Psychopathology: Paper 1

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| Area of spec | Outline | Evaluate | Outline research | Evaluate research | Poss 16 mark questions |
| Definitions of abnormality, including deviation from social norms, failure to function adequately, statistical infrequency and deviation from ideal mental health. |  |  |  |  | 1. Describe and evaluate 2 ways of defining abnormality. 2. Describe and evaluate at least 2 definitions of abnormality. 3. Outline and evaluate statistical infrequency and deviation from social norms as definitions of abnormality. 4. Discuss 2 or more definitions of abnormality. |
| The behavioural, emotional and cognitive characteristics of phobias, depression and obsessive compulsive disorder (OCD). |  |  |  |  | 1. Outline the behavioural characteristics of… 2. Outline the emotional characteristics of… 3. Outline the cognitive characteristics of…   For phobias, OCD or depression (3-6 marks) |
| The behavioural approach to explaining and treating phobias: the two-process model, including  classical and operant conditioning; systematic desensitisation, including relaxation and use of hierarchy; flooding. |  |  |  |  | 1. Describe and evaluate the behavioural approach to explaining phobias. 2. Describe and evaluate the behavioural approach to the treatment of phobias. 3. Describe and evaluate the two-process model of phobias. Refer to the development and maintenance of a specific type of phobia as part of your answer. 4. Describe and evaluate one or more behavioural approaches to treating phobias. |

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| The cognitive approach to explaining and treating depression: Beck’s negative triad and Ellis’s ABC model; cognitive behaviour therapy (CBT), including challenging irrational thoughts. |  |  |  |  | 1. Describe and evaluate the cognitive approach to explaining depression. 2. Describe and evaluate cognitive behaviour therapy for depression.     You may be given a scenario and asked to describe and evaluate applying to the source.  Also be asked to describe and evaluate the cognitive approach to explaining **and** treating depression, as 1 question. |
| The biological approach to explaining and treating OCD: genetic and neural explanations; drug therapy. |  |  |  |  | 1. Describe and evaluate the biological approach to explaining OCD. 2. Describe and evaluate the biological approach to treating OCD. 3. Describe and evaluate research into genetic and neural explanations of OCD |