



PSYCHOLOGY: BRIDGING ACTIVITY

Name:

The topics that you will be studying are:

Year 12

- Social Influence
- Memory
- Attachment
- Psychopathology
- Approaches

Year 12 and 13

- Research Methods
- Biopsychology
- Issues and Debates

Year 13

- Eating behaviours
- Gender
- Aggression

Textbooks are not mandatory but may support you in your private study periods and at home. If you do wish to purchase a book, feel free to come and see me and we can discuss the textbooks that are available.

Please come prepared to your first lesson with an A4 ring binder folder, pens, pencil and highlighters. Throughout the course you will also need a calculator. It would be a good idea to also purchase plastic A4 wallets.



Original footage of psychological experiments can be found on Youtube. Try searching for the following titles and make notes on the videos you watch. The quality may be 'old' – this is because some of the most ground breaking studies were conducted in the 1960s.

- Zimbardo prison experiment
- Milgram obedience study
- Bandura Bobo dolls
- Sperry Split-brain research
- Pavlov classical conditioning
- Skinner rats **and/or** Skinner pigeons

Make brief notes below on each clip:

Fathers play a surprisingly large role in their children's development

By MICHIGAN STATE UNIVERSITY July 14, 2016



Fathers play a surprisingly large role in their children's development, from language and cognitive growth in toddlerhood to social skills in fifth grade, according to new findings from Michigan State University scholars. The research provides some of the most conclusive evidence to date of fathers' importance to children's outcomes and reinforces the idea that early childhood programs such as Head Start should focus on the whole family, including mother and father alike. The findings are published online in two academic journals, *Early Childhood Research Quarterly* and *Infant and Child Development*.

"There's this whole idea that grew out of past research that dads really don't have direct effects on their kids, that they just kind of create the tone for the household and that moms are the ones who affect their children's development," said Claire Vallotton, associate professor and primary investigator on the research project. "But here we show that fathers really do have a direct effect on kids, both in the short term and long term."

Using data from about 730 families that participated in a survey of Early Head Start programs at 17 sites across the nation, the researchers investigated the effects of parents' stress and mental health problems such as depression on their children. Parental stress and mental health issues affect how parents interact with their children and, subsequently, childhood development. The study found that fathers' parenting-related stress had a harmful effect on their children's cognitive and language development when the children were 2 to 3 years old, even when the mothers' influences were taken into account. This impact varied by gender; fathers' influence, for example, had a larger effect on boys' language than girls' language.

Another key finding: Fathers' and mothers' mental health had a similarly significant effect on behavior problems among toddlers. Further, fathers' mental health had a long-term impact, leading to differences in children's social skills (such as self-control and cooperation) when the children reached fifth grade. In fact, fathers' depression symptoms when children were toddlers were more influential on children's later social skills than were mothers' symptoms. In sum, the findings contribute to the small but growing collection of research affirming the effects of fathers' characteristics and father-child relationship qualities on children's social development, rather than just the fathers' residence in the home or presence in the child's life, according to the paper published in *Early Childhood Research Quarterly*.

Tamesha Harewood, lead author on the paper in *Infant and Child Development*, said fathers, in addition to mothers, should be included in parenting research and family-intervention programs and policies.

"A lot of family-risk agencies are trying get the dad more involved, but these are some of the things they could be missing," said Harewood, a researcher in MSU's Department of Human Development and Family Studies. "When the agency is talking with the dad, it's not just about providing for your child economically, but also to be there for your child, to think about how stress or depression might be influencing your child. In order to understand and

help children in their development, there needs to be a comprehensive view of the whole family, including both mom and dad.”

What does this article suggest about the role of the father? How has the role of the father changed over time?

Rosemary sales surge during exam season

By Sean Coughlan - Education correspondent - 17 May 2017



A High Street health food chain says it has had to order extra stocks of rosemary after research claimed the scent of the herb could improve the memory of students revising for exams.

Holland & Barrett says there has been a 187% increase in sales of rosemary essential oil compared with last year. A Northumbria University study showed pupils in a room scented with rosemary performed better in memory tests. It supported the traditional links between rosemary and

memory.

A spokeswoman for Holland & Barrett said that after the research about rosemary was published "we saw a sharp rise in customer demand". "As the exam season continues, we have increased provision in store to meet demand," she said. The rush for rosemary saw almost a doubling in sales compared with the same time last year and a trebling compared with the previous week.

Hundreds of thousands of pupils are revising and taking GCSEs and A-levels - with the suggestion that the spike in rosemary sales has been driven by anxious parents trying to find a way to help their children. The research from Northumbria University, presented at the British Psychological Society's annual conference, backed up historical associations between rosemary and memory. It suggested that pupils who worked in a classroom with the aroma of rosemary oil achieved 5% to 7% better results in memory tests. Researcher Mark Moss said the human sense of smell was highly sensitive and sent messages to the brain, setting off reactions and responses. "It could be that aromas affect electrical activity in the brain or that pharmacologically active compounds can be absorbed," he said.

Rosemary has been connected with memory for centuries. In ancient Greece, students wore garlands of rosemary in exams and in Shakespeare's Hamlet, Ophelia says: "There's rosemary, that's for remembrance."

How can news articles impact behaviour in society? What forms of bias could be present with newspaper articles?

Employers 'cannot ignore' mental health in the workplace

By Brian Meechan BBC Wales business correspondent

1 June 2018

Employers cannot afford to ignore the mental health of staff, according to the Equality and Human Rights Commission in Wales.

It said it could reduce sick days and boost productivity.

Andrew Tamplin, from Barry, who had a breakdown while working as a manager for a global bank, wants to see "parity between mental and physical health".

Employment charity Shaw Trust has calculated that Welsh employers lose £292m a year in lost work days.

Wales TUC, which represents 49 member unions and about 400,000 workers, said it was trying to improve workplace wellbeing - including tackling bullying and sexual harassment - often causes of mental health issues.

Trade unionists discussed these issues at a recent conference and it is likely they will push for better education and more investment from the UK and Welsh governments and employers.

Ruth Coombes, head of the EHRC in Wales, said it made "sound business sense" to have mental health policies in place.

She added: "It will probably cost you more not to address the issue than it will to leave it and let it ride... it's about managers [and] business owners talking with their employees and realising that just like any other illness having a mental health problem doesn't mean that you can't work and you can't get back to work."

The Health and Safety Executive estimates 49% of sick days are down to stress, anxiety or depression.

Mr Tamplin, who now works as a consultant helping companies identify and support workers experiencing mental health problems, said: "If I ring in sick with the flu that would be OK. What if I rang in and said 'I can't cope' or 'I'm having a bad day'? How would that be perceived?"

The entertainment industry has been in the spotlight recently due to allegations about sexual harassment and assault.

Acting union, Equity, has been lobbying employers and supporters of the creative industries such as the Welsh Government to "recognise their duty of care with regards to preventing bullying and harassment in the workplace".

Abbie Hirst, a member of Equity's Welsh National Committee, said the issues of mental health, bullying and sexual harassment were especially difficult for actors due to the precarious nature of the work which often involved short-term freelance contracts and the fear they would not be "used again, recommended or promoted".

She added: "I think it's something we're going to have to deal with in the wider economy. There's much more need for anybody, not just creatives, to make their own work, and there is a huge rise in the number of people who are their own small business."

The percentage of working people in Wales who are self-employed has risen over the last 10 years from 12.8% to 14.3%.

While EHRC and others argue addressing mental health problems makes business sense, this rise in the number of self-employed - who have fewer employment protections - has led unions to talk about these issues with increasing urgency.

What impact can psychological research have on the economy? This article discusses the costs of mental health problems to the Welsh economy. What was the total cost of mental health problems in the workforce to the UK economy in 2017?

Body clock linked to mood disorders

By James Gallagher. Health and science correspondent, BBC News. 16 May 2018

Disruption to the body's internal clock may put people at increased risk of mood disorders, scientists say.

A clock ticks in nearly every cell of the body. And they change how the tissues work in a daily rhythm. A **Lancet Psychiatry** study of 91,000 people found a disrupted body clock was linked with depression, bipolar disorder and other problems. The Glasgow researchers said it was a warning to societies becoming less in tune with these natural rhythms. Although the study did not look at mobile phone use, Prof Daniel Smith, one of the University of Glasgow researchers, told BBC Radio 4's Today programme that it was "likely" that some of the people in the study who had difficulties might be using social media at night.

"For me absolutely my mobile phone goes off before 22:00 at night and that's it, because obviously we didn't evolve to be looking at screens when we should be sleeping," he said. People in the study wore activity monitors for a week to see how disrupted their clocks were. Those who were highly active at night or inactive during the day were classed as being disrupted. And they were between 6% and 10% more likely to have been diagnosed with a mood disorder than people who had a more typical - active in the day, inactive at night - pattern.

Prof Smith, a psychiatrist, told the BBC: "These are not huge differences. But what is striking is it is pretty robust across lots of interesting outcomes." The study found higher rates of major depression, bipolar disorder, more loneliness, lower happiness, worse reaction times and more mood instability in people with body-clock disruption. However, the study cannot tell if the disruption is causing the mental illness or is just a symptom of it. That will take further work.

The body clock certainly exerts a powerful effect throughout the body. Mood, hormone levels, body temperature and metabolism all fluctuate in a daily 24-hour rhythm. Even the risk of a heart attack soars every morning as the body gets the engine running to start a new day. Prof Smith said: "The study tells us the body clock is really important for mood disorders and should be given greater priority in research and in way we organise societies.

"It wouldn't be too controversial to say we need to reorganise the way we learn and work to be in tune with our natural rhythms." The study used data from the UK's Biobank research project. However, many of the participants were quite old. Dr Aiden Doherty, from the University of Oxford, said: "The study population is not ideal to examine the causes of mental health, given that 75% of disorders start before the age of 24 years." But he added the study showed the way for a similar research in "adolescents and younger adults to help transform our understanding of the causes and consequences, prevention, and treatment of mental health disorders".

Using this article and your own research, what does this article suggest about the power of your body-clock? How do body-clocks work?

INTRODUCTION TO APPROACHES

Within psychology there are several approaches (views) about human behaviour. The approaches make assumptions on the way that humans function, how they should be studied and the methods that should be used when undertaking psychological research. Whilst there may be different theories within the same approach, they will all share the same broad assumptions. We will study the following approaches: Behaviourism; Biological; Cognitive Psychology; Humanism; Psychodynamic; and Social Learning Theory.

TASK 1

You are to create a timeline for the above approaches and also include the work of Wundt.

TASK 2

Complete the introduction to approaches worksheet

ESSAY

TASK 3

You are to write an essay titled "Why I chose to study psychology". This should be no more than 500 words and handwritten.

RESEARCH PROJECT

Conduct your own research into whether people think that behaviour is the product of nature or nurture. The views of at least 10 people should be collected. You can decide how you will do this and your results are to be presented in the form of an information poster. Evidence of the data that you have collected should also be included when you submit your poster.

INTRODUCTION TO APPROACHES

APPROACH	BRIEF OUTLINE
BEHAVIOURISM	
SOCIAL LEARNING THEORY	
COGNITIVE PSYCHOLOGY	
BIOLOGICAL	
PSYCHODYNAMIC	
HUMANISM	



This is Stephen Paddock. I would like you to conduct research into Stephen and briefly outline what he was guilty of. Then complete the table below with a summary of how each approach would explain his behaviour.

APPROACH	EXPLANATION
BEHAVIOURISM	
SLT	
COGNITIVE PSYCHOLOGY	
BIOLOGICAL	
PSYCHODYNAMIC	
HUMANISM	

Which approach do you agree with and why?