

Study #33 – RELAXING YOUR FEARS AWAY

1. Who is the psychologist in charge of the study?

2. Explain how psychoanalysis would treat an anxiety disorder such as a phobia.

3. How is systematic desensitization different from psychoanalysis?

4. Explain the main idea behind systematic desensitization as a treatment for phobias.

5. Briefly explain the three-step method to treating a person using systematic desensitization.
 - a.

 - b.

 - c.

6. How successful is systematic desensitization and does it continue to work in the long term?

Study #34 – CHOOSING YOUR PSYCHOTHERAPIST

1. Who is/are responsible for this study?

2. What types of people usually seek therapy?

3. What is meta-analysis?

4. Why do you think it is important for the researchers to be consistent in their scoring of the 375 studies?

5. What seems to be the overriding result of this study?

6. All therapies seem to be equally effective in treating patients, except in some situations. Give an example of where one therapy is more effective than another therapy.

7. What are two things that will increase your chances of having successful therapy?
 - a.

 - b.

8. What makes this study so important? Why was this study a milestone in the history of psychology?

Study #35 – CROWDING INTO THE BEHAVIORAL SINK

1. Who is the psychologist in charge of the study?
2. Background information (found in the introduction to the chapter and at the beginning of the study):
3. Methodology (was this descriptive, correlational, or experimental research? What procedures were used?):
4. Briefly state the results of the study (what did the researcher find?):
5. What did these results mean?
6. Name one strength and one weakness of this study
 - a.
 - b.
7. Describe one recent application of this research.

8. Discuss one ethical issue with this study (discuss any issues that might have been involved or that were avoided – i.e. what was done properly or improperly according to ethical guidelines?):
9. Personal Discussion/Connection (write about your questions, anything interesting you learned, issues the reading make you think of, such as connections with your life, current events, etc.)(This answer can be longer than 20 words):
10. Mnemonic device/cartoon to help you remember the researcher/topic of study: