**Psychopathology checklist- Have I covered everything?**

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| Subtopics | Ao1-level 3 | Ao3-  Level 3 | Level 4 | Level 5 |
| Definitions of abnormality: deviation from social norms |  |  |  |  |
| Definitions of abnormality: failure to function adequately |  |  |  |  |
| Definitions of abnormality: statistical infrequency |  |  |  |  |
| Definitions of abnormality: deviation from ideal mental health |  |  |  |  |
| Characteristics of psychological disorders: phobias (behavioural, emotional cognitive) |  |  |  |  |
| Characteristics of psychological disorders: depression (behavioural, emotional cognitive) |  |  |  |  |
| Characteristics of psychological disorders: obsessive-compulsive disorder (behavioural, emotional cognitive) |  |  |  |  |
| The behavioural approach to **explaining** phobias: the two-process model including classical and operant conditioning |  |  |  |  |
| The behavioural approach to treating phobias: flooding, systematic desensitisation including relaxation and the use of hierarchy |  |  |  |  |
| The cognitive approach to **explaining** depression: beck’s negative triad and Ellis’s ABC model |  |  |  |  |
| The cognitive approach to treating depression: cognitive behavioural therapy (CBT) including challenging irrational thoughts |  |  |  |  |
| The biological approach to **explaining OCD**: genetic and neural (bio-chemical and neurophysiological) |  |  |  |  |
| The biological approach to treating **OCD**: drug therapy |  |  |  |  |