perception

- 45 hours prefer mother's face
- 10-week olds discriminate facial and non-facial configurations
- Attracted to...
 - ❖ Congruency between the inner features and outer contour
 - ❖ Up-down asymmetry

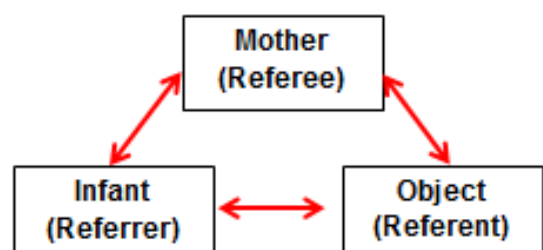
Turn-Taking

Sharing emotional exchanges

Social Referencing (Cognition + Emotion)

Assumes infant...

- Decodes signal
- Understands referential quality
- Sees potential for communication
- Skills to elicit information



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Implications

- Know the referee supplies emotional information about new objects
- Helps
 - ❖ Resolve uncertainty
 - ❖ Guide actions

Primary Attachment Relationship

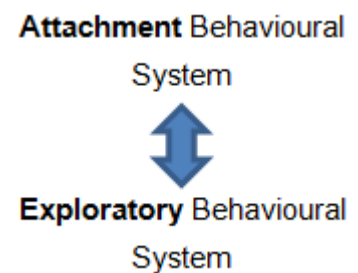
Behaviours are **adaptations** that have contributed to the **success** of the species

Arose from

- 1) Behavioural control systems
- 2) Inherited structures

Link to Emotional Regulation

- Balance the needs of protection and exploration
- Variation is set by 12 months



| | After mother's return | % | Influence on Regulation |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| A: Avoidant | <ul style="list-style-type: none">• Avoid / ignore mother• Appear unstressed by separation• Use play as a defence strategy | 25 | <ul style="list-style-type: none">• Alternate<ul style="list-style-type: none">❖ Aggression❖ Emotional distance• Insensitive |
| B: Secure | <ul style="list-style-type: none">• Distress from separation is resolved• 'Secure base'• Stay until reassured, then go play | 65 | <ul style="list-style-type: none">• Deeper relationships• Resilient |
| C: Ambivalent / Resistant | <ul style="list-style-type: none">• Alternate<ul style="list-style-type: none">❖ Resistance❖ Secure base• Preoccupation prevents play | 10 | <ul style="list-style-type: none">• Immature• Passive |
| D | Self-harm on return | | Highest risk of psychopathy |

Temperament

Temperament – stable differences in reactivity and self-regulation

Behavioural Inhibition

- A temperament
- Measured by observing interaction with unfamiliar stimuli
- 6 years – 40% of BI toddlers weren't BI

Continuity

- Consistent trend across childhood
- Isn't certain, just increases chance
- Note – social and non-social are different