

Abigail Raybould

PSY101

Professor Maret

October 9, 2020

## Short Answers

### Chapter 4

15. Night terrors are a type of parasomnia, which is “a catchall term for unusual behaviors that people experience prior to falling asleep, while asleep, or during the arousal period between sleep and wakefulness.” Some symptoms of night terrors may include, “screaming, flailing, or kicking.” According to WebMD, there is no official treatment for night terrors, but children tend to grow out of it as they get older.

19. According to the Eunice Kennedy Shriver National Institute of Child Health and Human Development, there are a couple of ways to reduce the risk of SIDS. Examples include, placing a baby on their back to sleep, using a firm mattress, breastfeeding your baby, share a room with your baby, and “Avoid smoking, drinking alcohol, and using marijuana or illegal drugs during pregnancy or after the baby is born.

20. It is hard to quit smoking because all smoking “equipment” such as joles, cigarettes, and pipes, contain at least some amount of nicotine. Teen.smokefree states that when you stop smoking, “the nicotine level in your bloodstream drops, which may cause unpleasant feelings, physical symptoms, and strong urges to vape.” Not only that, but especially in our current generation, kids are becoming very stressed, anxious, and depressed. When someone is feeling like that, the impulsivity level can rise and can cause kids to smoke or vape.

## Chapter 6

46. B.F. Skinner came up with the theory of operant conditioning, which is a “behavioral modification seeks to change or shape behavior through a set of stimuli and response actions.”

According to the Foundations Recovery Network, “Skinner believed that there were three types of responses: neutral, reinforcing and punishing. Neutral responses, of course, were not positive or negative. Reinforcing responses, on the other hand, were considered to be positive while punishing responses were thought to be negative.”

49. Negative punishment is the idea to show children that there are consequences to their actions. For example, a child talking back to their parent will result in punishment, like no electronics, or taking away a toy. Positive punishment on the other hand, is after the action is made, the child immediately learns the consequence. For example, a child touching a hot stove will result in a burn and will feel pain.

55. Observational learning is learning through observing others. If a child sees his mother cutting paper with scissors and she cuts herself because she was holding scissors incorrectly, the child learns not to hold scissors that way.

## Works Cited

Ambardekar, N. (2019, November 16). *Night Terrors*. <https://www.webmd.com/sleep-disorders/night-terrors>

Eunice Kennedy Shriver National Institute of Child Health and Human Development. (2019, January 9). *How can I reduce the risk of SIDS?*  
<https://www.nichd.nih.gov/health/topics/sids/conditioninfo/reduce>

Foundations Recovery Network. (2020). *Behavior Modification*.  
<https://dualdiagnosis.org/treatment-therapies-for-dual-diagnosis-patients/behavioral-modification/>

Pacheco, D. (2020, October 2). *Night Terrors*. <https://www.sleepfoundation.org/night-terrors>.

Pacheco, D. (2020, October 2). *Parasomnias*. <https://www.sleepfoundation.org/parasomnias>.

Smoke Free Teen. *Vaping Addiction and Nicotine Withdrawal*. <https://teen.smokefree.gov/quit-vaping/vaping-addiction-nicotine-withdrawal>