



Neuroscience and Behavior

Chapter 2
PSY 12000-003

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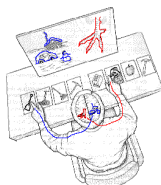
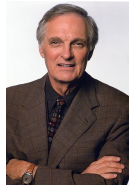
Study Tips

- Space your learning.
 - A little bit at a time, within a day, and across days.
- Paraphrase
 - In your own words
- Transmitter Mind Set (“Teaching”) rather than Receiver Mind Set (“Student”)
 - Pretend you are reading material in preparation for teaching someone.

2

Scientific American Video

- Michael Gazzaniga and Alan Alda talk about split brain research



<http://www.pbs.org/saf/transcripts/transcript703.htm#5>

3

Overview of Chapter

History

Neural Communication

- Neurons
- How Neurons Communicate
- How Neurotransmitters Influence Us

The Nervous System

- The Peripheral Nervous System
- The Central Nervous System

The Endocrine System

The Brain

- The Tools of Discovery
- Older Brain Structures
- The Cerebral Cortex
- Our Divided Brain
- Left Brain-Right Brain

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History of Mind

Ancient Conceptions About Mind

Plato correctly placed mind in the brain. However, his student **Aristotle** believed that mind was in the heart.

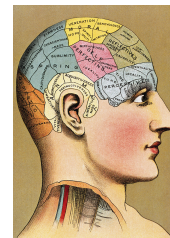
Today we believe that **everything that is psychological is simultaneously biological.**

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History of Mind

Phrenology

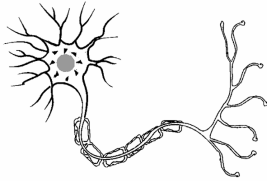
In 1800, Franz Gall suggested that bumps of the skull represented mental abilities. His theory, though incorrect, nevertheless proposed that different mental abilities were modular.



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Neural Communication

The body's information system is built from billions of interconnected cells called *neurons*.

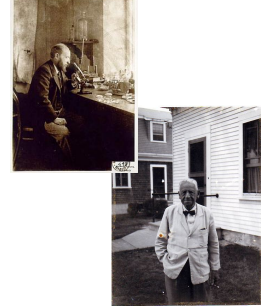


Note: This is a motor neurons. Other types of neurons look different

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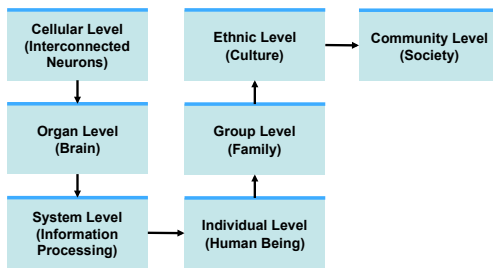
How Do The Neurons Communicate?

- Until the early 20th century, scientists **assumed that synaptic communication was electrical**. However, through the careful histological examinations of Ramón y Cajal (1852–1934), a 20 to 40 nm gap between neurons, known today as the **synaptic cleft**, was discovered. This discovery cast doubt on the existence of electrical transmission.
- In 1921, German pharmacologist Otto Loewi (1873–1961) confirmed that neurons communicate by releasing **chemicals**. Furthermore, Otto Loewi is accredited with discovering acetylcholine—the first known neurotransmitter.



Levels of Analysis

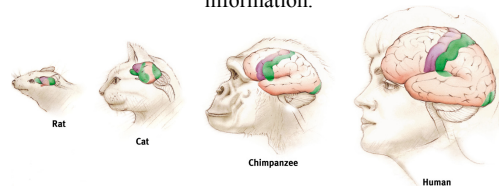
We are a *biopsychosocial* system.



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Neural Communication

Neurobiologists and other investigators understand that humans and animals operate similarly when processing information.



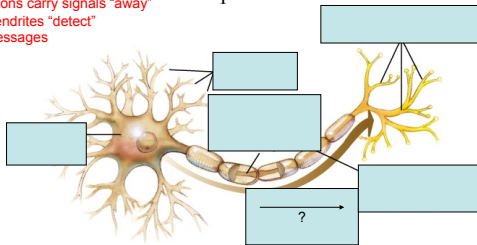
Note the similarities in the above brain regions, which are all engaged in information processing.

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Neuron

A nerve cell, or a neuron, consists of many different parts.

Axons carry signals "away"
Dendrites "detect" messages



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Let's Review: Parts of a Neuron

Cell Body: Life support center of the neuron.

Dendrites: Branching extensions at the cell body. Receive messages from other neurons.

Axon: Long single extension of a neuron, covered with **myelin [MY-uh-lin] sheath** to insulate and speed up messages through neurons.

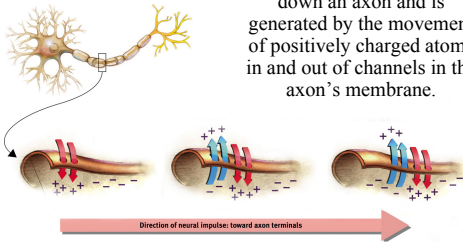
Demyelinating disease leads to multiple sclerosis, Guillain-Barré Syndrome. Conduction of signals are impaired or lost.

Terminal Branches of axon: Branched endings of an axon that transmit messages to other neurons.

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Action Potential

A neural impulse. A brief electrical charge that travels down an axon and is generated by the movement of positively charged atoms in and out of channels in the axon's membrane.

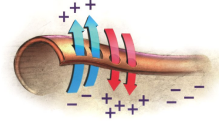


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Depolarization & Hyperpolarization

Depolarization: Depolarization occurs when positive ions enter the neuron, making it more prone to firing an action potential.

Hyperpolarization occurs when negative ions enter the neuron, making it less prone to firing an action potential.



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Threshold

Threshold: Each neuron receives depolarizing and hyperpolarizing currents from many neurons.

When the depolarizing current (positive ions) minus the hyperpolarizing current (negative ions) exceed minimum intensity (threshold) the neuron fires an action potential.

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Refractory Period & Pumps

Refractory Period: After a neuron fires an action potential it pauses for a short period to recharge itself to fire again.

Sodium-Potassium Pumps: Sodium-potassium pumps pump positive ions out from the inside of the neuron, making them ready for another action potential.

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Action Potential Properties

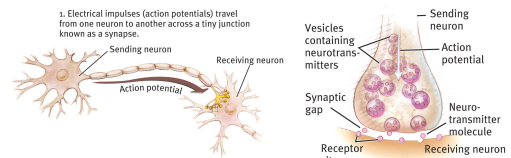
All-or-None Response: When the depolarizing current exceeds the threshold, a neuron will fire. If the depolarizing current fails to exceed the threshold, a neuron will *not* fire.

Intensity of an action potential **remains the same** throughout the length of the axon.

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Synapse

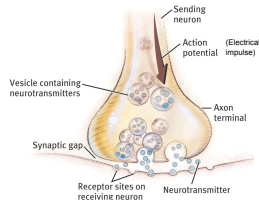
Synapse [SIN-aps] a junction between the axon tip of the sending neuron and the dendrite or cell body of the receiving neuron. This tiny gap is called the *synaptic gap* or *cleft*.



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Neurotransmitters

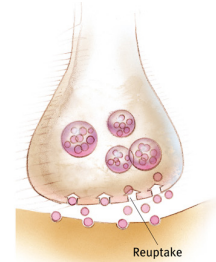
Neurotransmitters (chemicals) released from the sending neuron travel across the synapse and bind to receptor sites on the receiving neuron, thereby influencing it to generate an action potential.



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Reuptake

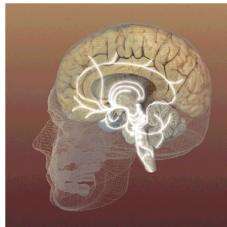
Neurotransmitters in the synapse are reabsorbed into the sending neurons through the process of reuptake. This process applies the brakes on neurotransmitter action.



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How Neurotransmitters Influence Us?

- **Serotonin** pathways are involved with regulating mood, sleep, food intake, and pain tolerance.
- Low levels of serotonin produce: insomnia, depression, food cravings, increased pain sensitivity, aggression, and poor body-temperature regulation.

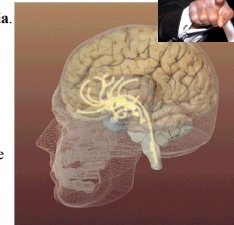


From *Mapping the Mind*, Rita Carter, © 1989 University of California Press

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Dopamine

- Short term surges of dopamine are normally associated with feelings of pleasure.
- Abnormally **HIGH** concentrations of dopamine are associated with **schizophrenia**.
 - Delusions (false beliefs)
 - Hallucinations (false perceptions)
- Abnormally **LOW** levels of dopamine are associated with **Parkinson's disease**
 - hand shaking
 - lack of facial expressions, weak voice
 - slowness of movement
 - shuffling steps, muscle stiffness, imbalance, intellectual decline), and attention deficit disorder.



From *Mapping the Mind*, Rita Carter, © 1989 University of California Press

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Neurotransmitters

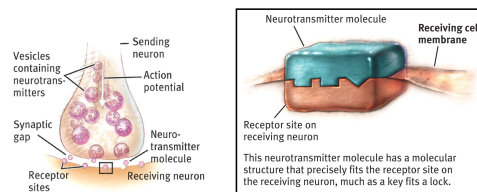
SOME NEUROTRANSMITTERS AND THEIR FUNCTIONS

Neurotransmitter	Function	Examples of Malfunctions
Acetylcholine (ACh)	Enables muscle action, learning, and memory.	With Alzheimer's disease, ACh-producing neurons deteriorate.
Dopamine	Influences movement, learning, attention, and emotion.	Excess dopamine receptor activity linked to schizophrenia. Starved of dopamine, the brain produces the tremors and decreased mobility of Parkinson's disease.
Serotonin	Affects mood, hunger, sleep, and arousal.	Undersupply linked to depression; Prozac and some other antidepressant drugs raise serotonin levels.
Norepinephrine	Helps control alertness and arousal.	Undersupply can depress mood.
GABA (gamma-aminobutyric acid)	A major inhibitory neurotransmitter.	Undersupply linked to seizures, tremors, and insomnia.
Glutamate	A major excitatory neurotransmitter; involved in memory.	Oversupply can overstimulate brain, producing migraines or seizures (which is why some people avoid MSG, monosodium glutamate, in food).

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Lock & Key Mechanism

Neurotransmitters bind to the receptors of the receiving neuron in a key-lock mechanism.

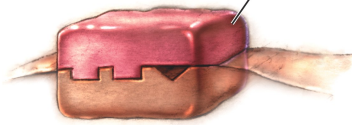


This neurotransmitter molecule has a molecular structure that precisely fits the receptor site on the receiving neuron, much as a key fits a lock.

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Agonists

Agonist mimics neurotransmitter

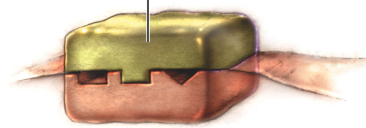


This agonist molecule excites. It is similar enough in structure to the neurotransmitter molecule that it mimics its effects on the receiving neuron. Morphine, for instance, mimics the action of endorphins by stimulating receptors in brain areas involved in mood and pain sensations.

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Antagonists

Antagonist blocks neurotransmitter

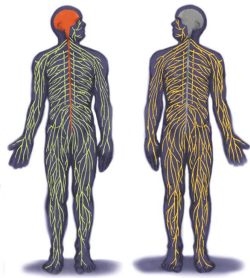


This antagonist molecule inhibits. It has a structure similar enough to the neurotransmitter to occupy its receptor site and block its action, but not similar enough to stimulate the receptor. Curare poisoning paralyzes its victims by blocking ACh receptors involved in muscle movement.

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Nervous System

Central Nervous System (CNS)
Orange



Peripheral Nervous System (PNS)
Yellow

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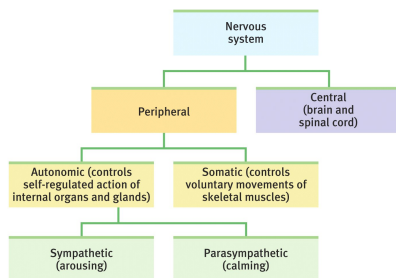
The Nervous System

Nervous System: Consists of all the nerve cells. It is the body's speedy, electrochemical communication system.

- **Central Nervous System (CNS):** the brain and spinal cord.
- **Peripheral Nervous System (PNS):** the sensory and motor neurons that connect the central nervous system (CNS) to the rest of the body.

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The Nervous System

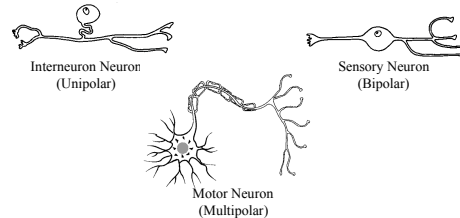


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Kinds of Neurons

Sensory Neurons carry incoming information from the sense receptors to the CNS. **Motor Neurons** carry outgoing information from the CNS to muscles and glands.

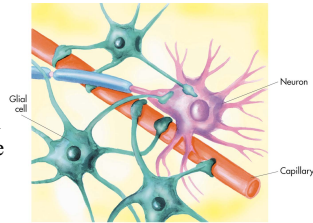
Interneurons connect the two neurons.



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Kinds of Glial Cells

Astrocytes provide nutrition to neurons. **Oligodendrocytes** and **Schwann** cells insulate neurons as myelin.



Astrocytes

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Peripheral Nervous System

Somatic Nervous System: The division of the peripheral nervous system that controls the body's skeletal muscles.

Autonomic Nervous System: Part of the PNS that controls the glands and other muscles.

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The Nerves

Nerves consist of neural “cables” containing many axons. They are part of the **peripheral nervous system** and connect muscles, glands, and sense organs to the central nervous system.

Neurons can be as small as .004mm, and as long as 1 meter (one from the lower spinal cord to the big toe)!



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Autonomic Nervous System (ANS)

Sympathetic Nervous System: Division of the ANS that **arouses the body**, mobilizing its energy in stressful situations.

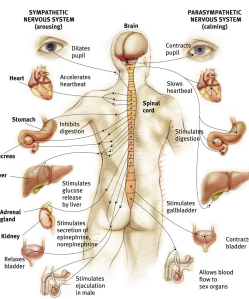
Parasympathetic Nervous System: Division of the ANS that **calms the body**, conserving its energy.

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Autonomic Nervous System (ANS)

Sympathetic NS
“Arouses”
(fight-or-flight)

Parasympathetic NS
“Calms”
(rest and digest)

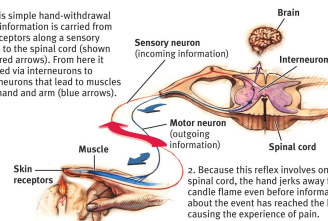


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Central Nervous System

The Spinal Cord and Reflexes

1. In this simple hand-withdrawal reflex, information is carried from skin receptors along a sensory neuron to the spinal cord (shown by the red arrows). From here it is passed via interneurons to motor neurons that lead to muscles in the hand and arm (blue arrows).



2. Because this reflex involves only the spinal cord, the hand jerks away from the candle flame even before information about the event has reached the brain, causing the experience of pain.

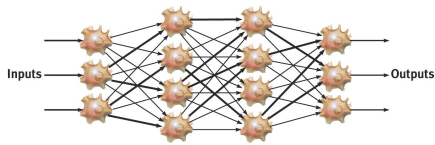
Simple Reflex

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Central Nervous System

The Brain and Neural Networks

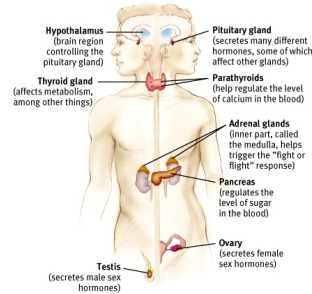
Interconnected neurons form networks in the brain. These networks are complex and modify with growth and experience.



Complex Neural Network

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The Endocrine System



The **Endocrine System** is the body's "s-l-o-w" chemical communication system. Communication is carried out by hormones synthesized by a set of glands.

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Hormones

Hormones are chemicals synthesized by the endocrine glands that are secreted in the bloodstream. Hormones affect the brain and many other tissues of the body.

For example, epinephrine (adrenaline) increases heart rate, blood pressure, blood sugar and feelings of excitement during emergency situations.

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Pituitary Gland

Is called the "master gland." The anterior (front) pituitary lobe releases hormones that regulate other glands. The posterior (back) lobe regulates water and salt balance.



One hormone, for example, is epinephrine (adrenaline). It increases heart rate, blood pressure, blood sugar and feelings of excitement during emergency situations.

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Thyroid & Parathyroid Glands

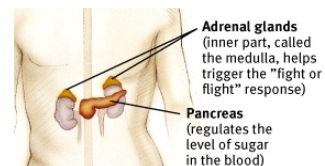
Regulate metabolic and calcium rate.



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Adrenal Glands

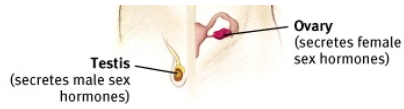
Adrenal glands consist of the adrenal medulla and the cortex. The medulla secretes hormones (epinephrine and norepinephrine) during stressful and emotional situations, while the adrenal cortex regulates salt and carbohydrate metabolism.



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Gonads

Sex glands are located in different places in men and women. They regulate bodily development and maintain reproductive organs in adults.



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Phineas Gage



Phineas Gage video (Scientific American video).

<http://www.youtube.com/watch?v=yXIM-nDYzX0&feature=related>

See also: <http://www.youtube.com/watch?v=kc213mMSsIY>

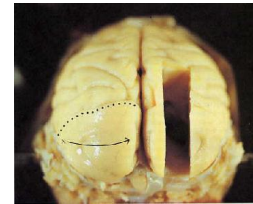
44

But how do we study the brain?



Lesions

A brain **lesion** experimentally destroys brain tissue to study animal behaviors after such destruction.



Hubel (1990)

46

Clinical Observation

Clinical observations have shed light on a number of brain disorders. Alterations in brain morphology due to neurological and psychiatric diseases are now being catalogued.



From Lindsay Berman-Gilbe

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Electroencephalogram (EEG)

An amplified recording of the electrical waves sweeping across the brain's surface, measured by electrodes placed on the scalp.



AI Photo: Photo Research, Inc.

American scientist video: Old Brain, New Tricks

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PET Scan

PET (positron emission tomography) Scan is a visual display of brain activity that detects a radioactive form of glucose while the brain performs a given task.

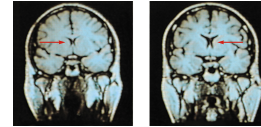


Courtesy of National Institutes of Health, National Laboratories

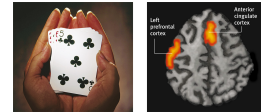
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MRI Scan

MRI (magnetic resonance imaging) uses magnetic fields and radio waves to produce computer-generated images that distinguish among different types of brain tissue. Top images show ventricular enlargement in a schizophrenic patient. Bottom image shows brain regions when a participant lies.



Both photos from Daniel Weinberger, M.D., CBDB, NIMH



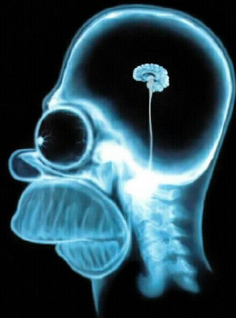
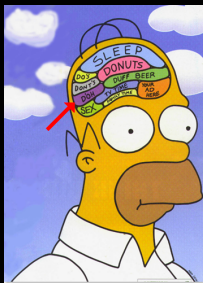
James Salzano Salzano Photo

Lucy Reading Lucy Illustrations

fMRI video on "what is cool?"

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Parts of the Brain



Older Brain Structures

The **Brainstem** is the oldest part of the brain, beginning where the spinal cord swells and enters the skull. It is responsible for automatic survival functions.

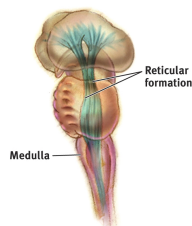


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Brain Stem

The **Medulla** [muh-DUL-uh] is the base of the brainstem that controls heartbeat and breathing.

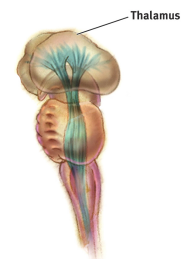
Reticular Formation is a nerve network in the brainstem that plays an important role in controlling arousal.



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Brain Stem

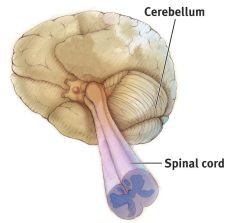
The **Thalamus** [THAL-uh-muss] is the brain's sensory switchboard, located on top of the brainstem. It directs messages to the sensory areas in the cortex and transmits replies to the cerebellum and medulla.



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Cerebellum

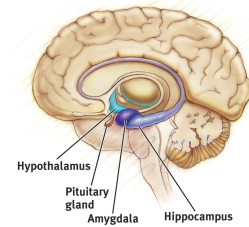
The **cerebellum** (“little brain”) attached to the rear of the brainstem. It helps coordinate voluntary movements and balance.



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The Limbic System

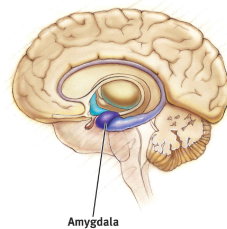
The **Limbic System** is a doughnut-shaped system of neural structures at the border of the brainstem and cerebrum, associated with emotions such as fear, aggression and drives for food and sex. It includes the hippocampus, amygdala, and hypothalamus.



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Amygdala

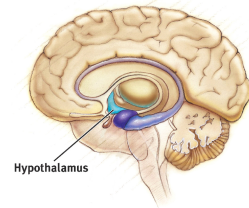
The **Amygdala** [ah-MIG-dah-la] consists of two almond-shaped neural clusters linked to the emotions of **fear** and **anger**.



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Hypothalamus

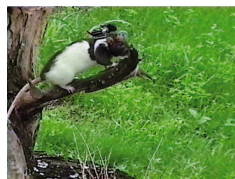
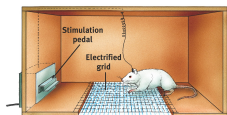
The **Hypothalamus** lies below (*hypo*) the thalamus. It directs several maintenance activities like **eating**, **drinking**, **body temperature**, and **control of emotions**. It helps govern the endocrine system via the pituitary gland.



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Reward Center

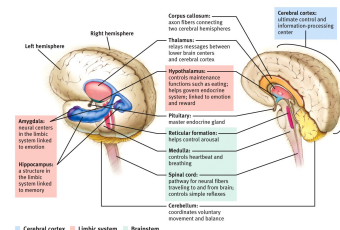
Rats cross an electrified grid for self-stimulation when electrodes are placed in the reward (hypothalamus) center (top picture). When the limbic system is manipulated, a rat will navigate fields or climb up a tree (in response to activation).



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The Cerebral Cortex

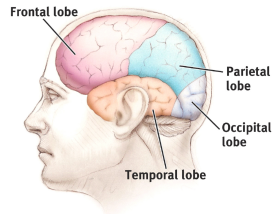
The intricate fabric of interconnected neural cells that covers the cerebral hemispheres. It is the body's ultimate control and information processing center.



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Structure of the Cerebral Cortex

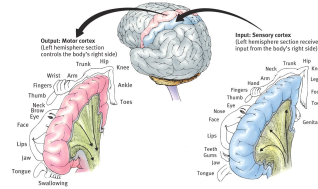
Each brain hemisphere is divided into four lobes that are separated by prominent fissures. These lobes are the **frontal lobe** (forehead), **parietal lobe** (top to rear head), **occipital lobe** (back head) and **temporal lobe** (side of head).



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Functions of the Cortex

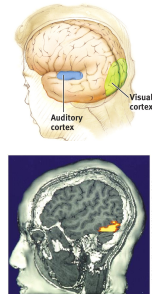
The **Motor Cortex** is the area at the rear of the frontal lobes that control voluntary movements. The **Sensory Cortex** (parietal cortex) receives information from skin surface and sense organs.



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Visual Function

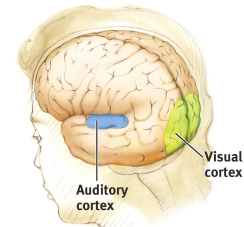
The functional MRI scan shows the visual cortex is active as the subject looks at faces.



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Auditory Function

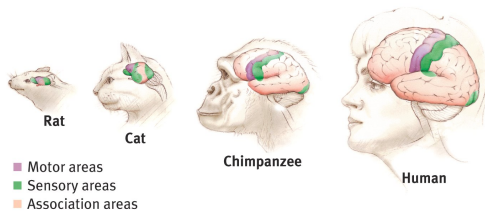
The functional MRI scan shows the auditory cortex is active in patients who hallucinate.



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Association Areas

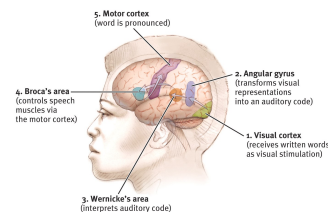
More intelligent animals have increased "uncommitted" or association areas of the cortex.



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Language

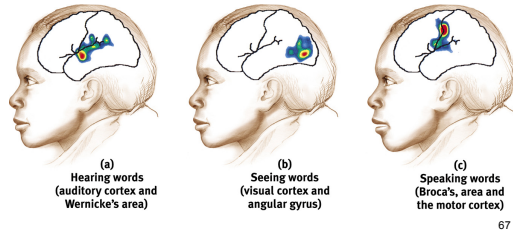
Aphasia is an impairment of language, usually caused by left hemisphere damage either to **Broca's area** (impaired speaking) or to **Wernicke's area** (impaired understanding).



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Specialization & Integration

Brain activity when hearing, seeing, and speaking words



The Brain's Plasticity

The brain is sculpted by our genes but also by our experiences.

Plasticity refers to the brain's ability to modify itself after some type of injury or illness.



Neurogenesis—the production of new neurons—has been shown to occur in early postnatal development, but recently, Princeton Psychologist Elizabeth Gould has provided evidence that this can occur in adults mammals, as well. Environment stress reduces the likelihood of neurogenesis.

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Our Divided Brain

Our brain is divided into two hemispheres.

The **left hemisphere** processes reading, writing, speaking, mathematics, and comprehension skills, also logic, rational, and analytical thinking. In the 1960s, it was termed as the dominant brain.

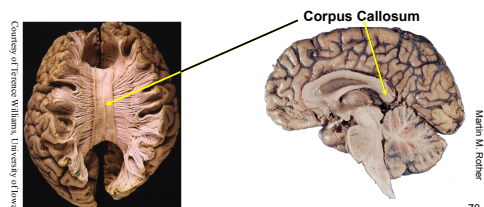
The **right hemisphere** deals with random, intuitive, holistic, synthesizing, subjective processing. Creativity, spatial abilities, music, art seem to be dominant in the right hemisphere.

<http://www.news.com.au/heraldsun/story/0,21985,22556281-661,00.html>

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Splitting the Brain

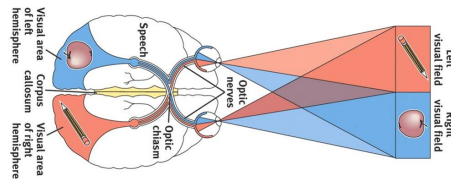
A procedure in which the two hemispheres of the brain are isolated by cutting the connecting fibers (mainly those of the corpus callosum) between them.



70

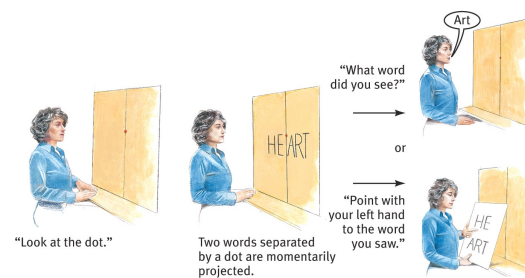
Split Brain Patients

With the corpus callosum severed, objects (apple) presented in the right visual field can be named. Objects (pencil) in the left visual field cannot.



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Divided Consciousness



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Try This!

Try drawing one shape with your left hand and one with your right hand, simultaneously.



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Non-Split Brains

People with intact brains also show left-right hemispheric differences in mental abilities.

A number of brain scan studies show normal individuals engage their right brain when completing a perceptual task and their left brain when carrying out a linguistic task.

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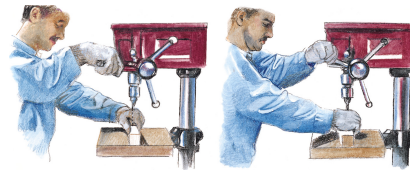
Brain Organization & Handedness

Is handedness inherited? Yes. Archival and historic studies, as well as modern medical studies, show that the right hand is preferred. This suggests genes and/or prenatal factors influence handedness.

75

Is it Alright to be Left Handed?

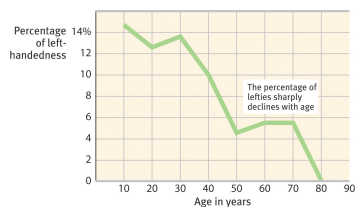
Being left handed is difficult in a right-handed world.



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Is it Alright to be Left Handed?

The percentage of left-handed individuals decreases sharply in samples of older people (Coren, 1993).



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