

Approaches - Making links! Do this activity without notes

1) From the list below - select 3 points, for each of the four approaches in the table, that you think could be used as evaluation:

- *Usefulness*
- *Practical applications*
- *Strengths and limitations of the way behaviour is investigated within the approach (e.g. scientific, validity, reliability, generalisability etc)*
- *Reductionism*
- *Determinism*
- *Limitations of the explanation of behaviour (i.e. fails to explain....)*
- *Nature/Nurture*
- *Cultural bias*

Biological approach (genes, neural, evolution)	Cognitive approach	Learning approach	Psychodynamic approach
Nature - (L) Scientific - (S) Practical applications - (S)			

2) Next to each of the three points – write S or L for whether the points could be discussed as a strength or a limitation.

3) Now, explain **why** these are strengths and limitations. An example has been given for you.

Biological approach (genes, neural, evolution)	Cognitive approach	Psychodynamic approach	EXT: Learning approach
The bio approach is limited as it underestimates the role of environmental factors due to its assumption that behaviour is largely explained by genes, hormones, neurochemistry etc. This means bio explanations alone often fail to fully explain certain behaviours e.g. Gender.			

The bio approach often makes use of the experimental method as well as using scientific equipment to measure behaviour (e.g. brain scanning techniques) which means the research takes place in highly controlled environments so that other researchers are able to replicate studies under the same conditions thus improving the reliability and validity of the original findings.
This increases the scientific credibility of biological research.

The bio approach has led to practical applications for mental health. This is a strength as research has led to the development of biological therapies for a range of disorders such as OCD. This has helped to alleviate some of the symptoms for sufferers.