**Level 5 revision for psychopathology mini mock**

Your progression exam is not far away and the only level 5 guidance we will give you for this is a skills questions checklist and all the past papers so you now need to start to select your own level 5 questions based on areas you feel weakest in.

Another way to do level 5 yourself is to plan all potential 8/16 markers as if you can answer these you can answer any question you might get!

Below are all the potential 8 markers (not scenarios) you could get in the mini-mock/psychopathology. If you can fully answer all of these you will be bale to answer the mini mock questions.

I’ve structured the first one for you to show you how it enables you to answer other questions.

**Outline and evaluate the behavioural approach to explaining phobias (8 marks)**

Use both as you may get asked for either

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| **Outline** Two process model- acquired through classical conditioning maintained through operant conditioning (both must be here for full mark)A previously neutral stimulus (dog) is paired either once or several times with an UCS such as being bitten which produces an UCR of fear. The NS then becomes the CS and the results is a phobia of say dogs (CR).This phobia is maintained through negative reinforcement as you may continue to avoid any situations with dogs in order to avoid the anxiety is makes you feel and this avoidance keeps you phobic. |
| Strength- **supporting evidence for the model**E- Watson and Raynor’s little AlbertE- Make a baby phobic of a white rat that was previously neutral by pairing 6 times with loud noise (UCS)L- Supports the maintenance part of the two-process model as shows evidence of a phobia caused by pairing a UCS with a NS BUT can’t explain how phobias are maintained. |
| Limitation- **better alternative explanations**E- Can’t explain higher incidences of phobias such as heights and snakesE- Biological preparedness can though as evolutionary survival mechanismL- So weakens the supports of the two-process model as a sole explanation of phobias if other explanations more appropriate. |

You can now answer the following

- Outline the behavioural approach to explaining phobias (3 marks)

 -Outline one limitation of the behavioural explanation of phobias (3 marks)

- Evaluate the behavioural explanation of phobias (6 marks)

Now do this for all of the 8 markers below and see it as prep for the progression exam.

I’ve created the first outline plans for you, you need to make the rest yourself.

Potential 8 mark questions

Remember discuss is just outline and evaluate AND the split is ao1=3 ao3=5 (so you need 2 peel’s)

Outline and evaluate the \_\_\_\_\_\_\_\_ definition of abnormality (8) (do this for all 4)

Outline and evaluate one behavioural treatment of phobias (8) (do this for both)

Outline and evaluate Beck’s negative triad (8)

Outline and evaluate Ellis’s ABC model (8)

Outline and evaluate one cognitive explanation of depression (8) (You’ve already planned this above)

Discuss the cognitive approach to treating depression (8)

Outline and evaluate the genetic explanation of OCD (8)

Discuss one neural explanation of OCD (8) (do this for both)

Outline and evaluate the biological approach to treating OCD (8)

Outline and evaluate the deviation from ideal mental health definition of abnormality (8 marks)

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| **Outline- According to this def abnormal behaviour is behaviour that ……..****P****R****A****I****S****E** |
| Strength- P-E-E-L- |
| Limitation-P-EEL. |