

A Roadmap to MCAT Content in Psychology and Sociology Textbooks



Introduction

Prepare for the MCAT exam with this official Roadmap to MCAT® Content in Psychology and Sociology Textbooks. We reached out to publishers of psychology and sociology textbooks and asked them to identify where the foundational concepts and content categories tested on the MCAT exam can be found within their textbooks.

There are five textbooks included in this resource. As we hear from publishers of other textbooks, we will continue to update this resource.

Disclaimer

All references to the textbook and corresponding content information were self-reported by the publishers. The AAMC has not verified the information for accuracy or relevance. This information is not intended to prescribe a program of study for the MCAT exam, promote a textbook, or guarantee success on the exam.

Invitation to Textbook Publishers

If you are a publisher of an introductory textbook on psychology or sociology and would like to add your publication and information to this reference document, please email mcatsprep@aamc.org.

The Medical College Admission Test® (MCAT®) is a program of the Association of American Medical Colleges.

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Textbooks Included in This Roadmap

Textbook	Link
Ballantine, J.H., and Roberts, K.A. 2014. <i>Our Social World</i> , 4th Edition. Thousand Oaks, CA: Sage.	http://www.sagepub.com/ballantine4e/study/default.htm
Barr, D.A. 2015. <i>Introduction to Biosocial Medicine—The Social, Psychological, and Biological Determinants of Human Behavior and Well-Being</i> . Baltimore: Johns Hopkins University Press.	https://jhupbooks.press.jhu.edu/content/introduction-biosocial-medicine
Cragun, R.T., Cragun, D.L., and Konieczny, P. 2012. <i>Introduction to Sociology</i> . Wikibooks.	http://en.wikibooks.org/wiki/Introduction_to_Sociology
Weiten, W. 2013. <i>Psychology: Themes and Variations</i> . San Francisco: Cengage Learning.	http://www.amazon.com/Cengage-Advantage-Books-Psychology-Variations/dp/1111837473
Compton, M., and Shim, R., editors. 2015. <i>Social Determinants of Mental Health</i> . Washington, D.C.: American Psychiatric Publishing. ISBN 978-1-58562-477-5.	http://www.amazon.com/Social-Determinants-Mental-Health/dp/1585624772/ref=sr_1_1?s=books&ie=UTF8&qid=1420056823&sr=1-1&keywords=9781585624775

Foundational Concept 6: Biological, psychological, and sociocultural factors influence the ways that individuals perceive, think about, and react to the world.

Content Category 6A: Sensing the environment

Topic	<i>Our Social World</i>	<i>Introduction to Biosocial Medicine</i>	<i>Introduction to Sociology</i>	<i>Psychology: Themes and Variations</i>	<i>Social Determinants of Mental Health</i>
Content Category 6A Overall		Ch. 8: The Brain and Behavior		Ch. 4	Ch. 1: Overview of the Social Determinants of Mental Health
Sensory Processing		Ch. 8: pp. 115–121		Ch. 4	Ch. 2: Discrimination
Vision		Ch. 8: p. 118		Ch. 4	Ch. 3: Adverse Early Life Experiences
Hearing		Ch. 8: p. 118		Ch. 4	Ch. 5: Unemployment, Underemployment, and Job Insecurity
Other Senses		Ch. 8: p. 118		Ch. 4	Ch. 5: Unemployment, Underemployment, and Job Insecurity
Perception		Ch. 8: pp. 130–132		Ch. 4	Ch. 6: Economic Inequality, Poverty, and Neighborhood Deprivation

Content Category 6B: Making sense of the environment

Topic	<i>Our Social World</i>	<i>Introduction to Biosocial Medicine</i>	<i>Introduction to Sociology</i>	<i>Psychology: Themes and Variations</i>	<i>Social Determinants of Mental Health</i>
Content Category 6B Overall	Ch. 4, pp. 111, 115–116				Ch. 7: Food Insecurity
Attention	Information available in 5th edition	Ch. 10: Social Inequality, Childhood Experiences, and Behavior, pp. 160–163		Ch. 7	Ch. 8: Poor Housing Quality and Housing Instability
Cognition		Ch. 9: Cognition, Behavior, and Well-Being, pp. 134–149		Ch. 8	Ch. 9: Adverse Features of Built Environment
Consciousness		Ch. 8: The Brain and Behavior, p. 118 Ch. 9: Cognition, Behavior, and Well-Being, pp. 136–138		Ch. 5	Ch. 10: Poor Access to Health Care
Memory		Ch. 9: Cognition, Behavior, and Well-Being, p. 143–149		Ch. 7	Ch. 11: A Call to Action – Addressing the Social Determinants of Mental Health
Language	Ch. 3, pp. 91–95	Ch. 8: The Brain and Behavior, pp. 118–121 Ch. 9: Cognition, Behavior, and Well-Being, pp. 135–141		Ch. 8	

Content Category 6C: Responding to the world

Topic	<i>Our Social World</i>	<i>Introduction to Biosocial Medicine</i>	<i>Introduction to Sociology</i>	<i>Psychology: Themes and Variations</i>	<i>Social Determinants of Mental Health</i>
Emotion		Ch. 8: The Brain and Behavior, p. 118, pp. 130–131 Ch. 9: Cognition, Behavior, and Well-Being, pp. 148–149		Ch. 10	
Stress		Ch. 9: Cognition, Behavior, and Well-Being, pp. 148–149 Ch. 10: Social Inequality, Childhood Experiences, and Behavior, pp. 153, 162–164		Ch. 14	

Foundational Concept 7: Biological, psychological, and sociocultural factors influence behavior and behavior change.

Content Category 7A: Individual influences on behavior

Topic	<i>Our Social World</i>	<i>Introduction to Biosocial Medicine</i>	<i>Introduction to Sociology</i>	<i>Psychology: Themes and Variations</i>	<i>Social Determinants of Mental Health</i>
Biological Bases of Behavior	Ch. 4, p. 111	Ch. 8: The Brain and Behavior, pp. 115–132 Ch. 10: Social Inequality, Childhood Experiences, and Behavior, pp. 151–164 Ch. 11: Understanding Well-Being and Interventions That Can Enhance It, pp. 173–179		Ch. 3	
Personality	Ch. 8, pp. 269–270	Ch. 7: Personality, Behavior, and Well-Being, pp. 97–112		Ch. 12	
Psychological Disorders		Ch. 7: Personality, Behavior, and Well-Being, pp. 110–112		Ch. 15	
Motivation		Ch. 6: Motivation and Behavior, pp. 82–96		Ch. 10	
Attitudes		Ch. 6: Motivation and Behavior, pp. 82–96, 89–92 Ch. 10: Social Inequality, Childhood Experiences, and Behavior, pp. 165–170		Ch. 13	

Content Category 7B: Social processes that influence human behavior

Topic	<i>Our Social World</i>	<i>Introduction to Biosocial Medicine</i>	<i>Introduction to Sociology</i>	<i>Psychology: Themes and Variations</i>	<i>Social Determinants of Mental Health</i>
How the Presence of Others Affects Individual Behavior	Throughout text	Ch. 5: Identity and Behavior, pp. 77–79	Groups	Ch. 13	
Group Decision-making Processes	Ch. 5, especially pp. 144–150, 153–154	Ch. 5: Identity and Behavior, pp. 77–79	Groups	Ch. 13	
Normative and Non-normative Behavior	Ch. 3 Ch. 6, pp. 81–84, 87–91	Ch. 4: Society, Culture, and Behavior, pp. 48–65	Deviance	Ch. 15	
Socialization	Ch. 4: Socialization Ch. 9: Gender Socialization	Ch. 4: Society, Culture, and Behavior, pp. 61–65 Ch. 5: Identity and Behavior, pp. 67–71	Socialization		

Content Category 7C: Attitude and behavior change

Topic	<i>Our Social World</i>	<i>Introduction to Biosocial Medicine</i>	<i>Introduction to Sociology</i>	<i>Psychology: Themes and Variations</i>	<i>Social Determinants of Mental Health</i>
Habituation and Dishabituation		Ch. 9: Cognition, Behavior, and Well-Being, pp. 145–147		Ch. 6	
Associative Learning		Ch. 6: Motivation and Behavior, pp. 84–85 Ch. 8: The Brain and Behavior, pp. 118–121		Ch. 6	
Observational Learning		Ch. 6: Motivation and Behavior, pp. 85–88 Ch. 7: Personality, Behavior, and Well-Being, pp. 108–110		Ch. 6	
Theories of Attitude and Behavioral Change	Ch. 16, pp. 607, 617–618	Ch. 6: Motivation and Behavior, pp. 85–88 Ch. 7: Personality, Behavior, and Well-Being, pp. 107–110		Ch. 13	

Foundational Concept 8: Psychological, sociocultural, and biological factors influence the way we think about ourselves and others, as well as how we interact with others.

Content Category 8A: Self-identity

Topic	<i>Our Social World</i>	<i>Introduction to Biosocial Medicine</i>	<i>Introduction to Sociology</i>	<i>Psychology: Themes and Variations</i>	<i>Social Determinants of Mental Health</i>
Self-Concept, Self-identity, and Social Identity	Ch. 4, pp. 115–120, 132–135, 183	Ch. 4: Society, Culture, and Behavior, pp. 48–55 Ch. 5: Identity and Behavior, pp. 67–74 Ch. 7: Personality, Behavior, and Well-Being, pp. 104–110	<u>Groups</u>		
Formation of Identity	Ch. 4	Ch. 7: Personality, Behavior, and Well-Being, pp. 97–110	<u>Groups</u>		

Content Category 8B: Social thinking

Topic	<i>Our Social World</i>	<i>Introduction to Biosocial Medicine</i>	<i>Introduction to Sociology</i>	<i>Psychology: Themes and Variations</i>	<i>Social Determinants of Mental Health</i>
Attributing Behavior to Persons or Situations		Ch. 5: Identity and Behavior, pp. 74–77		Ch. 13	
Prejudice and Bias	Ch. 8, pp. 270–74, 286–91	Ch. 4: Society, Culture, and Behavior, pp. 59–61 Ch. 5: Identity and Behavior, pp. 71–74	<u>Race and Ethnicity</u>	Ch. 13	
Processes Related to Stereotypes	Ch. 8, pp. 271, 288	Ch. 5: Identity and Behavior, pp. 73–74		Ch. 13	

Content Category 8C: Social interactions

Topic	<i>Our Social World</i>	<i>Introduction to Biosocial Medicine</i>	<i>Introduction to Sociology</i>	<i>Psychology: Themes and Variations</i>	<i>Social Determinants of Mental Health</i>
Elements of Social Interaction	Ch. 4: All of chapter, but especially pp. 110, 113, 138–169, 144–152	Ch. 4: Society, Culture, and Behavior, pp. 51–59, 62–65	Groups	Ch. 13	
Self-Presentation and Interacting with Others	Ch. 4: All of chapter, but especially pp. 116, 132–135, 183 Ch. 5: pp. 141–153	Ch. 4: Society, Culture, and Behavior, pp. 62–65 Ch. 10: Social Inequality, Childhood Experiences, and Behavior, pp. 165–168	Groups		
Social Behavior	Throughout the text	Ch. 4: Society, Culture, and Behavior, pp. 48–65	Groups	Ch. 13	
Discrimination	Ch. 8: All of chapter, but especially pp. 275–283, 291–296	Ch. 4: Society, Culture, and Behavior, pp. 59–61 Ch. 5: Identity and Behavior, pp. 71–74	Race and Ethnicity	Ch. 13	

Foundational Concept 9: Cultural and social differences influence well-being

Content Category 9A: Understanding social structure

Topic	<i>Our Social World</i>	<i>Introduction to Biosocial Medicine</i>	<i>Introduction to Sociology</i>	<i>Psychology: Themes and Variations</i>	<i>Social Determinants of Mental Health</i>
Theoretical Approaches	Ch. 2, pp. 46–61	Ch. 4: Society, Culture, and Behavior, pp. 48–54	<u>Sociological Theory</u>		
Social Institutions	Chs. 10–14 Institutions introduction: pp. 341–345	Ch. 4: Society, Culture, and Behavior, p. 50	<u>Economy</u>		
Culture	Throughout text, especially Ch. 3, pp. 77–106	Ch. 4: Society, Culture and Behavior, pp. 48–65	<u>Culture</u>		

Content Category 9B: Demographic characteristics and processes

Topic	<i>Our Social World</i>	<i>Introduction to Biosocial Medicine</i>	<i>Introduction to Sociology</i>	<i>Psychology: Themes and Variations</i>	<i>Social Determinants of Mental Health</i>
Demographic Structure of Society	Ch. 15: All of chapter, especially pp. 556–581	Ch. 3: Inequality and Well-Being, pp. 28–40	Demography		
Demographic Shifts and Social Change	Chs. 15 and 16: All of chapters, especially pp. 558–566	Ch. 3: Inequality and Well-Being, pp. 39–45	Demography		

Foundational Concept 10: Social stratification and access to resources influence well-being

Content Category 10A: Social inequality

Topic	<i>Our Social World</i>	<i>Introduction to Biosocial Medicine</i>	<i>Introduction to Sociology</i>	<i>Psychology: Themes and Variations</i>	<i>Social Determinants of Mental Health</i>
Spatial Inequality	Ch. 16, pp. 594–606	Ch. 3: Inequality and Well-Being, pp. 28–45 Ch. 10: Social Inequality, Childhood Experiences, and Behavior, pp. 151–170	Human Ecology and Environment		
Social Class	Ch. 7, pp. 129–130, 226–246 Ch. 8	Ch. 2: Behavior and Well-Being, pp. 24–25 Ch. 4: Society, Culture, and Behavior, pp. 57–59 Ch. 5: Identity and Behavior, pp. 68–71	Stratification		
Health Disparities	Ch. 14: entire chapter, especially pp. 529–549	Ch. 3: Inequality and Well-Being, pp. 28–45	Health and Medicine		
Healthcare Disparities	Ch. 14: entire chapter, especially pp. 528–540	Ch. 3: Inequality and Well-Being, pp. 34–36	Health and Medicine		