

# Definition Slides

# Emotion

= a response of the whole organism, involving (1) physiological arousal, (2) expressive behaviors, and (3) conscious experience.



# James-Lange Theory

= the theory that our experience of emotion is our awareness of our physiological responses to emotion-arousing stimuli.



# Cannon-Bard Theory

= the theory that an emotion-arousing stimulus simultaneously triggers (1) physiological responses and (2) the subjective experience of emotion.



# Two-factor Theory

= the Schachter-Singer theory that to experience emotion one must (1) be physically aroused and (2) cognitively label the arousal.



# Polygraph

= a machine, commonly used in attempts to detect lies, that measure several of the physiological responses accompanying emotion (such as perspiration and cardiovascular and breathing changes).



# Facial Feedback

= the effect of facial expressions on experienced emotions, as when a facial expression of anger or happiness intensifies feelings of anger or happiness.



# Catharsis

= emotional release. The catharsis hypothesis maintains that “releasing’ aggressive energy (through action or fantasy) relieves aggressive urges.



# Feel-Good Do-Good Phenomenon

= people's tendency to be helpful when already in a good mood.



# Well-being

= self-perceived happiness or satisfaction with life. Used along with measures of objective well-being (for example, physical and economic indicators) to evaluate people's quality of life.



# Adaptation-level Phenomenon

= our tendency to form judgments (of sounds, of lights, of income) relative to a neutral level defined by our prior experience.



# Relative Deprivation

= the perception that we are worse off relative to those with whom we compare ourselves.



# Behavioral Medicine

= an interdisciplinary field that integrates behavior and medical knowledge and applies that knowledge to health and disease..



# Health Psychology

= a subfield of psychology that provides psychology's contribution to behavioral medicine.



# Stress

= the process by which we perceive and respond to certain events, called stressors, that we appraise as threatening or challenging.



# General Adaptation Syndrome (GAS)

= Selye's concept of the body's adaptive response to stress in three phases – alarm, resistance, exhaustion.



# Coronary Heart Disease

= the clogging of the vessels that nourish the heart muscle; the leading cause of death in North America.



# Type A

= Friedman and Rosenman's term for competitive, hard-driving, impatient, verbally aggressive, and anger-prone people.



# Type B

= Friedman and Rosenman's term for easygoing, relaxed people.



# Psychophysiological Illness

= literally, “mind-body” illness; any stress-related physical illness, such as hypertension and some headaches.



# Psychoneuroimmunology (PNI)

= the study of how psychological, neural, and endocrine processes together affect the immune system and resulting health.



# Lymphocytes

= the two types of white blood cells that are part of the body's immune system; B lymphocytes form in the bone marrow and release antibodies that fight bacterial infections; T lymphocytes form in the thymus and other lymphatic tissue and attack cancer cells, viruses, and foreign substances.

