

Psychopathology revision



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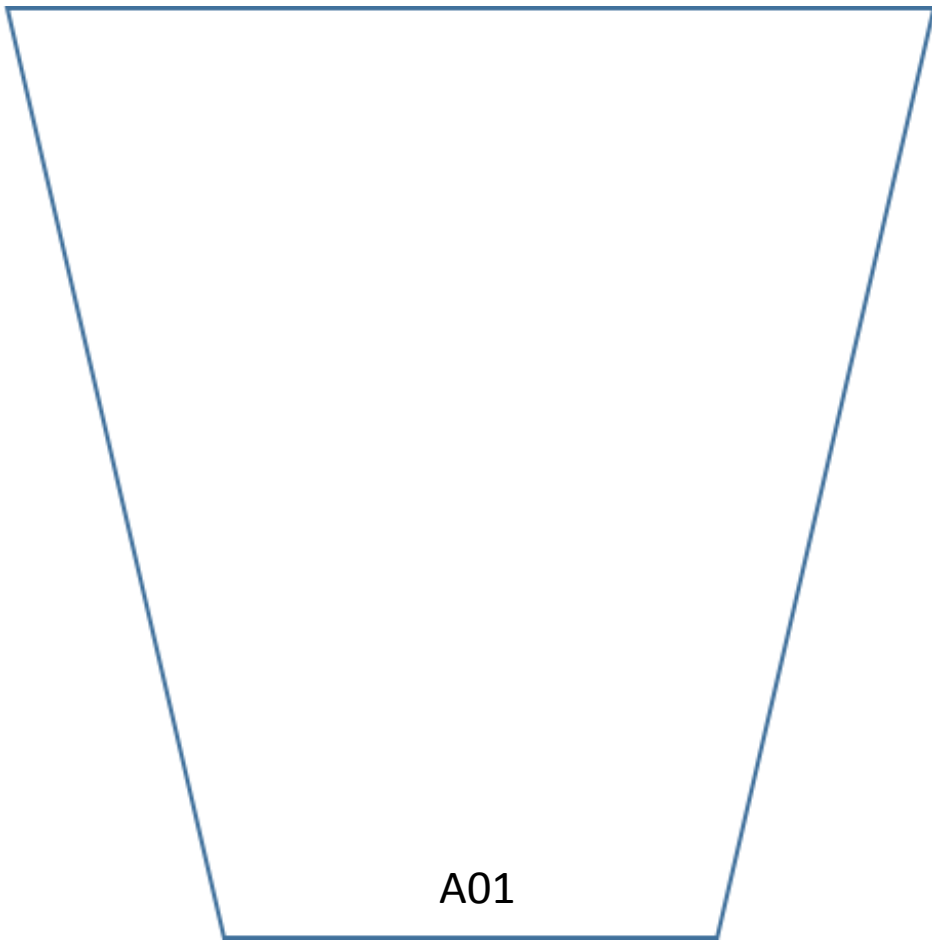
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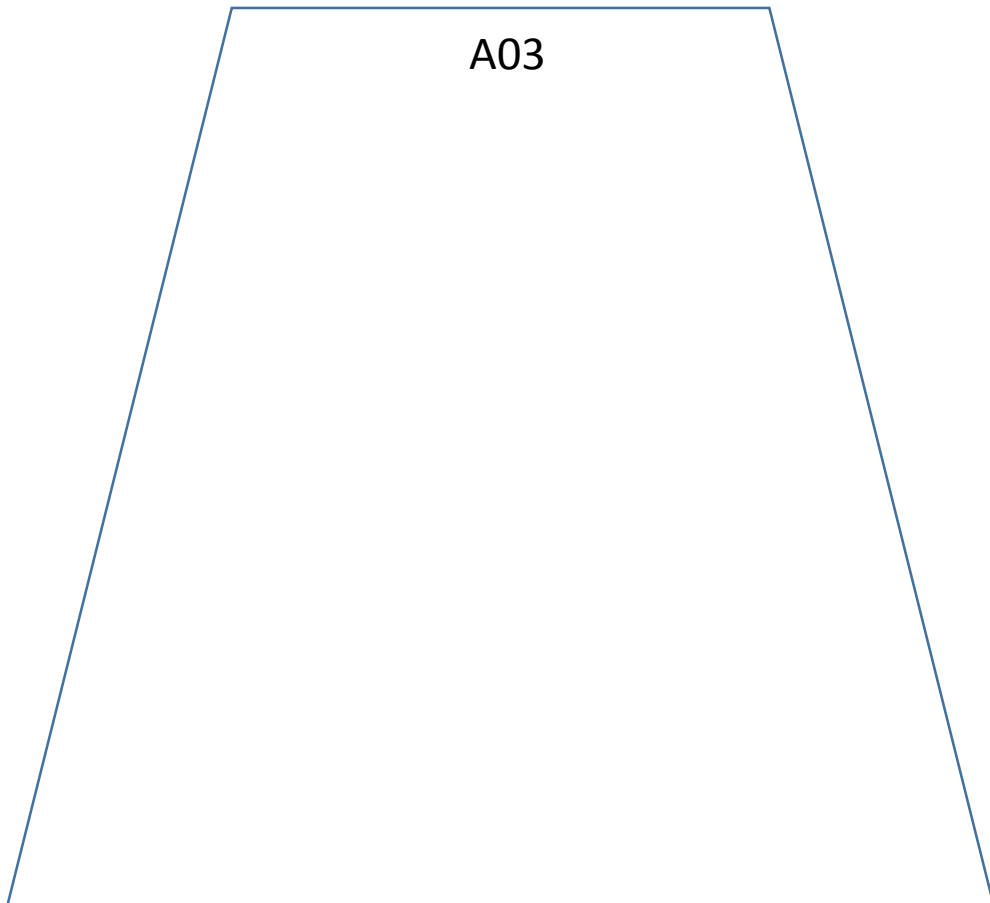
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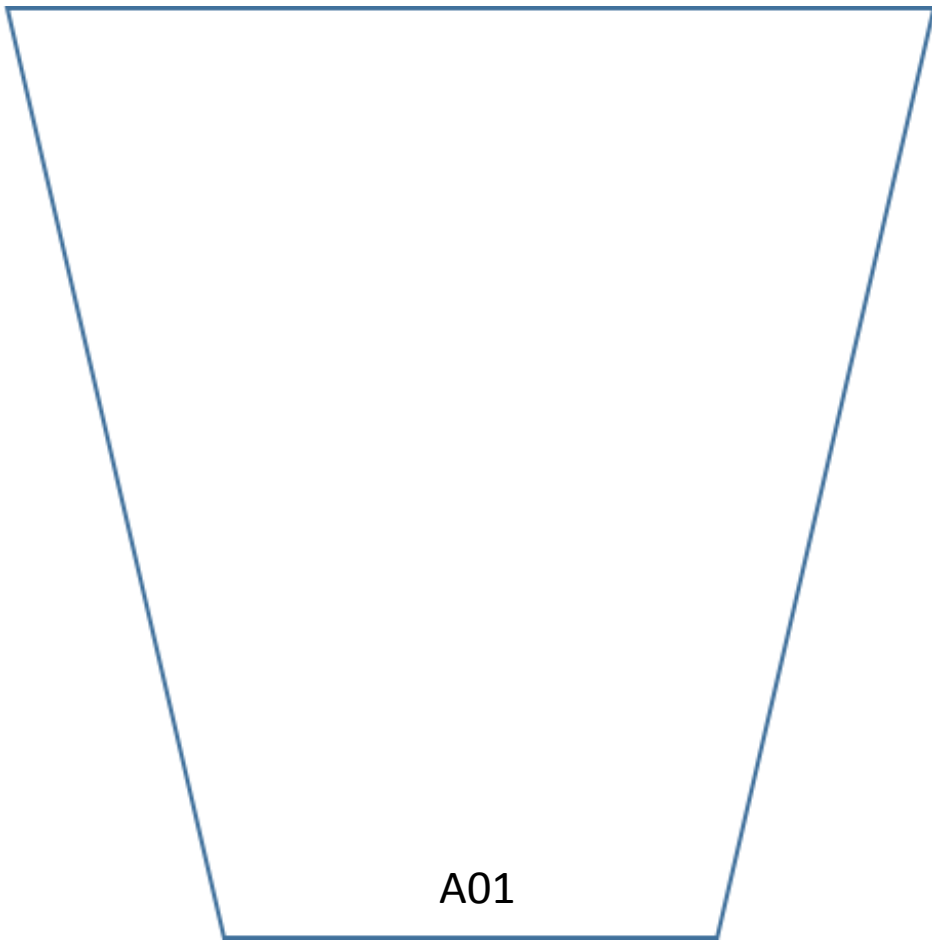


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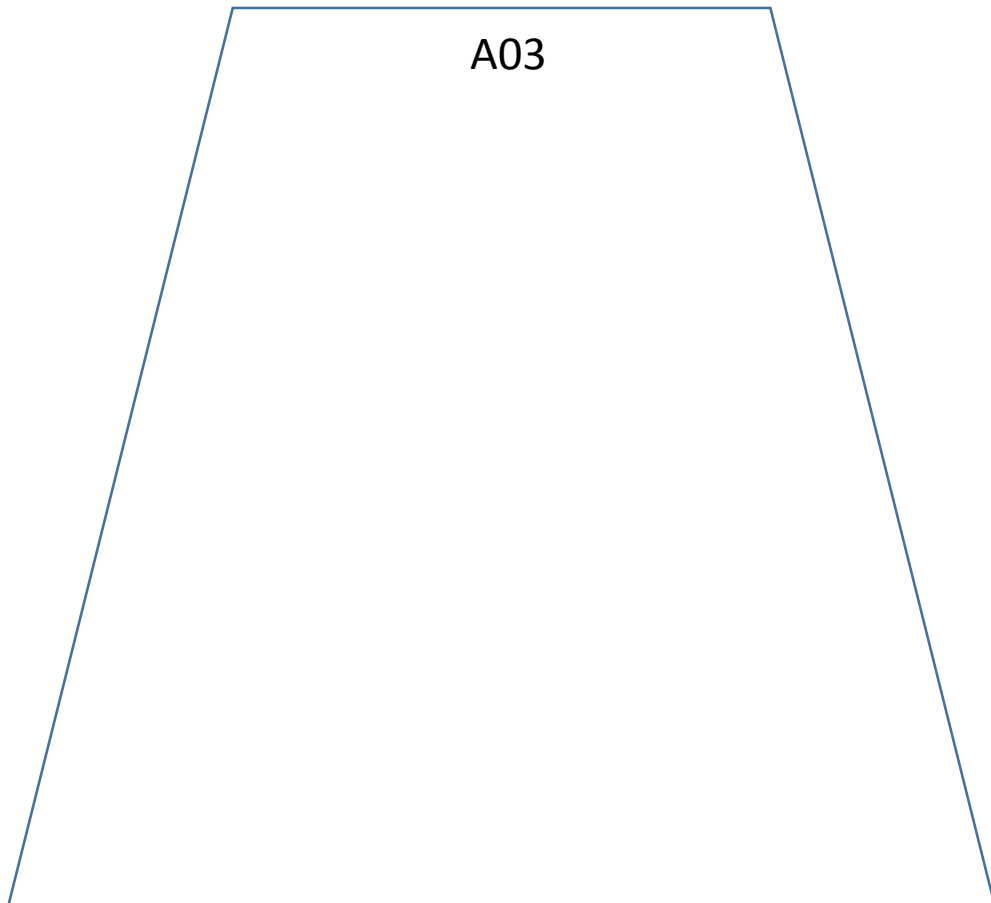


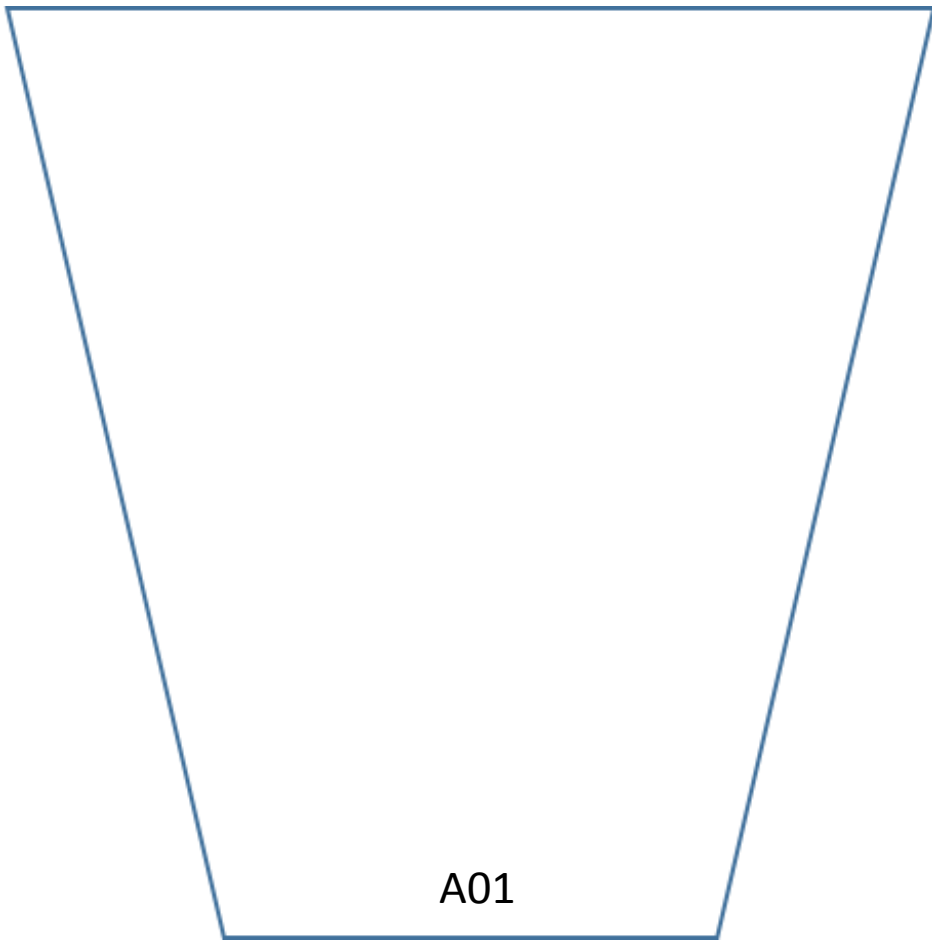
Failure to function adequately



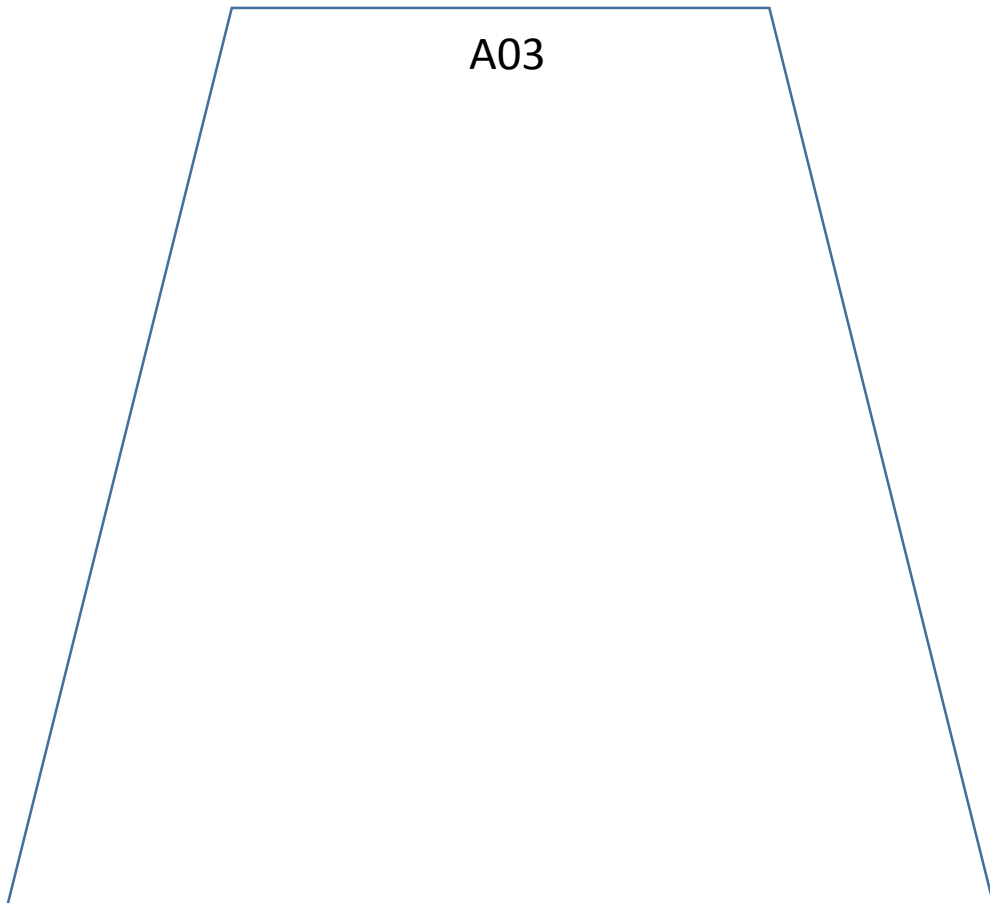


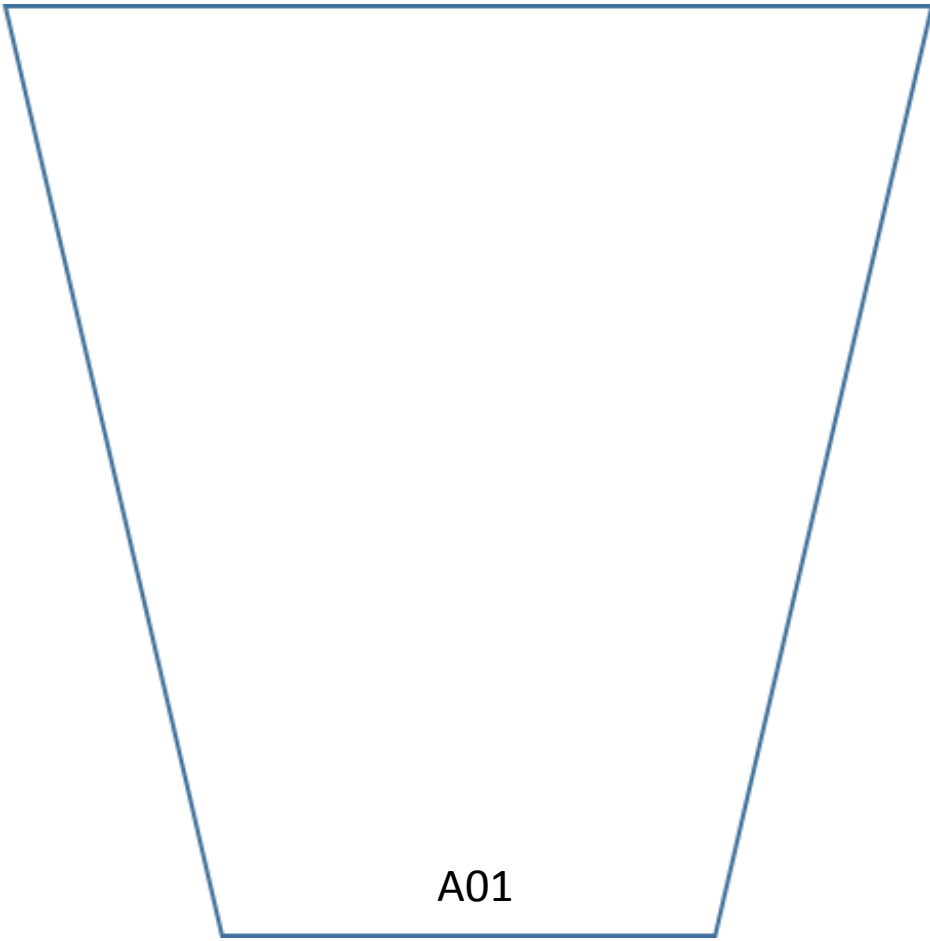
Deviation from ideal mental health



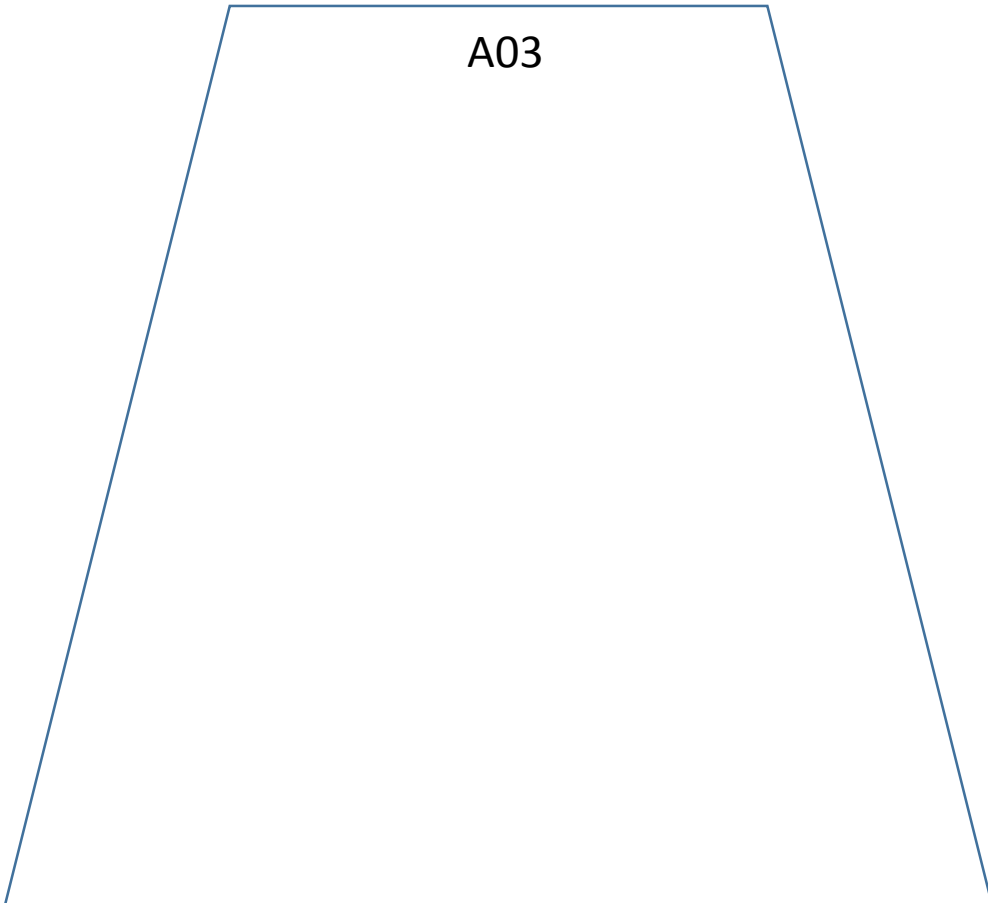


Deviation from social norms





Statistical deviation



Apply it

Concepts: Case study: Padraig

When we think of phobias in everyday life we tend to have in mind fairly mild fears – such as not loving snakes or spiders. These mild fears can be as much amusing as anything else. However, cases where phobias have been diagnosed as a mental disorder (called clinical phobias) can be disabling and cause tremendous suffering. In fact a clinical phobia is only diagnosed if anxiety is considerable and it impacts on the sufferer's life. Consider the case of Padraig.

Padraig is a psychology undergraduate. He suffers from gynophobia – a phobia of women. This is an unusual condition and one which Padraig finds causes offence to many people he meets. Others don't take it seriously and laugh at Padraig. Padraig finds his studies very difficult because most of the students on his course are women.

His social life is very limited because the people he likes best at the University all hang out in mixed-sex groups. This causes Padraig severe distress and he feels guilty – he does not dislike women, he is just very anxious around them. His self-esteem is low and this is made worse by the fact that Padraig has no idea where his phobia comes from.

Question

Consider each of the four definitions of abnormality you have studied. For each one explain in what way Padraig would be judged as abnormal.

Complete the clinical characteristics grid for each of the three conditions.

Characteristics	OCD	Phobia	Depression
Emotional			
Emotional			
Behavioural			
Behavioural			
Cognitive			
Cognitive			

Explain the relationship between cognitions, emotions and behaviours.

Phobias

What is a phobia?

Key clinical symptoms?

Acquisition of phobia (classical conditioning)

Maintenance of phobia (operant conditioning)

Explain why this is also known as the 'two process model'.

Jason has a phobia of ladders. When he was younger he went up a high ladder and felt dizzy and sick. Since then, he avoids going up or near ladders.

Using your knowledge of phobias and Behavioural theories, explain:

1) *The clinical symptoms Jason experiences*

2) *The cause of his phobia*

3) *Why he continues to be afraid of ladders*

Suggest a suitable treatment for Jason.

Flooding

Systematic Desensitisation



Evaluation

Evaluation

Which treatment is the most ethical and why?

Which treatment is the most counterproductive and why?

Are these treatments palliative or curative?

Depression

What is Depression?

Key clinical symptoms?

BECK claims that...

Ellis claims that...

Both agree that depression is.....

Both agree that depression is not....

CBT

ABCDE



Evaluation

Evaluation

How are these treatments different?

Are these treatments palliative or curative?

OCD

What is OCD?

Key clinical symptoms?

The role of genetics

The role of the brain

The role of biochemicals

SSRI medication

SNRI medication

Evaluation



Why is medication a better treatment than therapy for OCD?

Why isn't medication a better treatment than therapy for OCD?

What is the best treatment approach for OCD?

Researchers analysed the behaviour of over 4000 pairs of twins. The results showed that the degree to which obsessive-compulsive disorder (OCD) is inherited is between 45% and 65%.

With reference to the study described above, what do the results seem to show about possible influences on the development of OCD?

[4 marks]

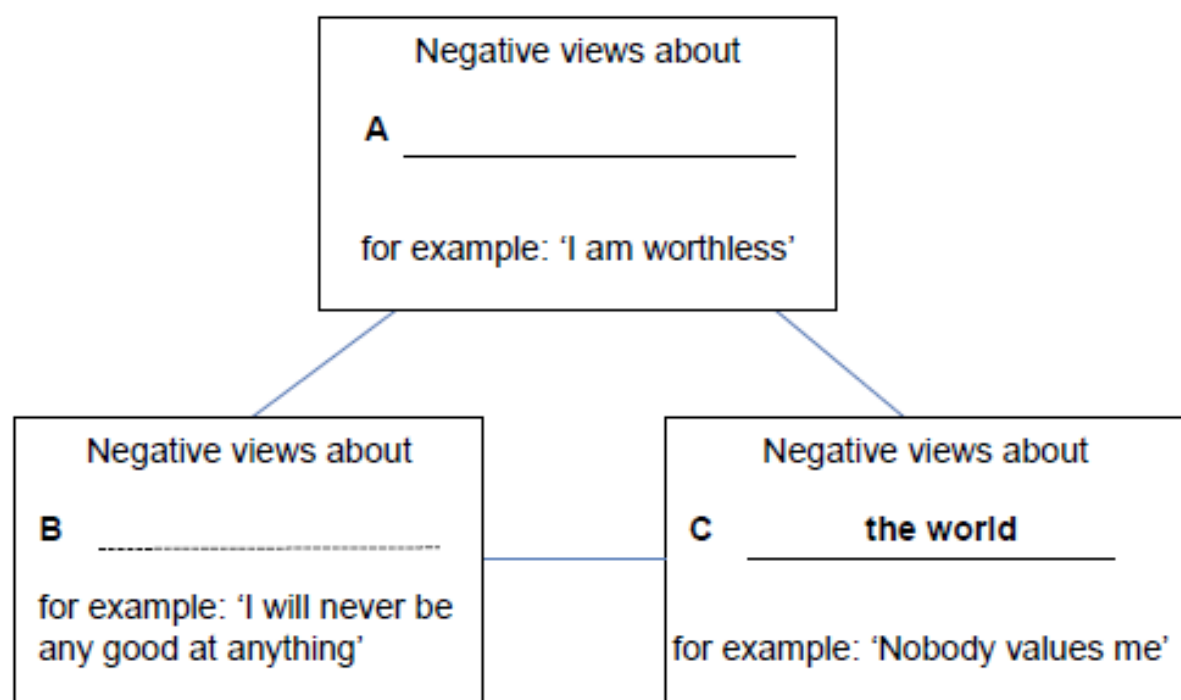
Distinguish between obsessions and compulsions.

[2 marks]

Complete **Figure 2**, below, by filling in **A** and **B**, to show Beck's negative triad as it is used to explain depression.

[2 marks]

Figure 2: Beck's negative triad



Briefly outline **one** strength of the cognitive explanation of depression.

[2 marks]

Outline **and** evaluate the behavioural approach to treating phobias.

[12 marks]

Read the item and then answer the question that follows.

Tommy is six years old and has a phobia about birds. His mother is worried because he now refuses to go outside. She says, 'Tommy used to love playing in the garden and going to the park to play football with his friends, but he is spending more and more time watching TV and on the computer.'

A psychologist has suggested treating Tommy's fear of birds using systematic desensitisation. Explain how this procedure could be used to help Tommy overcome his phobia.

[4 marks]

What is meant by 'statistical infrequency' as a definition of abnormality?

[2 marks]

Outline and evaluate **at least one** cognitive approach to explaining depression.

[12 marks]