

Academic Writing Guide

Information Search Skills Table – Stage 1, Part 2

Task: Complete the table below to decide (1) what type of source is presented and (2) if the source is suitable for use in the ‘phobias’ essay, giving a reason. The first one has been done as an example.

Essay Title: ‘Critically consider psychological explanations for the acquisition of phobias. Justify your answer with reference to theoretical and empirical evidence from relevant literature.’

Example	Bibliographic entry	(1) Type of source (e.g. website, journal, chapter in a book etc.)	Brief description of source	(2) Suitable for using in your essay? Yes/No/ With care & Reason
a)	Gillhan, S.J. (2017, March 08). <i>Where Do Fears and Phobias Come From?</i> [Blog post] Retrieved from https://www.psychologytoday.com/blog/think-act-be/201603/where-do-fears-and-phobias-come	Blog Post	May provide some general background to the topic.	Yes/ No/ With caution Reason: Blog posts are generally not considered an academic source – too informal
b)	Phobia – Causes. (n.d.) In <i>Wikipedia</i> . Retrieved 13 June, 2017, from https://en.wikipedia.org/wiki/Phobia#Causesv		Has no named authors and can be edited by anyone. It also has links to external sources which could be followed up.	Yes/ No/ With caution Reason

c)	Dollinger, S.J. (1984). Lightning-strike disaster: Effects on children's fears and worries. <i>Journal of Consulting and Clinical Psychology</i> , 52(6), 1028-38		Presents a case study on the onset of phobias from a traumatic event. It is quite old, so the relevance of the information needs to be assessed.	Yes/ No/ With caution Reason
d)	Burnett, D. (2013) Phobias- The rationale behind irrational fear. <i>The Guardian</i> Retrieved from https://www.theguardian.com/science/brain-flapping/2013/jun/28/phobias-rationale-irrational-fears		Looks at phobias from a largely humorous, rather than psychological, perspective. It contains some background information on the topic.	Yes/ No/ With caution Reason
e)	Boyd, J.H., Rae, D.S., Thompson, J.W. , Burns, B.J., Bourdon, K. Locke, B.Z., & Regier, D.A. (1990) Phobia: prevalence and risk factors. <i>Soc Psychiatry Psychiatr Epidemiol</i> 25 (6), 314- 323		Addresses the link between psychological disorders and phobias. It also focuses on biological aspects such as gender differences and age.	Yes/ No/ With caution Reason
f)	Muris, P. & Merckelbach, H. (2012) 'Specific Phobia: Phenomenology, Epidemiology, and Etiology'		This section provides an overview of causes for the onset of phobias, although the	Yes/ No/ With caution Reason

	in E.T. Davis, T.H. Ollendick & L.G. Öst (Eds.) <i>Intensive One-Session Treatment of Specific Phobias</i> . (pp. 3-18). New York: Springer-Verlag.		rest of the book deals with their treatment.	
g)	NHS Choices (2016) Phobias. Retrieved from http://www.nhs.uk/conditions/phobias/pages/introduction.aspx		Gives a brief overview of the causes, symptoms and treatment of phobias.	Yes/ No/ With caution Reason
h)	Öhman, A.L. (2000). Fear and anxiety: animal models and human cognitive psychophysiology. <i>Journal of affective disorders</i> , 61(3), 137-159.		Presents the neural foundations which underlie phobias, and draws comparisons between empirical evidence from animal studies and human experience.	Yes/ No/ With caution Reason
i)	Watson, J. & Rayner, R. (1920) Conditioned emotional reactions. <i>Journal of experimental psychology</i> , 3(1), pp. 1-14.		Presents the well-known 'Little Albert' experiments, conducted to induce a conditioned fear reaction in an infant. NB Year is 1920.	Yes/ No/ With caution Reason
j)	Merckelbach, H & de Jong, P.J. (1997) Evolutionary models of phobias. In C.G.I. Davey (Ed.) <i>Phobias- A handbook of theories</i> ,		Focuses on evolutionary and genetic causes for phobias, and could be used as a counter-argument to the behaviourist model.	Yes/ No/ With caution Reason

	research & treatment (pp. 323-347). New York: John Wiley & Sons Ltd.			
k)	Psychestudy (2017) Classical conditioning & phobias. Retrieved from https://www.psychestudy.com/behavioral/learning-memory/classical-conditioning/phobias		Provides general information on operant conditioning and the 'Little Albert' experiment; however, there is no author's name provided, nor are there any citations to show where the information is from.	Yes/ No/ With caution Reason
l)	Healthguru (2010, September 15) <i>The difference between fear and phobia</i> [Video file]. Retrieved from https://www.youtube.com/watch?v=4tElh_fJ_9g		Explains some differences between fears and phobias. It includes a talk given by a Clinical Assistant Professor of Psychiatry.	Yes/ No/ With caution Reason
m)	Arntz, A., Rauner, M., & van den Hout, M. (1995). "If I feel anxious, there must be danger": Ex-consequencia reasoning in inferring danger in anxiety disorders. <i>Behaviour Research and Therapy</i> , 33, 917-925.		Discusses behavioural, physiological and cognitive explanations for extreme anxiety; outlines details of an experiment on an 'anxious' group vs a control group in perceived danger ratings.	Yes/ No/ With caution Reason

n)	Coelho, C.M., & Purkis, H. (2009). The origins of specific phobias: Influential theories and current perspectives. <i>Review of General Psychology, 13</i> , 335-348.		Presents the case for evolutionarily relevant fears, proposing that phobias can occur without any critical learning experiences.	Yes/ No/ With caution Reason
o)	Merkelbach, H., Muris, P., & Schouten, E. (1996). Pathways to fear in spider phobic children. <i>Behaviour Research and Therapy, 34</i> , 935-938.		Interviews with 22 children (& parents) on their spider phobias. The findings suggest a learning experience is required for the development of spider phobias in children.	Yes/ No/ With caution Reason