

TRIAL EVENT: MIND MATTERS B/C

1. DESCRIPTION: Participants will be assessed on their understanding of the scientific study and branches of psychology, disorders, and their impact on populations or groups of people.

A TEAM OF UP TO: 2

APPROXIMATE TIME: 50 minutes

2. EVENT PARAMETERS:

Each team may bring one 8.5" x 11" sheet of paper, which may be in a sheet protector sealed by tape or laminated, that may contain information on both sides in any form and from any source without any annotations or labels affixed.

3. THE COMPETITION:

a. This event focuses on topics related to psychology and its impact on society. Each part should count approximately equally towards a team's final score.

b. Topics will include the following:

i. BACKGROUND AND GENERAL INFORMATION

- (1) Understand the interdisciplinary themes that cut across different fields in its application to real-world scenarios within psychology, including but not limited to the biopsychosocial approach, gender, and cultural psychology.
- (2) Understand psychological research methods and statistical measurements, including but not limited to methodologies used in psychology and their purpose, statistical tools for causation/correlation, and data significance from observational/experimental studies
- (3) Understand the history of psychology, including notable psychologists, concepts, and experiments, including but not limited to the Halo Effect, Bystander Effect, Stanford Prison Experiment, Bodo Doll Experiment, and Little Albert Experiment

ii. CLINICAL, COUNSELING, AND HEALTH PSYCHOLOGY

- (1) Accurately diagnosing illnesses, their contributing factors, symptoms, and related conditions including but not limited to depression, PTSD, and anxiety
- (2) Accurately diagnosing and treating depression, PTSD, and anxiety including but not limited to medication, types of therapy, and self-care
- (3) Understand the types of therapy and when and why they are used
- (4) Understand methods of treatment, including but not limited to medications
- (5) Understand ways to effectively receive and provide help

iii. NEUROCOGNITIVE PSYCHOLOGY

- (1) Understand the structure and functions of neural pathways and different brain regions, including but not limited to the cortex, hippocampus, and amygdala.

- (2) Understand the impact of brain damage or dysfunction on cognition and behavior, including but not limited to aphasia, agnosia, neurodevelopmental disorders, and neurodegenerative diseases.
- (3) Understand how cognitive functions are supported by neural mechanisms, including but not limited to memory systems, attention, and language.

iv. SOCIAL AND DEVELOPMENTAL PSYCHOLOGY

- (1) Understand common concepts of social psychology, including but not limited to the Attribution Theory, Social Cognitive Learning Theory, and prosocial and antisocial relations and methods of persuasion.
- (2) Understand notable theories about cognitive development, including but not limited to Piaget's stages of cognitive development and Vygotsky's sociocultural theory and how children's thinking abilities evolve.
- (3) Understand the development of emotional regulation, expression, morals, and cognition across different age groups.
- (4) Understand aspects of moral development and identity formation and how it changes over time, including but not limited to Kohlberg's stages of moral development theory and Erikson's psychosocial stages.
- (5) Understand the relational foundations of human development, including but not limited to the Attachment Theory and the influence of family and ecological dynamics throughout childhood.

4. **SCORING:**

- a. Highest score wins. Selected questions may be used as tiebreakers.
- b. Points will be assigned to the various questions and problems.