

MASTER INTRODUCTORY
PSYCHOLOGY
Complete Edition



Michael Corayer

Find explanations and examples of all of these key terms and more here:

[Master Introductory Psychology: Complete Edition](#)

Stress and Health – Key Terms

health psychology

etiology

epidemiology

retrospective studies

prospective studies

longitudinal research

Walter Cannon

voodoo death / psychophysiological death

psychogenic illness

psychosomatic illness

psychoneuroimmunology

fight or flight response

stressor

stress response

social readjustment rating scale

chronic stressor

environmental stressor

tend and befriend response

HPA axis

hypothalamus

pituitary gland

adrenal glands

corticotropin releasing hormone (CRH)

adrenocorticotrophic hormone (ACTH)

catecholamines

epinephrine

norepinephrine

glucocorticoids

cortisol

homeostasis

allostasis

Hans Selye

peptic ulcer

General Adaptation Syndrome (GAS)

Alarm, Resistance, Exhaustion

immune system

lymphocytes

T-cells, B-cells

macrophages

natural killer cells

autoimmune disorder

telomeres

Helicobacter pylori

Type-A behavior pattern

Type-B behavior pattern

cardiovascular disease

atherosclerosis / arteriosclerosis

perceived control

primary appraisal

secondary appraisal

Martin Seligman

learned helplessness

social hierarchy

socioeconomic status (SES)

John Henryism

cognitive flexibility

self-serving bias

post-traumatic stress disorder (PTSD)

hardiness

resilience

post-traumatic growth

reappraisal

focusing

compensatory self-improvement

appraisal-focused coping

problem-focused coping

emotion-focused coping

biofeedback

relaxation response

neurogenesis

endorphins

social support

social capital

faith factor

positive psychology

subjective well-being

optimism

pessimism

happiness set-point

diminishing returns

adaptation level phenomenon / hedonic treadmill

relative deprivation

upward comparison

downward comparison

gratitude

You can find explanations, examples, and memory tips for these terms and more in [Master Introductory Psychology: Complete Edition](#). This comprehensive 478 page guide breaks down all the key concepts in psychology so you can explore this fascinating field easily and on your own. Whether you're studying for AP psychology, IB psychology, a college course, or you just want to better understand the world of psychology, this book has what you need.

Master Introductory Psychology is also available as a series of 4 books in ebook and print format.

[Volume 1](#)

History & Approaches, Research Methods, Biological Bases of Behaviors, Sensation & Perception

[Volume 2](#)

Learning, Memory, Language & Cognition, States of Consciousness

[Volume 3](#)

Intelligence, Personality, Motivation & Emotion, Development

[Volume 4](#)

Social Psychology, Stress & Health, Psychological Disorders (up-to-date for DSM-5), Treatment