

# Psychology Reading List

Psychology – a deep dive reading list for Year 11s.

## Research articles:

Following the latest psychology research just got really easy. Search your app store for “research digest” or click to download now via [apple](#) / [google play](#) / or [amazon](#).

Here are a few articles that we think will be of interest to you:

- Fearing laughter – did you know that some people have a phobia of laughter? This is known as gelotophobia. Read about the causes and consequences.
- Who isn't on social media nowadays?! Discover how people with depression show hints of distorted thinking in the language they use on social media.
- Do you enjoy playing video games? This piece of research finds people who played video games for longer had greater wellbeing (although, don't get too giddy, the direction of causality isn't yet clear!).

## Books:

- **The Shock Of The Fall – Nathan Filer:** Matthew Homes, a 19-year-old boy from Bristol, is dealing with the death of his older brother. This story explores the central themes of loss, guilt, and mental illness. It takes place over three timelines: the present where matt is writing; the past where Simon is alive; and the decade since Simon died.
- **The dark side of the mind: true stories from my life as a forensic psychologist – Kerry Daynes:** Kerry Daynes has worked with some of the most complex and challenging criminals in prisons and secure hospitals as well as the victims of crime. A large part of her day job is spent delving into the psyche of convicted men and women to try to understand what lies behind their actions and how to set them on the path to becoming law-abiding citizens. Welcome to the life of a forensic psychologist.
- **Why we sleep – Matthew Walker:** Walker believes that sleeping and napping can **store our memories and recalibrate learning capabilities**. Sleep enables the hippocampus and cortex parts of our brain to work in unison, moving short-term memories to a larger, more permanent storage base.
- **Obedience to authority – Stanley Milgram:** From the Holocaust to Vietnam and Iraq, "Obedience to Authority" goes some way towards explaining how ordinary people can commit the most horrific of crimes if

placed under the influence of a malevolent authority. Read about one of the most controversial experiments to ever be conducted in psychology.

### Podcasts:

[The Forensic Psychology Podcast](#) is our brand new series, produced with [HMPPS Psychology Services](#) and presented by [Sally Tilt](#) and [Dr Kerensa Hocken](#), who work with people in prison who have committed very serious crimes.

Forensic psychology is the field of psychological theory that relates to criminal investigation and understanding the psychological issues associated with criminal behaviour.

It's also about the rehabilitation of those who have committed crimes. Through the series we'll explore current issues in forensic psychology and we'll hear from people who have spent time in prison and worked with forensic psychologists, alongside staff including the Prison Service's Head of psychology. There are 7 episodes in total. [Subscribe to The Forensic Psychology Podcast | Prison Radio Association](#)

[BBC Radio 4 - The Life Scientific - Available now](#)

### TED Talks:

- How much of what you think about psychology is actually wrong? In this whistle-stop tour of disproved ideas, Ben Ambridge shares nine popular ideas about psychology that have been proven wrong -- and uncovers a few surprising truths about how our brains really work: [Ben Ambridge: 9 myths about psychology, debunked | TED Talk](#)
- Philip Zimbardo knows how easy it is for nice people to turn bad. In this talk, he shares insights and graphic unseen photos from the Abu Ghraib trials. Then he talks about the flip side: how easy it is to be a hero, and how we can rise to the challenge: [Philip Zimbardo: The psychology of evil | TED Talk](#)
- On any given day we're lied to from 10 to 200 times, and the clues to detect those lies can be subtle and counter-intuitive. Pamela Meyer, author of Liespotting, shows the manners and "hotspots" used by those trained to recognize deception -- and she argues honesty is a value worth preserving: [Pamela Meyer: How to spot a liar | TED Talk](#)