

# CONTENTS

How to use this book  
The A2 examination  
Revision techniques  
Introduction

- CHAPTER **1** Biological rhythms and sleep **1**
- CHAPTER **2** Perception **23**
- CHAPTER **3** Relationships **41**
- CHAPTER **4** Aggression **59**
- CHAPTER **5** Eating behaviour **77**
- CHAPTER **6** Gender **97**
- CHAPTER **7** Intelligence and learning **115**
- CHAPTER **8** Cognition and development **139**
- CHAPTER **9** Psychopathology: Schizophrenia **161**
- CHAPTER **10** Psychopathology: Depression **175**
- CHAPTER **11** Psychopathology: Phobic disorders **189**
- CHAPTER **12** Psychopathology: Obsessive-compulsive disorder **203**
- CHAPTER **13** Media psychology **217**
- CHAPTER **14** The psychology of addictive behaviour **237**
- CHAPTER **15** Anomalistic psychology **257**
- CHAPTER **16** Psychological research and scientific method **275**

References  
Index