

# Brief Contents

- 1** The Biological Approach to Psychology 1
- 2** Neurons and Action Potentials 26
- 3** Communication at Synapses 48
- 4** Brain Anatomy 82
- 5** Brain Development and Plasticity 120
- 6** The Visual System 150
- 7** Hearing, the Body Senses, and the Chemical Senses 188
- 8** Control of Movement 224
- 9** Sleeping and Waking 256
- 10** Temperature Control, Thirst, and Hunger 286
- 11** Sexual Behaviors 316
- 12** Biology of Emotion 344
- 13** Learning and Memory 376
- 14** Lateralization, Language, and Consciousness 408
- 15** Abnormal Behavior 444
- A** Brief, Basic Chemistry 471
- B** Society for Neuroscience Policies on the Use of Animals and Human Subjects in Neuroscience Research 477

# Contents

## 1

### The Biological Approach to Psychology 1

#### **MODULE 1.1 The Biological Approach to Behavior 2**

- Biological Explanations of Behavior 4
- Career Opportunities 6
- In Closing: Your Brain and Your Experience 8

#### **MODULE 1.2 Genetics and Behavior 9**

- Mendelian Genetics 9
  - Sex-Linked and Sex-Limited Genes 11
  - Genetic Changes 11
- Heredity and Environment 13
  - Environmental Modification 14
  - How Genes Affect Behavior 14
- The Evolution of Behavior 14
  - Common Misunderstandings About Evolution 15
  - Evolutionary Psychology 16
- In Closing: Genes and Behavior 19

#### **MODULE 1.3 The Use of Animals in Research 21**

- Reasons for Animal Research 21
- The Ethical Debate 22
  - Degrees of Opposition 22
- In Closing: Humans and Animals 24

## 2

### Neurons and Action Potentials 26

#### **MODULE 2.1 The Cells of the Nervous System 28**

- Anatomy of Neurons and Glia 28
  - APPLICATIONS AND EXTENSIONS** Santiago Ramón y Cajal, a Pioneer of Neuroscience 28
  - The Structures of an Animal Cell 29

- The Structure of a Neuron 29
- Variations Among Neurons 32
- Glia 33
- The Blood–Brain Barrier 34
  - Why We Need a Blood–Brain Barrier 34
  - How the Blood–Brain Barrier Works 34
- Nourishment in Vertebrate Neurons 35
- In Closing: Neurons 36

#### **MODULE 2.2 The Nerve Impulse 37**

- The Resting Potential of the Neuron 37
  - Forces Acting on Sodium and Potassium Ions 38
  - Why a Resting Potential? 40
- The Action Potential 40
  - The Molecular Basis of the Action Potential 41
  - The All-or-None Law 42
  - The Refractory Period 42
- Propagation of the Action Potential 43
- The Myelin Sheath and Saltatory Conduction 43
- Local Neurons 45
- In Closing: Neural Messages 46

## 3

### Communication at Synapses 48

#### **MODULE 3.1 The Concept of the Synapse 50**

- The Properties of Synapses 50
  - Speed of a Reflex and Delayed Transmission at the Synapse 51
  - Temporal Summation 51
  - Spatial Summation 51
  - Inhibitory Synapses 53
- Relationship Among EPSP, IPSP, and Action Potentials 54
- In Closing: The Neuron as Decision Maker 56

#### **MODULE 3.2 Chemical Events at the Synapse 57**

- The Discovery of Chemical Transmission at Synapses 57
- The Sequence of Chemical Events at a Synapse 58
  - Types of Neurotransmitters 58
  - Synthesis of Transmitters 59
  - Storage of Transmitters 60
  - Release and Diffusion of Transmitters 60

Activating Receptors of the Postsynaptic Cell	61
Inactivation and Reuptake of Neurotransmitters	64
Negative Feedback from the Postsynaptic Cell	67
Electrical Synapses	67
In Closing: Neurotransmitters and Behavior	67
<b>MODULE 3.3 Synapses, Drugs, and Addictions</b>	69
Drug Mechanisms	69
A Survey of Abused Drugs	69
What Abused Drugs Have in Common	69
Stimulant Drugs	71
Nicotine	72
Opiates	72
Marijuana	73
Hallucinogenic Drugs	74
Alcohol and Alcoholism	75
Genetics	75
Risk Factors	75
Addiction	76
Tolerance and Withdrawal	76
Cravings in Response to Cues	77
Brain Reorganization	77
Medications to Combat Substance Abuse	78
Medications to Combat Alcohol Abuse	78
Medications to Combat Opiate Abuse	78
In Closing: Drugs and Behavior	79

The Ventricles	96
In Closing: Learning Neuroanatomy	97

<b>MODULE 4.2 The Cerebral Cortex</b>	98
Organization of the Cerebral Cortex	98
The Occipital Lobe	100
The Parietal Lobe	100
The Temporal Lobe	100
The Frontal Lobe	102
<b>APPLICATIONS AND EXTENSIONS</b> The Rise and Fall of Prefrontal Lobotomies	103
Modern View of the Prefrontal Cortex	103
How Do the Parts Work Together?	103
In Closing: Functions of the Cerebral Cortex	105

<b>MODULE 4.3 Research Methods</b>	107
Effects of Brain Damage	107
Effects of Brain Stimulation	108
Recording Brain Activity	109
Correlating Brain Anatomy with Behavior	112
Brain Size and Intelligence	115
Comparisons Across Species	115
Comparisons Among Humans	116
Comparisons of Men and Women	116
In Closing: Research Methods and Their Limits	117

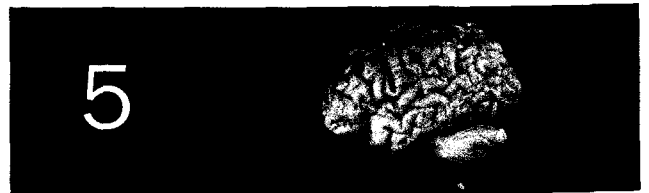


## Brain Anatomy 82

### MODULE 4.1 Structure of the Vertebrate Nervous System 84

Terminology to Describe the Nervous System	84
The Spinal Cord	86
The Autonomic Nervous System	87
<b>APPLICATIONS AND EXTENSIONS</b> Goose Bumps	89

The Hindbrain	89
The Midbrain	91
The Forebrain	91
Thalamus	92
Hypothalamus	92
Pituitary Gland	94
Basal Ganglia	94
Basal Forebrain	94
Hippocampus	95



## Brain Development and Plasticity 120

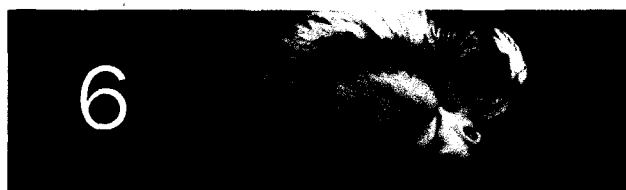
### MODULE 5.1 Development of the Brain 122

Maturation of the Vertebrate Brain	122
Growth and Development of Neurons	122
New Neurons Later in Life	123
Pathfinding by Axons	124
Chemical Pathfinding by Axons	124
Competition Among Axons as a General Principle	127
Determinants of Neuronal Survival	127
The Vulnerable Developing Brain	129
Differentiation of the Cortex	130
Fine-Tuning by Experience	130
Experience and Dendritic Branching	130
Effects of Special Experiences	132

- Brain Development and Behavioral Development 136
  - Adolescence 136
  - Old Age 137
- In Closing: Brain Development 137

## **MODULE 5.2 Plasticity After Brain Damage 139**

- Brain Damage and Short-Term Recovery 139
  - APPLICATIONS AND EXTENSIONS** How Woodpeckers Avoid Concussions 139
  - Reducing the Harm from a Stroke 139
- Later Mechanisms of Recovery 141
  - Increased Brain Stimulation 141
  - Regrowth of Axons 142
  - Axon Sprouting 142
  - Denervation Supersensitivity 143
  - Reorganized Sensory Representations and the Phantom Limb 144
  - Learned Adjustments in Behavior 146
- In Closing: Brain Damage and Recovery 147



## **The Visual System 150**

### **MODULE 6.1 Visual Coding 152**

- General Principles of Perception 152
- The Eye and Its Connections to the Brain 153
  - Route Within the Retina 153
  - Fovea and Periphery of the Retina 155
- Visual Receptors: Rods and Cones 156
- Color Vision 157
  - The Trichromatic (Young-Helmholtz) Theory 157
  - The Opponent-Process Theory 159
  - The Retinex Theory 161
  - Color Vision Deficiency 163
- APPLICATIONS AND EXTENSIONS** Would the Brain Know What to do with Extra Color Information? 163
- In Closing: Visual Receptors 164

### **MODULE 6.2 How the Brain Processes Visual Information 166**

- An Overview of the Mammalian Visual System 166
- Processing in the Retina 166
- Further Processing 169
- The Primary Visual Cortex 170
  - Simple and Complex Receptive Fields 171

- METHODS 6.1** Microelectrode Recordings 171
- The Columnar Organization of the Visual Cortex 173
- Are Visual Cortex Cells Feature Detectors? 174

- Development of the Visual Cortex 174
  - Deprived Experience in One Eye 175
  - Deprived Experience in Both Eyes 175
  - Uncorrelated Stimulation in the Two Eyes 176
  - Early Exposure to a Limited Array of Patterns 176
  - Impaired Infant Vision and Long-Term Consequences 177
- In Closing: Understanding Vision by Understanding the Wiring Diagram 178

### **MODULE 6.3 Parallel Processing in the Visual Cortex 180**

- The "What" and "Where" Paths 180
- Detailed Analysis of Shape 181
  - The Inferior Temporal Cortex 181
  - Recognizing Faces 182
- Color Perception 184
- Motion Perception 184
  - The Middle Temporal Cortex 184
  - Motion Blindness 185
- In Closing: Different Aspects of Vision 186



## **Hearing, the Body Senses, and the Chemical Senses 188**

### **MODULE 7.1 Audition 190**

- Sound and the Ear 190
  - Physics and Psychology of Sound 190
  - Structures of the Ear 190
- Pitch Perception 192
  - Frequency and Place 192
- The Auditory Cortex 194
- Hearing Loss 196
- Sound Localization 196
- In Closing: Functions of Hearing 198

### **MODULE 7.2 The Mechanical Senses 199**

- Vestibular Sensation 199
- Somatosensation 199
  - Somatosensory Receptors 200
- APPLICATIONS AND EXTENSIONS** Tickle 202
- Input to the Central Nervous System 202

Pain	203
Pain Stimuli and Pain Paths	204
Ways of Relieving Pain	205
Sensitization of Pain	207
Social Pain	208
Itch	208
In Closing: The Mechanical Senses	209

## MODULE 7.3 The Chemical Senses 211

Chemical Coding	211
Taste	212
Taste Receptors	212
How Many Kinds of Taste Receptors?	213
<b>APPLICATIONS AND EXTENSIONS</b> Chemicals that Alter the Taste Buds	213
Mechanisms of Taste Receptors	214
Taste Coding in the Brain	214
Individual Differences in Taste	215
Olfaction	217
Olfactory Receptors	218
Implications for Coding	218
Messages to the Brain	218
Individual Differences	220
Pheromones	220
Synesthesia	221
In Closing: Different Senses as Different Ways of Knowing the World	222



## Control of Movement 224

### MODULE 8.1 The Control of Movement 226

Muscles and Their Movements	226
Fast and Slow Muscles	228
Muscle Control by Proprioceptors	229
Units of Movement	230
Voluntary and Involuntary Movements	230
<b>APPLICATIONS AND EXTENSIONS</b> Infant Reflexes	230
Movements Varying in Sensitivity to Feedback	231
Sequences of Behaviors	231
In Closing: Categories of Movement	232

### MODULE 8.2 Brain Mechanisms of Movement 234

The Cerebral Cortex	234
Planning a Movement	236
Mirror Neurons	237

Conscious Decisions and Movements	238
Connections from the Brain to the Spinal Cord	240
The Cerebellum	241
Role in Functions Other than Movement	242
Cellular Organization	243
The Basal Ganglia	243
Brain Areas and Motor Learning	245
Inhibition of Movements	245
In Closing: Movement Control and Cognition	246

## MODULE 8.3 Movement Disorders 248

Parkinson's Disease	248
Causes	248
L-Dopa Treatment	250
Other Therapies	251
Huntington's Disease	252
Heredity and Presymptomatic Testing	252
In Closing: Heredity and Environment in Movement Disorders	255



## Sleeping and Waking 256

### MODULE 9.1 Rhythms of Waking and Sleeping 258

Endogenous Cycles	258
Setting and Resetting the Biological Clock	261
Jet Lag	262
Shift Work	262
Mechanisms of the Biological Clock	262
The Suprachiasmatic Nucleus (SCN)	263
How Light Resets the SCN	263
The Biochemistry of the Circadian Rhythm	265
Melatonin	265
In Closing: Sleep–Wake Cycles	266

### MODULE 9.2 Stages of Sleep and Brain Mechanisms 268

Sleep and Other Interruptions of Consciousness	268
Stages of Sleep	268
Paradoxical or REM Sleep	269
Brain Mechanisms of Wakefulness and Arousal	271
Brain Structures of Arousal and Attention	271
Sleep and the Inhibition of Brain Activity	273
Brain Function in REM Sleep	274
Sleep Disorders	275
Sleep Apnea	275

- Narcolepsy 276
- Periodic Limb Movement Disorder 277
- REM Behavior Disorder 277
- Night Terrors and Sleepwalking 277

In Closing: Stages of Sleep 278

### **MODULE 9.3 Why Sleep? Why REM? Why Dreams? 280**

- Functions of Sleep 280
  - Sleep and Energy Conservation 280
- APPLICATIONS AND EXTENSIONS** Hibernation 281
- Sleep and Memory 282
- Functions of REM Sleep 283
- Biological Perspectives on Dreaming 284
  - The Activation-Synthesis Hypothesis 284
  - The Clinico-Anatomical Hypothesis 284
- In Closing: Our Limited Self-Understanding 285



## Temperature Control, Thirst, and Hunger 286

### **MODULE 10.1 Temperature Regulation 288**

- Homeostasis and Allostasis 289
- Controlling Body Temperature 290
  - APPLICATIONS AND EXTENSIONS** Surviving in Extreme Cold 291
  - The Advantages of Constant High Body Temperature 291
  - Brain Mechanisms 292
  - Fever 293
- In Closing: Combining Physiological and Behavioral Mechanisms 294

### **MODULE 10.2 Thirst 295**

- Mechanisms of Water Regulation 295
- Osmotic Thirst 295
- Hypovolemic Thirst and Sodium-Specific Hunger 297
- In Closing: The Psychology and Biology of Thirst 298

### **MODULE 10.3 Hunger 299**

- Digestion and Food Selection 299
  - Consumption of Dairy Products 300
  - Food Selection and Behavior 300
- Short- and Long-Term Regulation of Feeding 301
  - Oral Factors 301

- The Stomach and Intestines 302
- Glucose, Insulin, and Glucagon 302
- Leptin 304

### **Brain Mechanisms 305**

- The Arcuate Nucleus and Paraventricular Hypothalamus 306
- The Lateral Hypothalamus 307
- Medial Areas of the Hypothalamus 308

### **Eating Disorders 310**

- Genetics and Body Weight 310
- Weight Loss 311
- Bulimia Nervosa 312

In Closing: The Multiple Controls of Hunger 313



## Sexual Behaviors 316

### **MODULE 11.1 Sex and Hormones 318**

- Organizing Effects of Sex Hormones 320
  - Sex Differences in the Hypothalamus 321
  - Sex Differences in Childhood Behavior 322
- Activating Effects of Sex Hormones 323
  - Rodents 323
  - Humans 324

Parental Behavior 328

In Closing: Reproductive Behaviors and Motivations 329

### **MODULE 11.2 Variations in Sexual Behavior 331**

- Evolutionary Interpretations of Mating Behavior 331
  - Interest in Multiple Mates 331
  - What Men and Women Seek in a Mate 332
  - Differences in Jealousy 332
  - Evolved or Learned? 332
  - Conclusions 332

### **Gender Identity and Gender-Differentiated Behaviors 333**

- Intersexes 333
- Interests and Preferences of CAH Girls 334
- Testicular Feminization 335
- Issues of Gender Assignment and Rearing 335
- Discrepancies of Sexual Appearance 336

### **Sexual Orientation 337**

- Behavioral and Anatomical Differences 337
- Genetics 337
- An Evolutionary Question 337
- Prenatal Influences 338
- Brain Anatomy 339

In Closing: We Are Not All the Same 341

## 12

## Biology of Emotion 344

**MODULE 12.1 What Is Emotion?** 346

Emotions, Autonomic Arousal, and the James-Lange Theory 346

Is Physiological Arousal *Necessary* for Emotions? 347

Is Physiological Arousal *Sufficient* for Emotions? 348

Brain Areas Associated with Emotion 349

Attempts to Localize Specific Emotions 349

Contributions of the Left and Right Hemispheres 351

The Functions of Emotions 352

Emotions and Moral Decisions 352

Decision Making After Brain Damage that Impairs Emotions 353

In Closing: Emotions and the Nervous System 354

**MODULE 12.2 Attack and Escape Behaviors** 356

Attack Behaviors 356

Heredity and Environment in Violence 357

Hormones 357

Serotonin Synapses and Aggressive Behavior 359

Fear and Anxiety 361

Fear, Anxiety, and the Amygdala 361

Studies of Rodents 361

Studies of Monkeys 363

Response of the Human Amygdala to Visual Stimuli 363

Individual Differences in Amygdala Response and Anxiety 363

Damage to the Human Amygdala 364

Anxiety Disorders 366

Pharmacological Relief from Anxiety 366

**APPLICATIONS AND EXTENSIONS** Alcohol as an Anxiety Reducer 367

Relearning as Relief from Anxiety 368

In Closing: Doing Something About Emotions 368

**MODULE 12.3 Stress and Health** 370

Concepts of Stress 370

Stress and the Hypothalamus-Pituitary-Adrenal Cortex Axis 370

The Immune System 371

Effects of Stress on the Immune System 372

Stress Control 373

Post-traumatic Stress Disorder 373

In Closing: Emotions and Body Reactions 374

## 13

## Learning and Memory 376

**MODULE 13.1 Learning, Memory, Amnesia, and Brain Functioning** 378

Localized Representations of Memory 378

Lashley's Search for the Engram 378

The Modern Search for the Engram 380

Types of Memory 382

Short-Term and Long-Term Memory 382

Our Changing Views of Consolidation 383

Working Memory 383

The Hippocampus 384

People with Hippocampal Damage 384

Theories of the Function of the Hippocampus 387

The Basal Ganglia 391

Other Types of Amnesia 392

Korsakoff's Syndrome 392

Alzheimer's Disease 392

What Patients with Amnesia Teach Us 394

Other Brain Areas in Memory 394

In Closing: Different Types of Memory 395

**MODULE 13.2 Storing Information in the Nervous System** 397

**APPLICATIONS AND EXTENSIONS** Blind Alleys and Abandoned Mines 397

Learning and the Hebbian Synapse 398

Single-Cell Mechanisms of Invertebrate Behavior Change 399

*Aplysia* as an Experimental Animal 399

Habituation in *Aplysia* 399

Sensitization in *Aplysia* 399

Long-Term Potentiation in Vertebrates 400

Biochemical Mechanisms 400

Consolidation, Revisited 404

Improving Memory 404

In Closing: The Physiology of Memory 405

## 14

## Lateralization, Language, and Consciousness 408

**MODULE 14.1 Lateralization of Function** 410

- The Left and Right Hemispheres 410
- Visual and Auditory Connections to the Hemispheres 411
- Cutting the Corpus Callosum 412
  - Split Hemispheres: Competition and Cooperation 414
  - The Right Hemisphere 414
  - Hemispheric Specializations in Intact Brains 416
- Development of Lateralization and Handedness 416
  - Anatomical Differences Between the Hemispheres 416
  - Maturation of the Corpus Callosum 417
  - Development Without a Corpus Callosum 418
  - Hemispheres, Handedness, and Language Dominance 418
- Avoiding Overstatements 418
- In Closing: One Brain, Two Hemispheres 419

**MODULE 14.2 Evolution and Physiology of Language** 420

- Nonhuman Precursors of Language 420
  - Common Chimpanzees 420
  - Bonobos 420
  - Nonprimates 422
- How Did Humans Evolve Language? 422
  - Language: Byproduct of Intelligence, or Specialized Adaptation? 422
  - A Sensitive Period for Language Learning 425
- Brain Damage and Language 426
  - Broca's Aphasia (Nonfluent Aphasia) 426
  - Wernicke's Aphasia (Fluent Aphasia) 427
- Music and Language 429
- Dyslexia 429
- In Closing: Language and the Brain 431

**MODULE 14.3 Conscious and Unconscious Processes and Attention** 433

- The Mind–Brain Relationship 433
- Brain Activity Associated with Consciousness 434
  - Experiments Using Masking 435
  - Experiments Using Binocular Rivalry 435
  - The Fate of an Unattended Stimulus 437
  - Consciousness as a Threshold Phenomenon 437
  - The Timing of Consciousness 437

Attention 438

Brain Areas Controlling Attention 438

Unilateral Neglect 439

In Closing: Attending to Attention and Being Conscious of Consciousness 442

## 15

## Abnormal Behavior 444

**MODULE 15.1 Mood Disorders** 446

- Major Depressive Disorder 446
  - Genetics 447
  - Other Biological Influences 448
  - Abnormalities of Hemispheric Dominance 449
- Antidepressant Drugs 449
  - APPLICATIONS AND EXTENSIONS** Accidental Discoveries of Psychiatric Drugs 449
  - How Effective Are Antidepressants? 451
  - Other Therapies 454
- Bipolar Disorder 455
  - Genetics 455
  - Treatments 455
- Seasonal Affective Disorder 456
- In Closing: Biology of Mood Swings 456

**MODULE 15.2 Schizophrenia** 458

- Diagnosis 458
  - APPLICATIONS AND EXTENSIONS** Differential Diagnosis of Schizophrenia 459
  - Demographic Data 460
- Genetics 460
  - Twin Studies 460
  - Adopted Children Who Develop Schizophrenia 461
  - Efforts to Locate a Gene 461
- The Neurodevelopmental Hypothesis 462
  - Prenatal and Neonatal Environment 462
  - Mild Brain Abnormalities 463
- METHODS 15.1** The Wisconsin Card Sorting Task 464
  - Early Development and Later Psychopathology 465
- Treatments 465
  - Antipsychotic Drugs and Dopamine 465
  - Role of Glutamate 467
  - New Drugs 467
- In Closing: Many Remaining Mysteries 469



**APPENDIX A**

Brief, Basic Chemistry 471

**APPENDIX B**

Society for Neuroscience Policies on the Use of Animals and  
Human Subjects in Neuroscience Research 477

Chapter-by-Chapter Interactive Exploration and Study 480

References 500

Name Index 551

Subject Index/Glossary 567