

PiXL Independence:

Psychology – Student Booklet

KS5

AQA Style, Psychopathology

Contents:

- I. Multiple Choice Questions – 20 credits in total
- II. Short Answer Questions – 10 credits each
- III. Bedlam Quiz – 20 credits per question
- IV. Concepts and Application to the Real World – 60 credits per question
- V. Academic Articles – 80 credits per article
- VI. Essay Style Questions – 100 credits per question

I. Multiple Choice Questions

1. Which of the following is correct? The statistical infrequency definition states that you will be diagnosed with an abnormality if:
 - a. You are statistically rare
 - b. Your behaviour or a characteristic about you is within 1 standard deviation from the mean
 - c. Your behaviour or a characteristic about you is statistically rare
 - d. You have an IQ of 100

2. Which of the following is not a deviation from social norms?
 - a. Laughing at a funeral
 - b. Shouting at a football match
 - c. Talking to the dead
 - d. Screaming at the sight of a cat

3. According to Jahoda's ideal mental health, which of the following is not a sign of ideal mental health?
 - a. Having good perception of reality
 - b. Having a positive self-attitude
 - c. Having an inability to cope with stressful situations
 - d. All of the above

4. Which of these is a sign that someone is failing to function adequately?
 - a. Causing observer discomfort
 - b. Unpredictability
 - c. A lack of interpersonal norms
 - d. All of the above

5. According to the two-process model of phobias, what time of reinforcement maintains a phobia?
 - a. Positive reinforcement
 - b. Negative reinforcement
 - c. Vicarious reinforcement
 - d. None of the above

6. In which of the following cases would systematic desensitisation be more appropriate than flooding?
- If the patient has had the phobia for over 40 years
 - If the patient has an ancient fear like the fear of the dark
 - If the patient has learnt their phobia
 - If the patient is 10
7. What three negative views do depressed patients have, according to Beck's negative triad?
- Negative views of the soul, mind and body
 - Negative view of the soul, past and future
 - Negative view of self, world and past
 - Negative view of self, world and future
8. Which of the following is not a technique used in CBT?
- Homework
 - Reality testing
 - Recognising irrational thoughts
 - Hypnosis
9. Which of these is not an emotional characteristic of OCD?
- Hypervigilance
 - Guilt
 - Disgust
 - Anxiety
10. Which of the statements below best explains how SSRIs work?
- They produce serotonin
 - They inhibit the reuptake of serotonin
 - They increase the reuptake of serotonin
 - They stop serotonin production

II. Short Answer Questions

1. Give an example of a behaviour that deviates from the social norm.
(2 marks)
2. What is meant by failing to function adequately?
(2 marks)
3. Give an example of a statistically infrequent behaviour.
(2 marks)
4. Outline two of Jahoda 's ideal characteristics.
(4 marks)
5. Explain the role of classical conditioning in the acquisition of phobias.
(4 marks)
6. Explain how flooding would be used to treat a phobia.
(4 marks)
7. Identify three characteristics of depression.
(3 marks)
8. Outline one method used in cognitive behaviour therapy.
(3 marks)
9. Describe the role of neural mechanisms in the development of OCD.
(3 marks)
10. Explain how drug therapy reduces the symptoms of OCD.
(4 marks)

III. Bedlam Quiz

Bedlam Documentary: *Please be warned this documentary contains offensive language.*

1. Describe one behavioural, one cognitive and one emotional characteristic of OCD that James and/or Aaron display. Use quotes of what they say to illustrate the examples you give.
2. Describe two neural mechanisms involved in the development of OCD and explain the role they may play in James' behaviour.
3. Describe the intrusive thoughts experienced by one of the patients with OCD and explain the impact that has had on their life.
4. Explain how Katrina could be considered to be deviating from ideal mental health.
5. Give examples of how Rupert's behaviour deviates from social norms.
6. Tamara has psychosis. One major part of her illness is her paranoid fear of bedbugs. Describe some of the characteristics of her phobia and outline how the behavioural approach would explain its development.
7. Outline the characteristics Lloyd demonstrates that, according to Rosenhan and Seligman, are signs he is failing to function.
8. Using Rosemary as an example, explain some of the difficulties professionals face when working with patients with mental health issues and describe the conditions that must be met in order to section patients.
9. Lorraine was admitted to hospital with depression but her condition has deteriorated and doctors now think she has dissociative disorder. Describe the behaviours seen by Lorraine and explain why she would be considered abnormal according to the failure to function adequately definition and the statistical infrequency definition.
10. Lorraine is being treated with Sertraline: a type of SSRI. Describe the side effects Lorraine may experience on this drug and explain why cognitive behavioural therapy may not be appropriate for her case.

Bedlam: Mental Health Inpatient UK Documentary

Watch here:

[Part 1 of 4](#)

[Part 2 of 4](#)

[Part 3 of 4](#)

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IV. Concepts and Application to the Real World

1. Explain how the deviation from social norms definition of abnormality can be useful for the diagnosis of psychological disorders. Use an example of a psychological disorder in your answer.
2. Outline the impact of an accurate diagnosis for both the individual and society, for individuals who are failing to function.
3. Describe how the deviation from ideal mental health definition may cause misdiagnosis when applied to different cultures and explain the consequences of this.
4. Using an example, explain why labelling an individual as having a psychological disorder due to their behaviour being statistically infrequent may do more harm than good.
5. It is estimated that around 5% of the population have Acrophobia: the fear of heights. This makes it one of the most common phobias in the world. Describe how six characteristics of this phobia would be displayed amongst the 5% who have it.
6. Explain how systematic desensitisation could be used to treat Acrophobia.
7. A study of 18-24 year olds found that Instagram was the social media app most associated with negative self-views and low self-esteem amongst participants. Using Beck's negative triad or Ellis's ABC model of depression explain why Instagram may lead to these symptoms of depression.
8. Outline one piece of research into cognitive behavioural therapy and explain the benefit of research such as this for the economy.
9. In 2016 after MP Jo Cox was tragically killed, the *Mirror* ran an article that said the man who killed her had 'an obsessive compulsive disorder which made him rub his own skin with Brillo pads'. A psychiatrist assessed him after the murder and found no

connection between his OCD and his crime. Describe some of the characteristics of OCD that this man may have shown, and explain the problems with the media portraying this psychological disorder in this way.

10. Describe the importance of psychological research into drug therapy for individuals with OCD and the economy.

V. Academic Articles

1. [Stigma of Mental Illness and Ways of Diminishing it.](#)
Find an example of a negative representation of mental health in the media and using the article above to help you, explain what implications this may have on people's perception of psychological disorders.
2. [Mental Health Statistics](#)
Read the statistics about different mental health problems within the UK and discuss the issues that arise when diagnosing an individual as psychologically abnormal if their behaviour is statistically rare. Use statistical evidence to support your points.
3. [Current Concepts of Positive Mental Health](#)
Read the extract from Marie Jahoda's book and explain why she thinks that *'it is improper to speak of a "sick society"'*. Discuss the implications of viewing mental health in this way in comparison to the way Jahoda puts forward.
4. [Conditioned Emotional Reactions](#)
Read the research on Little Albert. Create a diagram to show the eight steps within the systematic procedure carried out by Watson and Rayner. Describe what was observed during each stage with reference to classical conditioning.
5. [Cognitive Triad Inventory for Children: Development and Relation to Depression and Anxiety](#)
Describe the method and findings of the research by Kaslow and others into the association between depression in children and the negative cognitive triad.
6. [The Current State of Cognitive Therapy](#)
Outline how Cognitive Behavioural Therapy for depression was developed and explain how this technique differs from psychoanalytic therapy. Refer to the article by Aaron Beck in your answer.
7. [OCD: The Killing Joke](#)
Using some of the research mentioned in the article, explain why OCD is regarded as one of the most disabling disorders and discuss the possible causes of the condition.

8. [Pure OCD: The Naked Truth](#)

Read the article above from an OCD sufferer and discuss the suitability of the treatments for OCD she encountered in comparison to drug therapy. Within your discussion, explain which therapy you think would be the most suitable and why.

VI. Essay Style Questions

1. *Paula began to vandalize her history book drawing offensive symbols. She also kept giggling out loud as the class were discussing the Holocaust. When her teacher questioned her about her behaviour, Paula refused to engage in eye contact with him and was gazing out the window as he spoke to her.*

With reference to the scenario above, outline and evaluate the deviation from social norms definition of abnormality.

(8 marks)

2. *Robert has worked for his company for 5 years with no problem. 6 months ago he began arriving at work late, wearing clothes that were dirty. It started to become clear to his colleagues that he had not been showering and he seemed incredibly agitated. His boss became very concerned at his behaviour as it had been making his colleagues feel extremely uncomfortable. Robert's attendance deteriorated further and eventually he was hardly attending work at all.*

With reference to the scenario above discuss the failure to function adequately definition of abnormality.

(8 marks)

3. Discuss the extent to which the statistical infrequency definition is an appropriate definition of abnormality. Refer to one other definition in your evaluation.

(8 marks)

4. Outline and evaluate the deviation from ideal health definition of abnormality.

(8 marks)

5. Describe and evaluate the behavioural explanation for phobias.

(10 marks)

6. Outline two behavioural treatments for phobias and discuss the effectiveness and appropriateness of them both.

(16 marks)

7. Outline and evaluate cognitive explanations of depression.

(16 marks)

8. *Hayley is a successful lawyer who has recently been diagnosed with depression. She believes her family and partner hate her and would be better off without her. She thinks she is a complete failure. Her family have paid for her to have private cognitive behavioural therapy as they want her to get better.*

Explain how CBT could be used to treat Hayley's depression and evaluate the use of this form of therapy.

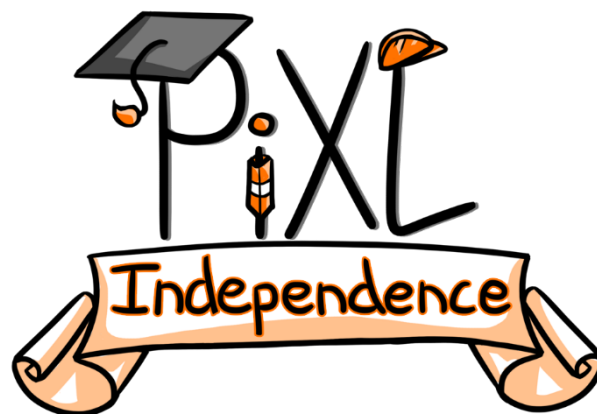
(10 marks)

9. Discuss the biological approach to explaining OCD.

(16 marks)

10. Discuss the use of drug therapy as a treatment for OCD.

(10 marks)



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