Homework

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**Summary 1**

Author: Christian Nordqvist

Title: What is psychology and what does it involve?

Source: Medical News Today

Date of publication: 1-02-2018

The article generally explains about psychology and its branches. According to the author human mind is extremely complex and it is therefore, it is very difficult to understand any mental disorder because these disorders are not visible physically. The author described various branches of psychology that include clinical psychology, developmental psychology, Forensic, evolutionary psychology, and social, health psychology. This article is very useful for beginners that are interested in the field of psychology as it provides a complete guide about branches of psychology that correlate to multiple career options also how vast this field is (Nordqvist, 2018).

**Summary 2**

Author: Adler, A.

Title: Individual psychology. The Journal of Abnormal and Social Psychology

Source: Google Scholar

Date of publication: 1987

In this paper, the author provides a complete guide about how every person is different and how the perspective of every person is different from others. He argued that humans are always striving to achieve superiority especially children having any disability or spoiled children. This desperation to achieve superiority leads an individual to involve in criminal activities or making decisions that have serious consequences. However, modern psychology and education can help an individual to cope with the inferiority complex. The best thing about this paper is that it focuses more on individuality because traditionally in psychology same old methods and theories are applied to every person which is wrong as every person is different and their thought process is also different. It is therefore important to analyze the person and then help them according to their psychological needs.

**Summary 3**

Author: Elizabeth Whittaker & Robin M. Kowalski

Title: Cyberbullying Via Social Media

Source: Google Scholar

Date of publication: 25-09-2014

In this paper, the author discussed one of the major issues prevailing in our society that is cyberbullying and how to prevent it. Generally, most of the cyberbullying is done on a social media platform and people of every age group or any social status are targeted. The author conducted a survey using different college students to determine the methods used for cyberbullying and the result showed that texting and social media is the platform used for cyberbullying. This paper provides an insight into how the misuse of social media platforms leads to cyberbullying and how it affects people of every age group (Whittaker & Kowalski, 2015).

**Summary 4**

Author: James and William M

Title: Exposure to Violence in Young Inner-City Adolescents: Relationships with Suicidal Ideation, Depression, and PTSD Symptomatology

Source: Google Scholar

Date of publication: 11-02-1999

In this paper, the author discussed the effects of violence exposure on the health of children and adolescents. Many pieces of research have shown that exposure to violence in early childhood can cause severe mental issues like depression, post-traumatic stress disorder, etc. These children also develop suicidal tendencies when they grew up. The author further used different methods like the Reynolds Adolescent Depression Scale (RADS) to evaluate the symptoms of depression among adolescents. This paper helps a lot in understanding how violence can leave a long-term impact on the human brain (Mazza & Reynolds, 1999).

**Summary 5**

Author: Lydia Fehm

Title: Performance anxiety in gifted adolescent musicians

Source: Google Scholar

Date of publication: 1-11-2004

In this paper, the author focused on the performance anxiety that can negatively affect and individual mental health especially children. Performance anxiety is a major issue that music students face. For this purpose, the author conducted a study in which he explored the performance anxiety in adolescents attending German music school. The results showed that one-third of the students were handicapped by their anxiety and students asked their teachers to help them cope up with the anxiety. The paper is very useful for students who wanted to pursue music education (Fehm & Schmidt, 2006).

**Summary 6**

Author: Thomas L. Sexton

Title: Functional Family Therapy

Source: Google Scholar

Date of publication: 20-11-2017

In this paper, the author explained the functional family therapy and its importance. The author discussed that FFT is an evidence-based treatment program that helps in treating several problems such as drug abuse, mental health and, etc. that affects children and their families. This paper is very helpful for the families that are considering to take therapy as it provides an insight into one of the most famous therapy that could help them solve their family issues (Sexton, 2017).

**Summary 7**

Author: Michael W

Title: Can Postpartum Depression Be Predicted?

Source: Google Scholar

Date of publication: 11-03-2014

In this paper, the author discusses the postpartum depression that many women face. This depression can have a serious effect on the health of both the mother and her newborn. The author explained that depression can occur during pregnancies and can last months after giving birth. This paper helps a lot in understanding different factors that are the main cause of depression such as social factors, obstetric factors, endocrine factors, etc. This paper is recommended to all the women that are expecting as this can help them to figure out whether they have symptoms of depression or not and how they can prevent it (C. P, 2004).

**Summary 8**

Author: Maguire, P., Faulkner, A., Booth, K., Elliott, C., & Hillier, V.

Title: Helping cancer patients disclose their concerns.

Source: Google Scholar

Date of publication: 1996

In this paper, the author focuses on the issue that health care professionals often face that is their hesitation in enquiring about the concerns and feelings of their patients. In this paper, the focus was on cancer patients. The author used a health professional that was attending a workshop to interview the patients about the problems they were facing regarding their treatment and health. This helps health professional in understanding the condition of a patient. The paper is very helpful in understanding about how listening to the concerns of patients can help the patients cope with their depression and trusting their doctors (Maguire & Hillier, 1996).

**Summary 9**

Author: David Spiegal

Title: Health Caring (Psychological support for patients with cancer)

Source: Google Scholar

Date of publication: 1994

In this paper, the author discussed how different psychosocial treatments can help patients suffering from cancer. The author explained that the reason for these therapies is to help the people cope up with the depression they have after discovering about the disease and also during their treatments. This paper provides complete information about different methods that can provide psychosocial support to the patients suffering from cancer (Spiegel, 1994).

**Summary 10**

Author: Speaks, A

Title: What is autism?

Source: Google Scholar

Date of publication: 17-11-2011

In this article, the author discussed the disease known as autism. A disease that causes extreme difficulty for children in interacting and communicating with others. This disease can affect any child and there is no cure for this disease. He also explained about the ways that can help the children having autism that include early age therapies, initiating a conversation with the child during routine activities and create opportunities that will help the child in interacting with other people within the community. This article helps in understanding the general concept of autism and how to treat a child that has autism (Speaks, 2011).

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