

## Psychology and Branches of Psychology **Sophia Roberts\***

**Received:** May 05, 2021; **Accepted:** May 17, 2021; **Published:** May 28, 2021

Managing Editor, Journal Rare Disorders:  
Diagnosis & Therapy, United Kingdom

### Editorial

Psychology is the scientific study of the mind and behavior, according to the American Psychological Association. Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behavior and cognitive processes. It is an academic discipline of immense scope. Psychologists seek an understanding of the emergent properties of brains, and all the variety of phenomena linked to those emergent properties, joining this way the broader neuro-scientific group of researchers. As a social science, it aims to understand individuals and groups by establishing general principles and researching specific cases. In this field, a professional practitioner or researcher is called a psychologist and can be classified as a social, behavioral, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and social behavior, while also exploring the physiological and biological processes that underlie cognitive functions and behaviors [1-3].

### Branches of Psychology

**Clinical Psychology:** Clinical psychology integrates science, theory, and practice in order to understand, predict and relieve problems with adjustment, disability, and discomfort. It promotes adaption, adjustment, and personal development. It can help us to understand, prevent, and alleviate psychologically-caused distress or dysfunction, and promote an individual's well-being and personal development.

**Cognitive Psychology:** Cognitive psychology investigates internal mental processes, such as problem solving, memory, learning, and language. It looks at how people think, perceive, communicate, remember, and learn. It is closely related to neuroscience, philosophy, and linguistics.

**Developmental Psychology:** This is the scientific study of systematic psychological changes that a person experiences over the life span, often referred to as human development. It focuses not only on infants and young children but also teenagers, adults, and older people.

**Evolutionary Psychology:** Evolutionary psychology looks at how human behavior, for example language, has been affected by

**Corresponding Author:** Sophia Roberts

✉ raredisorders@emedicaljournals.org

**Tel:** +32466900451

**Citation:** Roberts S (2021) Psychology and Branches of Psychology. J Rare Disorders Diagnosis & Therapy. Vol. 7 No. 4: 2.

psychological adjustments during evolution.

**Forensic Psychology:** Forensic psychology involves applying psychology to criminal investigation and the law. A forensic psychologist practices psychology as a science within the criminal justice system and civil courts.

**Health Psychology:** Health psychology is also called behavioral medicine or medical psychology. It observes how behavior, biology, and social context influence illness and health.

**Neuropsychology:** Neuropsychology looks at the structure and function of the brain in relation to behaviors and psychological processes. A neuropsychology may be involved if a condition involves lesions in the brain, and assessments that involve recording electrical activity in the brain.

**Occupational Psychology:** Occupational or organizational psychologists are involved in assessing and making recommendations about the performance of people at work and in training.

**Social Psychology:** Social psychology uses scientific methods to understand how social influences impact human behavior. It seeks to explain how feelings, behavior, and thoughts are influenced by the actual, imagined or implied presence of other people.

### References

1. <https://psychology.osu.edu/about/what-psychology>
2. <https://www.medicalnewstoday.com/articles/154874#branches>
3. <https://www.apa.org/action/science>