Unit 5 Cheat Sheet: Mental and Physical Health

AP® Psychology · Unit 5 Review · Blank practice version

The big idea: Unit 5 asks two big questions, one for each half of the unit. What are they?

How to use it: Fill in every box from memory before you look anything up. Then check your answers against the full cheat sheet and star anything you missed. Those are your review targets.

KEY TERMS

Stress and coping (Topic 5.1)

Traumatic events vs. daily hassles	
Adverse childhood experiences (ACEs)	
Eustress vs. distress	
Stress and illness	
Selye's general adaptation syndrome	
Tend-and-befriend	

Positive psychology (Topic 5.2)

Positive psychology	
Subjective well-being	
Signature strengths	
Six virtues	

Defining and explaining disorders (Topic 5.3)

Dysfunction, distress, deviance	
DSM vs. ICD	
Pros and cons of diagnosis	
Eclectic approach	
Behavioral vs. cognitive causes	
Psychodynamic vs. humanistic causes	
Biological vs. sociocultural causes	
Evolutionary cause	

Neurodevelopmental disorders (Topic 5.4)

ADHD	
Autism spectrum disorder	

Schizophrenia and bipolar disorders (Topic 5.4)

Delusions vs. hallucinations	
Possible causes of schizophrenia	
Bipolar I vs. Bipolar II	

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Anxiety and other disorders (Topic 5.4)

Agoraphobia	
Panic disorder	
Ataque de nervios vs. taijin kyofusho	
Hoarding disorder	
Dissociative amnesia	
Anorexia vs. bulimia nervosa	
Personality disorders	

Treatment (Topic 5.5)

Therapeutic alliance	
Deinstitutionalization	
Ethical principles	
Group therapy	
Hypnosis	
Cognitive triad (Beck)	
Biofeedback	
Antidepressants vs. lithium	
Antipsychotics and tardive dyskinesia	
ECT vs. TMS	
Psychosurgery	

PSYCHOLOGICAL THERAPIES (TOPIC 5.5): THE LAST THREE ARE BEHAVIORAL (APPLIED BEHAVIOR ANALYSIS)

THERAPY	WHAT THE THERAPIST DOES	EXAMPLE
Psychodynamic		
Humanistic (person-centered)		
Cognitive		
Cognitive-behavioral		

THERAPY	WHAT THE THERAPIST DOES	EXAMPLE
Systematic desensitization		
Aversion therapy		
Token economy		

DON'T CONFUSE THESE

Problem- vs. emotion-focused coping	
Posttraumatic growth vs. PTSD	
Biopsychosocial vs. diathesis-stress	
Positive vs. negative symptoms	
Depressive vs. bipolar disorders	
Specific phobia, social anxiety, GAD	
OCD vs. OCPD	
DID vs. schizophrenia	

STUDIES AND CASES TO KNOW COLD

Kiecolt-Glaser's caregivers	
Seligman's gratitude visit	
Twin studies of schizophrenia	
Mary Cover Jones and Peter	

Smith and Glass's meta-analysis	

FRQ: HOW UNIT 5 SHOWS UP

PROMPT SAYS	WHAT TO DO
Identify or state	
Describe	
Explain	
Propose	
Support or refute	
Use evidence	

Likely Unit 5 FRQ angles

- Identify the method, like a case study; state an operational definition.
- Describe what a statistic shows, like a mean symptom score.
- Identify an ethical guideline used, like the right to withdraw.
- Explain how far the findings generalize, given who took part.
- Explain how a result supports or refutes the hypothesis.
- Propose a claim (can an app match a therapist?), then use two sources, a different concept for each (EBQ).

> **FRQ rules:** Apply each concept to the study or source; a definition alone earns nothing. Cite EBQ sources by number (Source 1, 2, or 3). Write in complete sentences.

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