

**Study Guide 3**

**\*Your exam will have 50 MC questions and covers chapters 10, 11, 12, and 13**

- Be familiar with some of the body systems that control body fat and weight gain

**Motives to Eat**

**Set Point:** genetically influenced weight range that you will stay in when not trying to gain or lose weight

-Varies about 10% in either direction (set point of 150 pounds could weigh 135-165)

-Basal Metabolism: rate at which body burns calories, fixed number of fat cells.

-Debate: psychological factors contribute to hunger or eating behavior and physical changes can alter out set point.

-Hormones also influence set point

-Heritability of set point is .4 to .7 in twin studies

**Controlling our eating**

**Brain is #1 organ in determining hunger:** these hormones/chemicals communicate with the hypothalamus.

-Leptin: a hormone that decreases appetite

-Insulin: a hormone that lowers glucose and stores energy as fat

-Glucose: sugar that cells require for energy

-Ghrelin: hunger arousing hormone emitted by an empty stomach.

**Obesity Epidemic**

**BMI (Body Mass Index):** measure of weight relative to height

More than 50% of American Adults and 25% of children are overweight or obese according to the BMI chart

-BMI not always a good measure of "healthy"

**Speculative causes of obesity epidemic:**

1) Abundance of fast food/cheap unhealthy food

2) National Portion Size

3) Soda

4) Non-food, food items (McD's chicken nuggets, hot dogs, twinkies, any ingredients that you cant pronounce!)

5) Many, many other factors

Evolution determines that we gain weight when food is abundant, but does not have a comparable measure for losing weight

Culture can determine when, what and how much to eat

Culture determines what is an "ideal" body

- Distinguish between Anorexia and Bulimia

**Anorexia Nervosa:**

-Underweight by 10-15% (of lowest healthy BMI)

- Usually achieved by a severe restriction in diet and excessive exercise
- Distorted body perception
- Usually begins in adolescence
- Almost always female (1-4% of females ages 12-40 will have anorexia)
- The DEADLIEST mental illness on the planet!

#### Bulimia Nervosa:

- Maintain a normal body weight
- Binging (thousands of calories consumed in one sitting) and purging of food
- Purging consists of self-induced vomiting, laxatives and or excessive exercise
- History of weight problems/issues in the past
- Feeling out of control with binging
- May hoard food and/or hoard their vomit

- Distinguish between passionate and companionate love

#### Motives to love:

##### Passionate Love vs. Companionate Love

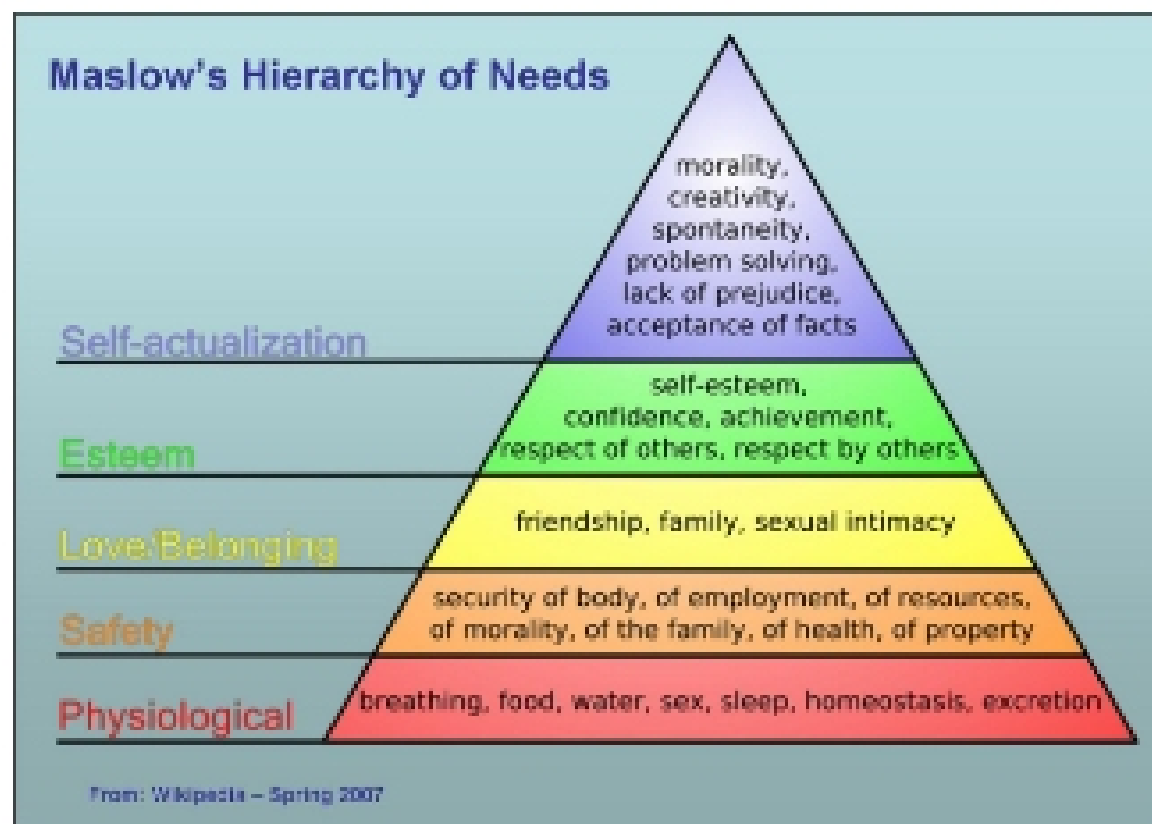
- Passionate love lasts about 2 years

##### Biological similarities between romantic love and mother- infant bond

- Same neurotransmitters and hormones are activated in the mom-baby bond and in the adult love bond

- Same areas of the brain are activated when mom looks at pictures of baby and when adult lovers look at pictures of each other

- Review Maslow's hierarchy of needs.



- Understand the attachment styles discussed in class
- Attachment theory
- -Secure: rarely jealous, don't fear abandonment

- -Anxious-Ambivalent: agitated, worried about abandonment
- -Avoidant: distrusting, avoid closeness
- Your attachment to your primary caregivers will govern your attachment in adult love relationships
- Who is Alfred Kinsey and what type of research did he conduct?  
Alfred Kinsey: (1950s) pioneering work on human sexuality (survey research)
  - People were engaging in behaviors that most thought were "taboo" (bad)
  - Women are sexual too
  - Helped men and women to better understand each other
- Be familiar with Master's and Johnson's sexual response cycle and gender differences within the cycle.  
Masters and Johnson: (1960s) sexual laboratories
  - Mapped out the physiology of sex and orgasm
  - Asserted that female and male sexuality is equal
  - May have a problem with their sample of research subjects

Sexual Response Cycle

  1. Excitement
  2. Plateau
  3. Orgasm
  4. Resolution
  - Refractory period for males only

#### Gender differences in sexuality

- Women are capable of multiple orgasms
- Men engage in more fantasy and masturbation than women (even when such behavior is prohibited)
- Men's sexual desire is more often linked to aggressive/dominant behavior in the brain
- Women's sexual desire is more often linked to nurturing behavior in the brain

- Be familiar with current research into the "causes" of homosexuality

#### Sexual Orientation

Biological links are inconclusive:

- Prenatal hormone exposure
- Differences in hypothalamus (drive center)
- Sexual orientation is moderately heritable (men)

What about the range of sexual orientation? Hetero- bi - homo

What about experimenting in homosexual behavior, but not identifying as gay?

Homosexuality is NOT caused by

- A smothering mother or father absent