

PSY 110

Dr. Skogsberg

Extra Spicy

Terms Used

Chapter 5

1. Binocular Depth Cues

Section: 5.5

Definition: Binocular Depth Cues are the depth perception cues that occur when someone has two well-functioning eyes.¹ This has an impact on the level in which we focus an object and understand our spatial awareness.

Purpose: It was necessary to include due to the fact that cone dystrophy prohibits binocular depth cues. Since her eyes function at a 50% capacity, it is impossible for her depth perception to work, so she is considered legally blind.

2. Cones

Section: 5.5

Definition: Cones are retinal cells and a majority of these are densely located in the center of the retina known as the fovea.² Cones are responsible for responses to higher light and colors.

Purpose: This was discussed because cones and rods function together to give a holistic perception of the world and the sensation of color and light. Without one, the perception is incomplete.

¹ Gazzaniga, M. (2016). *Psychological Science: Modeling scientific literacy* (6th Edition). Pearson.

² See Footnote 1

3. Fovea

Section: 5.5

Definition: Fovea is found in the center of the retinal. This location is important because it holds much of the eye's cones and is responsible for central sight perceptions and sensory connections via cones.³

Purpose: This vocabulary was important to include because it is necessary to understand the location of the cones since it is referenced in many medical journals.

4. Perception

Section: 1.1

Definition: Perception is the process of categorizing and understanding the external stimuli from an individualistic perspective.⁴ This impacts the way in which we process information.

Purpose: This was important to discuss because I wanted to get Allie's own perspective on how she views cone dystrophy and the world around her due to it. I think it is important in general to understand each other's perceptions of the world around us as we each understand things differently.

5. Retina

Section: 5.5

³ Gazzaniga, M. (2016). *Psychological Science: Modeling scientific literacy* (6th Edition). Pearson.

⁴ See Footnote 3

Definition: Retina is located at the back of the eyeball. This thin section contains the sensory receptors necessary for light to be translated as neural signals.⁵

Purpose: This was discussed to give the exact location of where cone dystrophy occurs. More specifically, the retina is where the Fovea is located which holds the densest population of cones.

6. Rods

Section: 5.5

Definition: Rods are retinal cells and a majority of these are densely located around the optic disk.⁶ Rods are responsible for our “night vision” also known as being responsive to black and white and interpreting images in lower levels of light.

Purpose: This was discussed because cones and rods function together to give a holistic perception of the world and the sensation of color and light. Without one, the perception is incomplete.

7. Sensation

Section: 1.1

Definition: Sensation is the process of detecting external stimuli followed by internal distinction and communication by transmission to the brain and back out into the body.⁷

⁵ See Footnote 3

⁶ Gazzaniga, M. (2016). *Psychological Science: Modeling scientific literacy* (6th Edition). Pearson.

⁷ See Footnote 7

Purpose: This topic was important because it is the physiological process. This is rendered by cone dystrophy which, in turn, makes the perception of light, color, and distance extremely difficult.

Chapter 11

1. Coping Response

Section: 11.7

Definition: Coping Response is the action or actions taken to alleviate one's stress.⁸ These differ from person to person and can either be positive or negative to one's long term well-being.

Purpose: I wanted to focus on this topic because I think it is an important topic to discuss in general, but also to check to make sure Allie was managing her stress well with her new job. I think it is also an important topic to bring up with close friends or those that are struggling with stress to share ways to manage it better.

2. Daily Hassles

Section: 11.7

Definition: Daily Hassles are the small levels of stress that act as daily obstacles. Often these do not bog one down in long term stress and can be eliminated very quickly.⁹

Purpose: I felt this was an important topic to discuss because I wanted to get her perspective on where she felt her disability fell. I wanted to see if this blended into her major life stressors.

⁸ Gazzaniga, M. (2016). *Psychological Science: Modeling scientific literacy* (6th Edition). Pearson.

⁹ See Footnote 9

3. Emotional-focused coping

Section: 11.12

Definition: Emotional-focused coping is based on blocking any emotional reaction from occurring in order to get rid of stress. This process uses tactics that involve avoidance and “tunnel vision” focus to get through the stress.¹⁰

Purpose: This is a healthy topic to bring up to note whether or not we are repressing or subduing our emotions. I felt like this was important because we need to know how people with disabilities are managing this stress they constantly endure.

4. Major Life Stressor

Section: 11.7

Definition: Life Stressors are major changes in one’s daily lifestyle like long term health challenges or a major car accident. These are greater than daily hassles as they impact your day to day life over a long period of time and are more likely to cause chronic stress.¹¹

Purpose: I felt this was an important topic to discuss because I wanted to get her perspective on where she felt her disability fell. It was also important to me to see how she felt like her disability has impacted her life as a whole.

5. Problem-focused Coping

¹⁰ Gazzaniga, M. (2016). *Psychological Science: Modeling scientific literacy* (6th Edition). Pearson.

¹¹ See Footnote 10

Section: 11.12

Definition: Problem-focused coping works to identify the stressor and work towards limiting the amount of stress it causes.¹² This process is considered the gold standard for coping with stress as you are facing the problem head-on.

Purpose: This is the gold standard of coping as it works to negate stress in the long term. I thought it was important to bring this up to Allie to assess her stress levels.

6. Stress

Section: 11.7

Definition: Stress is a response that has a negative connotation often associated with some level of tension or anxiety.¹³ This can often cause heightened emotional states.

Purpose: In talking with my sister, stress was a crucial point of over conversation in her disability. I wanted to know if she experienced more stress due to her invisible disability.

7. Stressor

Section: 11.7

Definition: Stressors are the components of one's environment that evokes stress in some fashion due to the perceived harm or tension it inhibits on someone.¹⁴

These are individualized to our personal experiences.

¹² Gazzaniga, M. (2016). *Psychological Science: Modeling scientific literacy* (6th Edition). Pearson.

¹³ See Footnote 12

¹⁴ See Footnote 12

Purpose: This was an important term to bring up with Allie because different environments can provoke different levels of stress for her.

Brief overview for the interview intro:

Cone dystrophy.

It affects 1 in 30,000 Americans

Often times children are the first to be diagnosed with it

With new technology being introduced every day there is many new research plans coming out on the disease in regards to genetic mutation

However

There is still no cure

So let's talk about

- What is cone dystrophy?
 - Cone Dystrophy affects the cones located in the retina, usually those densely located in the fovea and para fovea
 - Cones allow us to perceive color and light...incredibly important because rods don't take over this job (rods stick to "night vision")
 - It is a fairly rare disability that more often than not renders people legally blind
 - There are two types known to researchers now: progressive (slowly creeps towards blindness) and stationary (remains the same to childhood) but it is impossible to know which one in the beginning
- What are the symptoms
 - According to the Kellogg Eye Center at the University of Michigan
 - Photophobia
 - Trouble with Binocular Depth Cues

- Trouble with Color Vision...do not fit with Trichromatic or Opponent Processing theory...often labeled as color blind
 - Impact central vision but not necessarily peripheral vision
- With all of this in mind we often forget about how much stress differently abled people endure each time and how this stress can often evolve into anxiety....
 - To get a first hand account of what it is like to deal with this disability, I will be interview my sister Allie Foropoulos

Interview Questions

- Can you give just a technical definition of cone dystrophy
- How does you experience cone dystrophy
- What are some daily hassles you experience due to your vision
- What environmental stressors do you think cause you to feel stress due to your vision
- Do you consider your vision a life hassle or more of a daily hassle?
- How do you think your vision impedes on your levels of stress?
- How do you cope with this stress? Do you find yourself to be a problem solver, emotional?
- Do you think a positive attitude is a contributor to deterring stress? Do you think it is possible to limit one's stress, especially those with disabilities

Citations

Gazzaniga, M. (2016). *Psychological Science: Modeling scientific literacy* (6th Edition).

Pearson.

Openshaw, A., Bachman, K., & Heckenlively, J. (2008). *Understanding Cone Dystrophy* .

Kellogg Eye Center University of Michigan .