

Unit 6 Applied Psychology

Introduction to Psychopathology

Name

Assessment criteria

Pass	Merit	Distinction
Learning aim A: Understand modern and historical concepts of psychopathology in society		A.D1 Evaluate how the concept of psychopathology has been viewed historically.
A.P1 Explain ways in which psychopathology is defined.	A.M1 Analyse the historical development of the concept of psychopathology.	
A.P2 Explain how perceptions of psychopathology have developed over time.		
Learning aim B: Examine causes, types and characteristics of mental disorders		B.D2 Evaluate the impact of causal factors that contribute to one mental disorder in relation to its associated characteristics.
B.P3 Discuss different causal factors that may lead to mental disorders in individuals.	B.M2 Assess causal factors that contribute to one mental disorder in relation to its associated characteristics.	
B.P4 Explain the characteristics of one form of mental disorder.		
Learning aim C: Explore professional approaches to the treatment of mental disorders		C.D3 Evaluate the importance of the role of professionals and treatments for one mental disorder.
C.P5 Explain appropriate treatments for one form of mental disorder.	C.M3 Analyse the ways in which professionals can contribute to the treatment of individuals with one form of mental disorder.	
C.P6 Discuss the role of professionals involved in diagnosing and treating one mental disorder.		

LAA

P1 Explain ways in which psychopathology is defined

P1: Definition of psychopathology

Psychopathology is the study of mental disorders and abnormal behaviour. This helps to focus on how thoughts, feelings, and behaviours can become distressed or dysfunctional. These difficulties also affect daily functioning, relationships, and work or education. Psychologists use psychopathology to identify symptoms, explain causes, diagnose mental disorders, and plan treatment.

--

Type of Definition of Psychopathology	P1: Description (<i>what is classed as abnormal; criteria</i>)	P1: Examples (<i>behaviours that would be classed as abnormal and why</i>)	M1: Apply this definition to your chosen disorder (SCHIZOPHRENIA)
Deviation from social norms			Which ideal behaviours would not be shown by someone suffering from your chosen disorder? Why?
Deviation from ideal mental health			Which ideal behaviours would not be shown by someone suffering from your chosen disorder? Why?
Failure to function adequately			Which of the abnormal behaviours would be shown by someone suffering from your chosen disorder? Why?
Statistical infrequency			What is the prevalence of your disorder? Is that rare? Why?

Psychopathology linked to approaches

	P1: Description (<i>what is classed as abnormal; criteria</i>)	M1: Apply this approach to your chosen disorder	Source(s) used (<i>include the number</i>)
Biological approach			
Behaviourist approach			
Cognitive approach			
Psychodynamic approach			

What is DSM? **Diagnostic and Statistical Manual (DSM)**

Who publishes DSM?

What is included in DSM?

What are the categories and key concepts within in?

How many versions of DSM have there been?

P2 Explain how perceptions of Psychopathology have developed over time

PUT IN YOUR TIMELINE OF PSYCHOPATHOLOGY

Early perceptions, e.g. ancient beliefs, demonology and treatments, exorcism rituals, cultural differences. • Early biological explanations, including naturalistic, heredity and environment • Classifications, e.g. mania, melancholia. • Medical or disease model, including general paresis, somatogenic hypotheses, psychiatry. • Asylum and community care models, including Bethlem hospital, Philippe Pinel, moral treatment, milieu therapy, token economy.

M1 Analyse the historical development of the concept of psychopathology

D1 Evaluate how the concept of Psychopathology has been viewed historically

ON YOUR TIMELINE YOU SHOULD HAVE INCLUDED ALL OF SOME OF WHAT IS BELOW.

Early perceptions, e.g. ancient beliefs, demonology and treatments, exorcism rituals, cultural differences. • Early biological explanations, including naturalistic, heredity and environment • Classifications, e.g. mania, melancholia. • Medical or disease model, including general paresis, somatogenic hypotheses, psychiatry. • Asylum and community care models, including Bethlem hospital, Philippe Pinel, moral treatment, milieu therapy, token economy.

SAY HOW THE IDEAS HAVE CHANGED OVER TIME

SAY WHY THE IDEAS HAVE CHANGED OVER TIME

USE YOUR TIME LINE TO EVALUATE THE IDEAS OF PSYCHOPATHOLOGY

e.g exorcism = Exorcism practices can be dangerous, with some cases resulting in injury or death, particularly when performed on vulnerable individuals or used as a substitute for proper medical and psychological care.

LAB

P3 Discuss different causal factors that may lead to mental disorders in individuals

Explain how the factors below may lead to mental health issues

- Prenatal factors, including environmental factors (e.g. health, diet, addiction) and genetic factors.

- Biological and health factors, including short-term disorders (e.g. measles) and long-term disorders (e.g. disabilities, learning difficulties).
- Family factors, e.g. home life, parenting styles, attachments, transitions, significant life events, abuse.
- Environmental, e.g. housing, location, access to amenities, funding.
- Social and political factors, e.g. social class, education, income, policies, services and strategies.
- Cultural factors, e.g. beliefs, values and social norms, attitudes towards gender and ethnicity.

M2 Assess causal factors that contribute to one mental disorder in relation to its associated characteristics

D2 Evaluate the impact of causal factors that contribute to one mental disorder in relation to its associated characteristics

What could be the problems with identifying which factors are causing the issue? Different causes/interlinking of causes - so hard to identify just one cause

Say how they could interlink and why this causes problems for treating the condition etc.

P4 Explain the characteristics of one form of mental disorder

CHOOSE 1 MENTAL HEALTH DISORDER – I WOULD CHOOSE SCHIZOPHRENIA – find out and write under the following headings:

- DSM-5 classification
- Prevalence of the disorder globally and nationally
- Brief history of its diagnosis and understanding
- Different types of schizophrenia and their explanations

Now write a small paragraph of information about each of the characteristics/symptoms of schizophrenia below;

- Hallucinations:
- Delusions:
- Disorganized Thinking/Speech
- Disorganized/Catatonic behaviour.
- Alogia: .
- Avolition:

- Anhedonia:
- Affective Flattening:
- Social Withdrawal:
- Problems with memory
- Anosognosia
- Poor hygiene
- Motor (fine and gross) issues

LAC

P5 Explain appropriate treatments for one form of mental disorder

- Psychodynamic therapy, including Freud, e.g. free association, transference, dream analysis.
- Behavioural therapies, e.g. conditioning, behaviour modification, behavioural analysis, extinction, flooding, counterconditioning, systematic desensitisation, reciprocal inhibition, aversion therapy, response shaping, behavioural self-control.
- Cognitive therapies, e.g. rational emotive behaviour therapy (REBT), cognitive behavioural therapy (CBT), mindfulness-based cognitive therapy (MBCT), acceptance and commitment therapy (ACT).
- Family systems therapy, e.g. relationship dynamics within the family.
- Drug therapies, e.g. antidepressant drugs, anxiolytic drugs, antipsychotic drugs, tricyclic antidepressants, monoamine oxidase inhibitors (MAOIs), selective serotonin reuptake inhibitors (SSRIs), benzodiazepines, serotonin-norepinephrine reuptake inhibitors (SNRIs).
- Humanistic therapies, e.g. counselling, computerised CBT (CCBT), e-therapy/ online therapy.

P6 Discuss the role of professionals involved in diagnosing and treating one mental disorder

Purpose and role of professionals and organisations; WRITE BELOW THE PURPOSE AND ROLE OF THESE PROFESSIONALS AND ORGANISATIONS:

- Psychiatrists
- PURPOSE -
- ROLE -
- Clinical Psychologists
-
- Neurologists
- GPs (medicine)
- Mental health workers / nurses
- Case managers
- Social workers
- Paediatricians
- Occupational therapists
- Counsellors
- Health Visitors
- SEN co-ordinators
- SALT (Speech and Language therapists)
- Support groups (MIND, young minds)

M3 Analyse ways in which professionals can contribute to the treatment of individuals with one form of mental disorder

D3 Evaluate the importance of the role of professionals and treatments for one mental disorder

HOW CAN THE WORKERS BELOW CONTRIBUTE TO TREATING SCHIZOPHRENIA

EVALUATE THEIR IMPORTANCE

- Psychiatrists
- CONTRIBUTION -
- IMPORTANCE – GOOD AND BAD -
- Clinical Psychologists
- Neurologists
- GPs (medicine)
- Mental health workers / nurses
- Case managers
- Social workers
- Paediatricians
- Occupational therapists
- Counsellors
- Health Visitors
- SEN co-ordinators
- SALT (Speech and Language therapists)
- Support groups (MIND, young minds)