



2024 RELEASE NOTES

McGraw Hill GO

- New and Updated Content -

Feldman, *Psychology and Your Life with P.O.W.E.R. Learning*

READING CONTENT

Chapter	Content Changes
Chapter 1. Introduction to Psychology	<ul style="list-style-type: none">• Added new Prologue and Epilogue about the psychological implications of the Maui wildfires• Changed “Environmental Psychology” term to “Climate and Environmental Psychology,” and modified definition to emphasize work of<ul style="list-style-type: none">• psychologists on climate change issues• Added diversity science to the expanding boundaries of psychology’s scope• Defined and described diversity science• Added new statistics on the number of psychologists• Added a new section on issues of diversity in the field of psychology• Added new statistics on racial and gender composition of the field of psychology• Added discussion of the limitations experienced by women psychologists, including lack of access to publishing and grants<ul style="list-style-type: none">• Added discussion of women’s challenges exacerbated by the pandemic• Added new figure on workforce demographics and race/ethnicity• Added discussion of the dominance of U.S. researchers and its drawbacks• Added reference to ancient Chinese precursors of psychological concepts• Added Mamie Phipps Clark in history of women in early years of psychology• Added a new section on history of psychology and people of color• Added discussion of prejudice and discrimination in early psychology• Added discussion of the APA apology to people of color for past racism of the field and its pledge to aid in dismantling systemic racism and ending health disparities• Added discussion of social media as an example of a newer pool of data that can be used for archival research and the privacy concerns its use may introduce• Added discussion of flaws in survey research introduced by social pressure• Added an example of flawed surveys in underestimation of Trump support before the 2016 presidential election• Introduced and described ethnographic research, including its advantages and disadvantages• Added discussion of the Hispanic cultural practice of holding a <i>quinceañera when a girl reaches the age of 15</i>

	<ul style="list-style-type: none"> • Expanded discussion of advantages and disadvantages of using WEIRD research participants • Added coverage concerning the importance of gender, racial, and ethnic diversity in psychological research • Discussed use of placebos in development of COVID-19 vaccines
Chapter 2. Neuroscience and Behavior	<ul style="list-style-type: none"> • Added new Prologue and Epilogue on person whose spinal cord was severed in an accident but whose condition improved with a computer chip implant • Revised section on mirror neurons, emphasizing the role of imitation and removing references to higher-order interpretation of others' behavior • Added discussion of dopamine production associated with online gaming and social media • Updated description of Neuropixels research methodology • Updated section on human diversity and the brain, including origins of differences • Added discussion of women's brains to explain that they are more interconnected than men's brains, perhaps leading to differences in multitasking capabilities • Added discussion of the limitations of neuroscience studies that don't take race and ethnicity into account • Added a new Speaking of Success student profile • Removed designation of pituitary gland as the "master" gland
Chapter 3. Sensation and Perception	<ul style="list-style-type: none"> • Added a new Prologue and Epilogue on a person who lost their sense of smell • Added discussion of the regeneration of olfactory cells after damage and changes related to age • Clarified definition of nondigital camera • Added discussion of pheromones and emotional responses • Added discussion of sensitivity of sense of smell in nonhumans, including the use of dogs to identify COVID cases in humans • Replaced sympathetic dystrophy syndrome with Complex Regional Pain Syndrome • Added new definition of chronic pain • Added new statistics on the cost of chronic pain • Added discussion of racial and ethnic disparities in treatment of pain • Added discussion of peripheral-nerve stimulation as an example of nerve and brain stimulation • Discussed acupuncture as a means of pain relief • Discussed virtual reality therapy as a pain relief treatment • Added discussion of similarities across cultures in identification of constellation of stars • Clarified the example of a batter's success in hitting a pitched ball • Clarified description of depth perception cultural differences

Chapter 4. States of Consciousness

- Added new Prologue and Epilogue on surgical treatment of addiction
- Compared the experience of consciousness across cultures
- Added discussion of different brain wave patterns in different types of daydreaming
- Added discussion of racial, ethnic, and cross-cultural differences in sleep quantity
- Added example of the use of Guatemalan worry dolls to encourage better sleep
- Added new delineation of four reasons why we sleep
- Added discussion of evolutionary evidence for the importance of sleep in organisms lacking a brain
- Discussed health problems associated with excessive sleep
- Discussed changes in sleeping patterns during COVID pandemic
- Added new figure on racial disparities in sleep
- Added discussion of racial disparities exacerbated during the COVID pandemic
- Added discussion of sleep duration and quality in underdeveloped countries and among low-income populations
- Added discussion of the impact of short- and long-term sleep deficits
- Added discussion of the increase in nightmares related to the pandemic and during times of racial protest
- Added discussion of the increase in emotional dreams of those most affected by the pandemic
- Noted the percentage of emotion-laden words in Brazilian dream study
- Added new figure outlining common themes of people's dreams during the COVID pandemic
- Added discussion of the ability of dreams to erase erroneous connections between pieces of information
- Added discussion of age and gender differences in insomnia
- Discussed the association between long-term COVID and sleep disorders
- Discussed gender and racial differences in incidence of sleep apnea
- Added discussion of sudden unexpected infant death (SUID)
- Clarified the importance of exercise for better quality sleep
- Discussed the relationship between room temperature and quality sleep
- Included information on the new website for American Academy of Sleep Medicine
- Added new Rethink question on racial inequities in sleep duration and depth
- Added discussion of phone-based meditation apps
- Added statistics on the use of meditation in the United States and worldwide
- Introduced the concept of the dybbuk as an example of altered states of consciousness
- Added survey data on altered states of consciousness through trance states across cultures
- Added discussion of Western practices that reflect a search for altered states of consciousness such as meditation, use of unprescribed drugs, and extreme exercise
- Added new statistics on pharmaceutical and illegal drug use and alcohol use
- Added new term: biological drug dependence
- Added new description of bath salts
- Discussed gender differences in binge drinking and clarified definition of binge drinking

	<ul style="list-style-type: none"> • Added discussion of cultural and ethnic differences in alcohol consumption • Added new statistics on opiate and opioid use • Added discussion of opioid deaths, noting that they have reached the highest level ever recorded • Discussed racial disparities in opioid use and overdoses • Added data on potency of new opioids • Added discussion of drug and alcohol addiction during COVID pandemic • Added new statistics on marijuana use in high school and middle school • Updated information on the legalization of marijuana in some states • Added discussion of the use of LSD and other hallucinogens as treatment for psychological disorders • Updated signs of drug abuse • Included U.S. Substance Abuse and Mental Health Services Administration as a resource to get help with drug abuse or dependency
<p>Chapter 5. Learning</p>	<ul style="list-style-type: none"> • Added new Prologue and Epilogue on reinforcement of good driving skills to save money • Added discussion of the concerns about the extent and depth of condition of Little Albert • Added discussion of classical conditioning as an explanation for why drug addictions are difficult to treat • Added discussion of racism as sustained by classical conditioning processes • Refined example of negative reinforcement relating to application of ointment • Refined discussion of shaping as exemplified by textbooks • Added statistics on violence on television • Added study of online encounters of groups with diverging viewpoints as associated with increased likelihood of actual real-world aggression • Refined conclusions about the negative consequences of viewing violent video games
<p>Chapter 6. Thinking: Memory, Cognition, and Language</p>	<ul style="list-style-type: none"> • Added new Prologue and Epilogue on thought-reading using brain scanning • Discussed tip-of-the-tongue phenomenon as only a partial failure of recall • Added new example of smell of sunscreen evoking beach vacations • Discussed COVID-related school shutdowns as flashbulb moments • Discussed cultural differences in memory recall • Discussed taking different language courses as an example of interference • Refined description of claims that memory enhancers are effective in cases of memory impairment such as Alzheimer’s disease • Added discussion of cultural differences in prototypes • Added example of concepts and prototypes perpetuating discrimination • Added discussion of inaccurate evaluation of solutions • Added description of confirmation bias and reasons for its occurrence

	<ul style="list-style-type: none"> • Added discussion of critical period for learning a second language • Used the term <i>Inuit</i> rather than <i>Eskimo</i> • Added statistics on the number of school-aged children who speak a language other than English at home • Removed bilingual education versus immersion discussion • Removed figure comparing gray matter in bilingual and monolingual adults
<p>Chapter 7: Motivation and Emotion</p>	<ul style="list-style-type: none"> • Added new Prologue and Epilogue on an individual with Down syndrome in an Ironman competition • Refined sensation-seeking questionnaire • Added boredom as a reason for seeking stimulation • Added discussion of the effects of challenge and hindrance stressors on motivation in the workplace • Discussed predominance of hindrance stressors during the pandemic • Clarified the requirement of meeting all prior sets of needs before moving to higher-level needs according to Maslow • Refined critical thinking/review question on intrinsic and extrinsic motivation • Added new vignette on the relationship between eating and emotional needs • Added new statistics on obesity prevalence • Added discussion of changes in metabolism during the life span • Discussed social factors affecting eating behavior • Discussed obesity and systemic racism • Clarified prevalence of anorexia in males • Added new statistics on prevalence of eating disorders • Clarified prevalence of eating disorders across all socioeconomic levels • Added discussion of increase in prevalence of eating disorders due to the pandemic • Removed figure showing brain differences in individuals with bulimia • Added discussion of TikTok algorithms that expose users to weight-loss videos • Discussed social media as a cause of eating disorders • Updated contact information to find eating disorder support • Added techniques for losing weight, such as having a plan with clear objectives • Clarified prior associations and sexual arousal • Updated definition of masturbation • Discussed pandemic-related increases in masturbation • Discussed gender differences in masturbation • Clarified terminology for sex outside of marriage • Clarified the double standard for sex outside of marriage • Added statistics on the acceptability of cohabitation • Added new figure on attitudes toward sex outside of marriage • Discussed cultural differences in attitudes toward sex outside of marriage

	<ul style="list-style-type: none"> • Revised description of sexual orientation • Revised definition of homosexuality • Revised definition of bisexuality • Updated statistics on gay, lesbian, and bisexual populations • Added discussion of hormonal exposure and sexuality • Defined <i>gender-fluid</i> • Added statistics on transgender population • Discussed the increase in self-identification as transgender • Added discussion of the politicization of transgender issues • Clarified definition of intersex • Acknowledged critics of TAT testing • Removed discussion of positron emission tomography brain scans • Added research on heterogeneity in the way faces express emotion
<p>Chapter 8: Development</p>	<ul style="list-style-type: none"> • Added new Prologue and Epilogue about an athlete in late adulthood • Revised list of characteristics most affected by heredity • Added Aaron Judge example • Refined description of the embryonic and fetal periods of development • Added term <i>sickle-cell disease</i> • Added new statistics on sickle-cell anemia • Added discussion of COVID-19 food supply chain disruptions in low- and middle-income countries • Added discussion of the impact of a mother’s emotional state on fetal development • Added discussion of neonatal abstinence syndrome • Added discussion on the increase in neonatal addiction due to the opioid crisis • Added information on the prevalence of fetal alcohol syndrome disorder • Added discussion of cultural factors affecting children’s style of play • Added statistics on child-care arrangements • Added new vignette reflecting adolescent anxieties • Changed age for when puberty begins in girls • Added discussion of challenges associated with early and late maturation • Added new statistics on suicide prevalence • Changed terminology of “committing suicide” to “death by suicide” • Added discussion of race, ethnicity, and suicide • Added new figure on suicide rates by race and ethnicity • Discussed COVID-19 and increases in suicidal thoughts • Included additional signs of possible suicide • Added information about 988, the national suicide prevention hotline

	<ul style="list-style-type: none"> • Refined description of emerging adulthood • Updated description of the typical Western fairy tale • Updated statistics on divorce • Updated statistics on single-parent households • Revised discussion of the second shift • Included physical stimulation as a key to maintaining cognitive skills • Added comparison of feelings of loneliness associated with younger and older individuals • Refined discussion of bargaining as a stage of death • Added new Speaking of Success highlight
Chapter 9. Personality and Individual Differences	<ul style="list-style-type: none"> • Added new Prologue and Epilogue on imposter Anna Chapman • Refined language in Figure 3 on defense mechanisms • Revised example of mother archetype of Mother Earth • Revised example of archetypes to include <i>Star Wars</i> • Added critique of Eysenck’s research • Included Gandhi as an example of humanistic virtuousness • Refined description of police department’s testing of impulse control during hiring • Added Frank Gehry as an example of spatial intelligence • Added LeBron James as an example of bodily kinesthetic intelligence • Added Katherine Johnson as an example of logical-mathematical intelligence • Added Michelle Obama as an example of intrapersonal intelligence • Added Tony Morrison as an example of linguistic intelligence • Revised description of emotional intelligence • Added discussion of success and emotional intelligence • Added discussion of the decline of emotional intelligence during COVID pandemic • Added discussion of the political controversy around teaching emotional intelligence in school • Added new terminology for computer-administered tests • Added the digital SAT and GRE as examples of computer-administered testing • Added discussion of the prevalence of intellectual disability • Explained problems with “mental retardation” terminology • Added discussion of the prevalence of fetal alcohol spectrum disorder • Revised description of Down syndrome • Added discussion of systemic racism and IQ testing
Chapter 10. Psychological Disorders	<ul style="list-style-type: none"> • Added new Prologue and Epilogue about a person experiencing hallucinations • Revised terminology from “schizophrenia” to “schizophrenia spectrum disorder” • Added discussion of relationship between psychological disorders and socioeconomic factors

	<ul style="list-style-type: none"> • Added data on prevalence of mental illness among the homeless • Added discussion of increase in reports of psychological disorders during the COVID pandemic • Added new figure on the impact of the coronavirus pandemic on perceptions of mental health • Added discussion of publication of <i>DSM-5_TR</i> • Updated definition of xenophobia • Removed figure of brain activation in people with panic disorder • Added discussion of the increased prevalence of depression around the world • Introduced the term <i>postpartum depression</i> • Updated description of biological explanations of schizophrenia spectrum disorder • Removed figure showing brain activity in prefrontal cortex for individuals with schizophrenia • Discussed trauma as a cause of borderline personality disorder • Added new statistics on incidence of autism • Added discussion of gender differences in autism prevalence • Added discussion of new <i>DSM</i> disorder of prolonged grief disorder • Added new statistics on college students and psychological difficulties • Added new figure on the top problems of students visiting college counseling centers • Added discussion of the government panel recommendation for routine anxiety screenings • Added information on 988 as a resource for those considering self-harm
<p>Chapter 11. Treatment of Psychological Disorders</p>	<ul style="list-style-type: none"> • Added new Prologue and Epilogue on personalized deep brain stimulation treatment for depression • Added statistics on the prevalence of seeking treatment • Clarified diversity of psychotherapy approaches • Included <i>shanti</i> an example of a focus word to use when relaxing • Refined learning outcomes in multiple modules • Clarified that therapists view client insights as central to the therapeutic process • Added new research on group therapy involving doses of psychedelic drugs • Added discussion of the effectiveness of online therapy • Added statistics on the use of online therapy during the COVID pandemic • Removed discussion of ketamine and glutamate • Added statistics on consumer spending for antidepressant drugs • Added statistics on the use of antidepressant drugs and their inclusion in popular media • Added discussion of high rates of antidepressant use for women over 60 • Added discussion of side effects of Prozac • Expanded section on electroconvulsive therapy to include newer brain stimulation techniques • Revised definition of electroconvulsive therapy and clarified description of how it is used • Revised description of the use of deep brain stimulation • Updated statistics on psychological disorders among the homeless population

	<ul style="list-style-type: none"> • Added discussion of the use of emergency rooms to provide mental health care • Added discussion of the lack of adequate mental health care as a worldwide problem • Added statistics on access to mental health care by low-, middle-, and high-income countries • Added discussion around why mental health treatment is inaccessible to many • Included information on the 988 suicide and crisis lifeline as a resource for those with mental health needs
<p>Chapter 12. Social Psychology</p>	<ul style="list-style-type: none"> • Added new Prologue and Epilogue on medical volunteers during the war in Ukraine • Added new examples of influencers in social media (Awkwafina, SpongeBob SquarePants) • Revised definition of attitudes • Added new examples of the range of attitudes people hold about objects, ideas, behavior, and other people • Updated discussion of physical attractiveness and persuasion • Added discussion of the effectiveness of personal stories in persuading individuals to get the COVID vaccine • Added discussion of the likelihood of being persuaded by someone who shares a personal or social identity with you • Added discussion of the effectiveness of fear-producing messages • Introduced the term <i>reactance</i> • Clarified the relationship between IQ and persuasion • Added discussion of similarities in the process of forming impressions across cultures • Removed Exploring Diversity section on fundamental attribution error • Removed Conformity to Social Roles section • Clarified that stereotypes remain in spite of progress toward reducing legally sanctioned forms of prejudice • Added discussion of subtle discriminatory behavior • Added discussion of newspaper articles that overrepresent Black and Hispanic individuals in association with low-skills jobs, crime, and poverty • Clarified the role of inaccurate portrayals of individuals in feeding unfavorable stereotypes • Discussed the decline of some types of implicit bias • Discussed the increase of implicit bias toward people who are overweight • Included Black Lives Matter and George Floyd's death as incidents that may affect societal views toward racism • Added new figure showing that implicit bias favoring straight and White people declined from 2007 to 2016 • Introduced examples related to newer social media platforms • Discussed social media as a means for self-documentation and self-expression as well as news and academic interaction • Clarified how spending time on social media can affect in-person interactions • Added new statistics on gender and qualities preferred in mates • Removed figure on factors influencing choice in marriage partner in the United States • Updated figure on likelihood of meeting a partner online • Included prosocial examples of human behavior

- Expanded discussion of microaggressions
- Added discussion of the Uvalde, Texas, shooting as an example readers can use to interpret aggression
- Discussed benefits of prosocial behavior for mental health and well-being, physical wellness, and connection
- Revised definition of altruism and included new example of altruistic behavior
- Added new learning outcome related to the impact of the COVID pandemic on stress, coping, and well-being
- Added a vignette describing a mother's experience learning about a shooting at her daughter's elementary school
- Added discussion of the greater impact negative events have on stress in comparison to positive events
- Revised statistics on PTSD and suicide among soldiers returning from Iraq and Afghanistan wars
- Discussed the relationship between PTSD and child abuse and rape
- Added statistics on rates of PTSD in China after a major earthquake
- Relationship between uplifts and well-being among people diagnosed with major depression
- Removed figure on the most common everyday hassles and uplifts
- Added stress as an impetus for positive behavior change
- Removed discussion on posttraumatic growth
- Removed discussion on social support and stress
- Added a new vignette on the psychological impact of COVID-19
- Added a new section on stress and the pandemic
- Added new figure on reactions to COVID
- Added discussion of the rise in hate crimes during COVID
- Added information on the associations between race and COVID death rates
- Added a new figure on the disproportional impact of the pandemic on Hispanic, Black, and Asian adults
- Added discussion of stress experienced by parents during COVID
- Added a new section on the pandemic and mental health
- Added statistics on anxiety and depression rates in the United States and worldwide during COVID
- Added discussion of the American Academy of Pediatrics and its declaration of a state of emergency regarding child and adolescent mental health during COVID
- Discussed the prevalence of psychological distress among college students during COVID
- Added new section on the language of diversity
- Added new section on culture
- Added new section on collectivism and individualism
- Added new section on how people view themselves within a culture
- Added new material on the cultural aspects of violence
- Added new material on immigrants and immigration
- Added a new *Becoming an Informed Consumer of Psychology* feature on reducing war, promoting, peace, and creating a just world

GENERAL NOTES

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