**Psychopathology flashcard checklist**

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| **Topic** | **Material** **Outline Evaluation** | **Flashcard complete** |
| **Definitions of abnormality** | Deviation from social norms | Must include 2 PES evaluation points for each definition  |  |
|  | Failure to function adequately | “ |  |
|  | Statistical infrequency | “ |  |
|  | Deviation from ideal mental health | “ |  |
| **Characteristics of disorders****(behavioural, emotional and cognitive)** | Phobias | n/a |  |
|  | Depression | n/a |  |
|  | OCD | n/a |  |
| **Behavioural approach to explaining phobias** | The two process model, including classical and operant conditioning | Evidence that supports/challenges e.g. sue et al., Ost, At least 1 other positive/negative PES point about using this approach |  |
| **Behavioural treatment for phobias** | Systematic desensitisation, including relaxation and use of hierarchyFlooding | Evaluation of the effectiveness and appropriateness of both treatments.* Include at least 1 piece of evidence for each
* And 2 other PES points (you choose)
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| **Cognitive approach to explaining depression** | Becks negative triadEllis’ ABC model | Evidence that supports/challenges e.g. Koster et al., Boury et al. At least 1 other positive/negative PES point about using this approach |  |
| **Cognitive treatment for depression** | Cognitive behavioural therapy (CBT), including challenging irrational thoughts | Evaluation of the effectiveness and appropriateness of CBT* Include at least 1 piece of evidence
* And 2 other PES points (you choose)
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| **The biological approach to explaining OCD** | Genetic and neural explanations | Evidence that supports/challenges both explanations e.g. Van Gootheest et al., HuAt least 1 other positive/negative PES point about both genetic and neural explanations |  |
| **Biological treatment for OCD** | Drug therapy | Evaluation of the effectiveness and appropriateness of CBT* Include at least 1 piece of evidence
* And 2 other PES points (you choose)
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