

Berger: *The Developing Person Through the Lifespan 10e*

New Research Throughout

Life-span development, like all sciences, builds on past learning. Many facts and concepts are scaffolds that continue to foster learning: stages and ages, norms and variations, dangers and diversities, classic theories and fascinating applications. However, discoveries and experiences, current crises, and new research continue to change how developmentalists describe development. No paragraph in this edition is exactly what it was in the first or second edition. Especially to help professors who taught with the earlier texts, or students who have friends who took the course a few years ago, highlights of updates in the text appear below.

Chapter 1

- New chapter-opening vignette.
- New *A View from Science*: “Are Children Too Overweight?”
- Dandelions and orchids example added to section on differential susceptibility.
- New discussion (and figure) of how public perception of marijuana use illustrates the impact of cohort on attitudes and behavior.
- New U.S. poverty data in the subsection “The Socioeconomic Context.”
- New figure on the Gini index, which measures income equality.
- New *Visualizing Development* infographic: “Diverse Complexities,” which illustrates how the ethnic make-up of the United States is changing.
- New figure depicting neurogenesis in the section “Development is Plastic.”
- New example illustrating experimentation: whether or not summer jobs prevent juvenile delinquency.
- Discussion of e-cigarette use to show how longitudinal research is needed to determine whether certain substances are harmful.
- The recent Ebola epidemic used to illustrate ethical dilemmas researchers must navigate.

Chapter 2

- New chapter-opening vignette.

- New *Inside the Brain* “Measuring Mental Activity,” which describes and depicts various techniques used by neuroscientists. Includes fNIRS (functional near infrared spectroscopy) and DTI (diffusion tensor imaging).
- Section on Maslow and Humanism moved to the section on Theories of Adult Personality in Chapter 22.
- New *Visualizing Development* infographic: “Breast-Feeding Diversity,” which explores breast-feeding trends in the United States and around the world under the lens of different theoretical perspectives.
- New discussion of how evolutionary theory offers explanations for human phenomena such as morning sickness, toddlers’ attachment to parents, adolescent rebellion, etc.
- *Grandmother hypothesis* added to the discussion of evolutionary theory.

Chapter 3

- Enhanced discussion of RNA.
- New section on the microbiome.
- Ebola discussed as an example of genetic diversity.
- New discussion of how subtle differences in alleles can have both minor and major effects (e.g., apoE2 versus apoE4 and BRAC 1 versus BRAC 2).
- New research on IVF; most of the discussion of ART moved to Ch. 20.
- In the section “Twins,” new mention of older mothers and vanishing twins.
- New discussion of epigenetics, including examples of type 2 diabetes, drug use, and loneliness, in “Genetic Interactions.”

Chapter 4

- New chapter-opening vignette.
- New *Inside the Brain* on prenatal brain development.
- Additional discussion of ethical ramifications of resuscitating a non-breathing, extremely preterm infant.
- New discussion of WHO recommendations and statistics regarding c-sections, as well as an updated figure.
- The figure “Critical Periods in Human Development” has been heavily revised with more realistic anatomical art and the feel of an infographic.

- Extensive discussion of the importance of careful consultation with doctors about herbal medicine, as well as over-the-counter and psychoactive drug use.
- New figure on weight gain in pregnancy.
- New discussion of how some states are enacting laws that incarcerate women for using alcohol and drugs while pregnant.
- New figure on food insecurity among U.S. families.
- The term “Hispanic paradox” renamed “immigrant paradox”; section includes new research and an explanation for the change in that terminology.
- Table on teratogens has been adapted into a Data Connections activity.

Chapter 5

- New *Inside the Brain* entitled “Neuroscience Vocabulary,” which defines and describes the key terms and basics of neurological development.
- Updated coverage on infant sleep; section has been moved ahead of “Brain Development.”
- New section on effects of lack of stimulation on the infant brain.
- New research on infants’ experience of pain.
- Updated infant mortality data.
- New *A Case to Study* on Susan Beal, the Australian doctor whose research helped to reduce SIDS rates dramatically worldwide. Section on SIDS moved has been moved ahead of “Immunization.”
- In “Immunization,” new data on worldwide polio rates, and a discussion of rising rates of missed vaccinations in the United States.

Chapter 6

- New chapter-opening vignette.
- New research and discussion of infant memory.
- New *Inside the Brain*: “Understanding Speech.”
- Updated research and new examples in “Cultural Differences.”
- Updated research in *Opposing Perspectives*: “Language and Video.”
- New research and coverage of bilingualism in babies.

Chapter 7

- New chapter-opening vignette.
- Updated research and examples in “Early Emotions” and “Temperament.”
- New *Inside the Brain*: “Expressing Emotions.”
- New research on neglected synchrony.
- Revised *Visualizing Development* infographic “Developing Attachment.”
- Updated and reorganized coverage of infant day care, including the latest data and research on maternal employment and family leave in the United States and around the world.
- New section on Norway’s child care model as a comparison to U.S. trends.
- New *A Case to Study* about adoptive parents’ attachment to their children.

Chapter 8

- New chapter opening-vignette.
- Updated research on childhood obesity and nutrition.
- New section on childhood allergies.
- New *Inside the Brain*: “Connected Hemispheres.”
- Entire “Brain Growth” section has been consolidated and revised in order to be more student-friendly.
- Updated coverage on hormones.
- New discussion of e-waste in “Environmental Hazards.”
- In *A View from Science*: “Eliminating Lead,” latest data on lead concentration in blood of U.S. children, and new discussion of lead contamination in Flint, Michigan.
- New subsection on how gender differences in brain growth influence young children’s experience in preschool.
- Updated coverage on injuries and maltreatment, including new data on pedestrian deaths and rates of substantiated child maltreatment.

Chapter 9

- Updated figure showing different types of conservation.
- New research on overimitation.
- New subsection on Vygotsky and language, including private speech and social

mediation.

- Expanded discussion and new research on STEM learning.
- New research on cultural and neurological differences in the development of theory of mind.
- New research examples showing how language proficiency is measured in children.
- Entire section “The Vocabulary Explosion” has been consolidated and revised in order to be more student-friendly.
- New research on bilingualism and language shift in early childhood.
- New efficacy data on the Head Start program.
- Expanded discussion of the long-term gains, as well as the financial and political ramifications, associated with intensive programs such as the Perry, Abecedarian, and Child–Parent Centers programs.
- Revised *Visualizing Development* “Early-Childhood Education.”

Chapter 10

- New chapter-opening vignette.
- “Initiative Versus Guilt” and “Motivation” sections are briefer and more student-friendly.
- New research and data on play, including new *Visualizing Development*: “Less Play, Less Safe?”
- New coverage and data on screen time.
- New research and examples in the section on physical punishment; entire “Discipline” section moved ahead of section on gender.
- New examples and research on gender development and gender differences.
- “Empathy and Antipathy” section moved ahead of “Challenges for Caregivers” section.

Chapter 11

- New chapter-opening vignette.
- New data on oral health.
- “Brain Development” section moved to “Physical Activity,” emphasizing how play and body movement improve intellectual functioning.
- New data on exercise in school.
- New data on childhood obesity and overweight.

- Revised *Visualizing Development*: “Childhood Obesity around the Globe.”
- New data and research in “Asthma” section.
- Sections on intelligence and developmental psychopathology have been combined into new section, “Children with Special Brains and Bodies.” Section introduces four principles of developmental psychopathology before introducing intelligence and its measurement. Coverage of special needs in middle childhood follows.
- New data on how/whether brain scans can measure intelligence.
- New research and coverage of ADHD.
- New research and data on drug treatment for children; this coverage now comprises new *Opposing Perspectives*: “Drug Treatment for ADHD and Other Disorders.”
- New research and data on autism spectrum disorder, and new discussion of neurodiversity.
- New data on number of U.S. children with special needs.
- New section on how early intervention can help children with special needs.
- New research on gifted and talented children.

Chapter 12

- New research on information processing.
- New *Inside the Brain*: “Coordination and Capacity Development.”
- “Information Processing” section is briefer and more student-friendly.
- New research on metaphorical understanding in bilingual children.
- New data and research on bilingual children; section has been moved to “Language.”
- Expanded discussion of international contexts regarding instruction; includes new examples of hidden curriculum.
- Section on international testing revised and expanded; includes latest TIMSS and PIRLS rankings.
- New *A Case to Study*: “Finland” examines how the country’s educational reforms have dramatically improved its scores on international tests.
- New section on gender differences in academic performance.
- New discussion of changing ethnic and SES make-up of U.S. public schools.

- New research on changes in teachers' and state legislators' attitudes toward the Common Core.
- Revised data on where U.S. students go to school.
- "Choices and Complications" section reorganized into 10 questions and explanations that examine the pros and cons of various types of schools.

Chapter 13

- Discussion of self-concept and social comparison now appears before Erikson's concept of industry versus inferiority.
- New discussion and research of Dweck's concept of growth mindset.
- New *Opposing Perspectives: Protect or Puncture Self-Esteem?*
- New examples illustrating the effects of long-term stress on children in "Cumulative Stress" section.
- New research in "Cognitive Coping" section, including expanded discussion of parentification.
- Revised *Visualizing Development: "A Wedding, or Not? Family Structures Around the World."*
- Section on divorce moved up, ahead of sections on various types of families.
- New data and research on marriage and single parenthood.
- New data on how family income affects family dynamics.
- New excerpt from one of the author's former students illustrating how friendship is vital to children's psychosocial well-being.
- New research on aggressive- and withdrawn-rejected children.
- New research on how culture impacts moral reasoning, and how children differ from adults in their understanding of morality.

Chapter 14

- New research detailing how hormones affect psychopathology in adolescent girls and boys.
- New research on the importance of sleep and how later school start times can mitigate the ill effects of sleep deprivation for adolescents.
- Section on brain development moved up, ahead of "When Will Puberty Begin?"

- Expanded discussion of how immaturity of the prefrontal cortex leads to risk taking, including new research on texting while driving.
- New *Inside the Brain*: “Lopsided Growth,” which elaborates the experience of Laurence Steinberg as a parent of a teenager under the lens of neuroscience.
- Updated research about stress and puberty.
- New research on gender and cultural differences in the onset of puberty.
- New research on obesity and nutritional deficiencies in adolescence.
- In section on eating disorders, addition of binge eating disorder, newly recognized in DSM-5.
- New *Visualizing Development*: “Satisfied with Your Body?,” which examines body dissatisfaction in adolescents.
- Extensively updated data on sexual activity, contraceptive use, teenage birth, and rates of STIs.

Chapter 15

- Addition of three short problems for students to test themselves on intuitive and analytical reasoning.
- Revised *Visualizing Development: Thinking in Adolescence*.
- New research on the advantages of adolescent cognition.
- New *Inside the Brain*: “Impulses, Rewards, and Reflection,” which describes why brain maturation in adolescence increases risk taking.
- New research on technology and cognition in adolescence; new section describes sexual abuse via technology and how it is less common than parents fear.
- New data and research on technology addiction, cyberbullying, and sexting.
- New research on declines in school engagement and performance in middle and high school students.
- New research on the entity and incremental theories of intelligence.
- Updated statistics on enrollment in AP classes and college.
- New figure on U.S. high school dropout rates.

Chapter 16

- New, separate section on ethnic identity featuring anecdote about racial awareness from a U.S. high school senior.
- Enhanced and revised discussion of gender identity, including an explanation of why the DSM-5 describes gender dysphoria, not gender identity disorder.
- New coverage of parent–child conflict, included updated research on parental monitoring.
- New *A Case to Study*: “The Naiveté of Your Author,” which describes her experience as a mother of four daughters.
- Updated coverage and research about peer pressure and peer influence on adolescent decision making.
- New data on sexual activity among U.S. high school students.
- Revised section on same-sex relationships, includes new research and figure.
- New discussion of how sex education correlates with rates of teenage pregnancy in various countries.
- In coverage of depression, new research indicating that perfectionism can lead to depression and eating disorders.
- Updated research on rates of suicide, suicidal ideation, and parasuicide.
- Updated research on adolescence crime and incarceration rates.
- Updated data and coverage of teenage drug use, including e-cigarettes and marijuana.
- New *Opposing Perspectives*: “E-Cigarettes: Path to Addiction or Healthy Choice?”
- Revised *Visualizing Development*: “How Many Adolescents Are in School?”

Chapter 17

- New chapter-opening vignette.
- New data on health in emerging adulthood.
- New *Opposing Perspectives*: “A Welcome Stage, or Just Weird?”
- “Bodies in Balance” section consolidated; includes new figure on the effects of sleep deprivation and new research on weight gain during college.
- Addition of 2016 federal guidelines for physical activity.
- New figure showing annual pregnancy rate for women using various types of contraception.
- New figure showing how premarital sex is viewed in various parts of the world.

- New data on rates of psychopathology in emerging adulthood.
- New figure on how many adults are treated in hospitals for accidental injuries.
- New *A Case to Study: An Adrenaline Junkie*.
- New data and expanded coverage of substance use disorder in emerging adulthood.
- Revised *Visualizing Development*: “Highlights in the Journey to Adulthood.”

Chapter 18

- New chapter-opening vignette.
- New research on time management skills.
- New research indicating that cognition in emerging adulthood mitigates prejudice.
- New *A View from Science*: “Stereotype Threat.”
- New section describing Lemieux and LaBouvie-Vief’s criticisms of Piaget’s stage theory.
- New example describing how the Defining Issues Test was used in Arkansas to measure advances in moral thought among a group of business students.
- New figure, longitudinal data, and research on graduation rates, college debt, and salary differences between college grads and non-grads.
- Revised *Visualizing Development*: “Why Study?”
- Revised and expanded section on current contexts of college, including new discussion of MOOCs and flipped classes. (Section has been moved ahead of the section on diversity.)
- New figures showing how U.S. emerging adults are behind most other OECD countries in literacy, numeracy, and problem solving.
- Added discussion and research on how attending college enhances critical-thinking skills and tolerance for all kinds of people, including LGBTQ individuals. (Includes Virginia Military Institute and recent HB2 law in North Carolina as examples.)

Chapter 19

- Extensively revised section on identity (now called “Continuity and Change”); “Cultural Identity” has been renamed “Ethnic Identity” and includes new discussion of dreamers and adopted children, as well as recent voting behavior among young adults.
- New “Gender Identity” section.
- New research and examples of employment patterns and personality development.

- Material on relationships with parents and peers moved forward, ahead of material on love and romance. (“Emerging Adults and Their Parents” appears first, followed by “Friendship,” then “The Universal—Love.”)
- New research on helicopter parents.
- New research on age and gender differences in friendships; includes new figure.
- Extensively updated material on dating, cohabitation, and romance in emerging adults.
- Revised figure on gender difference in homicide rate among familiars in the United States.

Chapter 20

- New research and data on blood pressure and COPD.
- New *Inside the Brain*: “Neurons Forming in Adulthood.”
- New paragraph on male pattern baldness in the section “Outward Appearance.”
- In “The Sexual-Reproductive System,” the section on contraception now appears later, in a new section entitled “Variations in Sexuality.”
- New data on sexual satisfaction in adulthood.
- In “Variations in Sexuality,” new discussion of pornography, as well as cultural, gender, and individual differences in sexual behavior and preferences.
- New section “Do You Want a Baby?” includes material on contraception (“Avoiding Pregnancy”) and fertility treatments (“Seeking Pregnancy.”)
- New research on ART.
- New section “The Sexual-Reproductive System in Middle Age” addresses hormonal changes that affect sexual activity, menopause, HRT, and the debate over “andropause.”
- Section on health habits now begins with exercise and includes new research on its benefits.
- The section on drugs first addresses medication and coffee before covering tobacco and alcohol.
- New figures showing U.S. rates of cigarette smoking and lung cancer.
- New section and figure on the opioid epidemic, which includes the latest data on rates of overdose deaths.

- New data on adult obesity around the world; new material on measures that can reduce obesity.
- “Measuring Health” section has been consolidated and more student-friendly.
- Revised life expectancy data in “Correlating Income and Health.”

Chapter 21

- New research on the Flynn effect.
- New research example to illustrate different types of intelligence.
- New research showing how education helps people prepare for and survive disasters.
- “Optimization with Compensation” moved to beginning of “Selective Gains and Losses” section; includes an example of how knowledge in adulthood increases in depth but not in breadth.
- New research on stress and coping methods, including posttraumatic growth and weathering.
- Revised *Visualizing Development*: “Stress in Adulthood.”
- Updated coverage of the development of expertise in a new, technologically connected era.
- Updated figure on decreasing gender disparity in the number of U.S. medical school graduates.

Chapter 22

- New chapter-opening vignette.
- “Theories of Adult Personality” now contains two subsections: “Erikson’s Theory” and “Maslow’s Theory of Personality.” Content on Maslow and humanism formerly in Ch. 1 now appears here, including figure of Maslow’s hierarchy.
- Section on the midlife crisis has been omitted.
- New research on personality traits and temperament.
- The two sections on intimacy (friends and family and romantic partners) have been combined into one section; romantic partners and marriage appears first, followed by friends, then family, then caregiving.
- New figure on U.S. marriage rates.
- New data on LAT couples.

- New section and research on gay and lesbian couples.
- New updates about marital satisfaction, including cross-cultural data and research.
- Updated coverage on the joys and challenges of parenting—including step-parenting and adoptive parents.
- New section on culture and caregiving, focusing on who takes care of elders around the world.
- Revised *Visualizing Development*: “Caregiving in Adulthood.”
- New discussion of meta-analysis that finds that losing a job affects adult happiness more than divorce or bereavement.
- New data and figure showing changes to ethnic makeup of U.S. labor force.
- New material on the challenges of balancing work and family, particularly for families with “non-standard” work schedules.

Chapter 23

- Updated coverage of stereotype threat and ageism.
- New *A View from Science*: “I’m Not Like Those Other Old People.”
- Updated figure on rates of exercise among older adults.
- Updated figure showing declines in prevalence of violent crime by age group.
- Revised section on demographic shift, including new figure of Japan’s demographic pyramid.
- Revised *Visualizing Development*: “Social Comparison: Elders Behind the Wheel.”
- New data on hearing loss among older adults.
- New data on rates of flu and hypertension among older adults.
- New research and discussion of compression of morbidity.
- New U.S. and international data on life expectancy.
- New *Opposing Perspectives*: “Stop the Clock?”

Chapter 24

- New research on neurogenesis in late adulthood.
- New section exploring why multitasking becomes more difficult with age; includes new *Inside the Brain*: “More or Less Efficient.”
- New research on whether learning strategies to improve control processes are successful.

- New section devoted entirely to neurocognitive disorders; fully updated with new research, statistics, and DSM-5 diagnostic criteria for neurocognitive disorders. Includes new figure on prevalence of major NCD in the United States by age group.
- New *Visualizing Development*: “Global Prevalence of Major Neurocognitive Disorders.”
- New data on polypharmacy.

Chapter 25

- New discussion of experiment showing how elders tend to follow their emotions, not logic.
- Expanded discussion of why compulsive hoarding was not considered a psychological disorder until DSM-5.
- New paragraph on how working in jobs that paid into Social Security resulted in added poverty for women and ethnic minorities.
- “Stratification Theories” section now contains separate subsections for gender, ethnic, and income stratification; new research and data appear throughout.
- Updated figures on rates of employment, volunteering, and gardening among elders.
- New research findings on how retirees are more likely to age in place.
- Revised *Visualizing Development*: “Life After 65: Living Independently.”
- Updated material on religious involvement and political activism.
- New coverage and figure on the beanpole family.
- Updated material on caregiving for fragile elders.

Epilogue

- New chapter-opening vignette.
- New coverage of Buddhist death rituals.
- New research and data on how adolescents, emerging adults, and older adults think about death.
- Updated research and data on hospice and palliative care.
- New research on what constitutes brain death.
- Updated figures on euthanasia; expanded discussion and data on the “death with dignity” movement in Oregon and other U.S. states.
- New research on grief.

- New example of mass shooting in Charleston, South Carolina, to demonstrate how people find meaning in death.