|  |  |
| --- | --- |
| Key term – definitions of abnormality | Definition |
| Statistical infrequency |  |
| Deviation from social norms |  |
| Failure to function adequately |  |
| Deviation from ideal mental health |  |

**Psychopathology**

|  |  |
| --- | --- |
| Phobias, OCD and depression | Definition |
| Phobias |  |
| OCD |  |
| Depression |  |
| Emotional characteristics |  |
| Behavioural characteristics |  |
| Cognitive characteristics |  |

|  |  |
| --- | --- |
| Key term – behavioural approach to explaining phobias | Definition |
| Behavioural approach |  |
| Classical conditioning |  |
| Operant conditioning |  |

|  |  |
| --- | --- |
| Key term – behavioural approach to treating phobias | Definition |
| Systematic desensitisation |  |
| Flooding |  |

|  |  |
| --- | --- |
| Key term – cognitive approach to explaining depression | Definition |
| Cognitive approach |  |
| Negative triad |  |
| ABC model |  |

|  |  |
| --- | --- |
| Key term – cognitive approach to treating depression | Definition |
| Cognitive behaviour therapy (CBT) |  |
| Irrational thoughts |  |

|  |  |
| --- | --- |
| Key term – the biological approach to explaining OCD | Definition |
| Biological approach |  |
| Genetic explanations |  |
| Neural explanations |  |

|  |  |
| --- | --- |
| Key terms – the biological approach to treating OCD | Definition |
| Drug therapy |  |
| SSRIs |  |