**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 hierarchy  Flooding | 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) |  |
| **Cognitive approach to explaining depression** | Becks negative triad  Ellis’ 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) |  |
| **The biological approach to explaining OCD** | Genetic and neural explanations | Evidence that supports/challenges both explanations e.g. Van Gootheest et al., Hu  At 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) |  |