

## **What is psychology?**

The mind

Mental (adj)

social psychology

neuropsychology

developmental psychology

personality psychology

clinical psychology

a branch of psychology

an application of psychology

a field

a subfield

mental disorders

diagnosis

treatment

## **Classifying psychology**

To carry out research

A researcher

Process approach

Person approach

To interact

Interaction (n.)

Cognitive process

To develop

Development (n.)

Boundaries (limits, confines)

## **Mental disorders – key words**

A disorder (a problem or illness which affects someone's mind or body)

To be depressed (adj.)

To suffer from depression (n.)

To be anxious (adj.)

Anxiety (n.)

To experience a mental illness

To be healthy

To have good health

To last a (long) time

To be diagnosed

To make a diagnosis

To analyse data

To have a personality trait (characteristic)

To grow up in a well-off (rich, wealthy) family

To take part in a survey (on mental health)

To carry out a survey

Well-being (state of physical or mental health)

A random mix of population (casual, arbitrary)

Stigma (prejudice)

An epidemiologist (a person who studies or is an expert in the branch of medicine which deals with the incidence, distribution, and possible control of diseases).

peer (someone who is an equal, based on age, education, status, training or some other features).

## **Internet addiction.**

Social networking

To have a sense of belonging

To belong (v.)

To raise a concern (to raise a worry/preoccupation about something)

To have a detrimental effect on (a bad, negative result on)

To be addicted to something

To be an addict (person)

To suffer from an addiction (n.)

To impact negatively on (to have a negative influence on)

To be lonely

To suffer from loneliness

To miss out on something (fail to get an opportunity to do something)

To snub someone (ignore someone)

To feel an urge to do something (to strongly desire to do something, you cannot resist)

To ban (to prohibit)

To be treated for (an addiction)

To get treatment for (an addiction)

Cognitive behavioural therapy (talk [therapy](#) designed to help people change the way they think and behave)

## **Language and learning**

To acquire (a language)

Acquisition (n.)

Cognitive development

To grasp a concept (to understand)

To construct meaning

To negotiate meaning

To be brought up in society (raised and educated)

To master a new skill (learn to do it very well)

Scaffolding (support and guidance from an adult or peer)

Zone of proximal development (the difference between what a learner can do without help and what he can't do)

An environment (everything which surrounds us)

To accommodate (to make something fit, suitable, to change or modify)

To make a contribution to something

A goal (an aim or objective)

To achieve a goal (to obtain a goal)

## **Myths of mental disorders**

To have an attitude (to something)

To have a prejudice (about something)

To have a misconception (about something)

To have an illusion about something (a false idea or belief)

A mood (a temporary state of mind or feeling)

To be in a good mood

To be in a bad mood

Psychosis (a severe mental disorder in which thought and emotions are so impaired that contact is lost with external reality).

To have a delusion (an idiosyncratic belief or impression maintained despite being contradicted by reality or rational argument, typically as a symptom of mental disorder)

To be delusional (adj.)

Advances in (progress in)

### **Modern Addictions**

To be addicted to

To have an addiction to

To be an addict

To have addictive behaviour

To have a compulsion

To be compulsive

To tolerate

Tolerance of (n.)

To have withdrawal symptoms

To relapse to a previous negative behaviour

To be rehabilitated

To go to a rehabilitation centre