

Psychology Knowledge Organiser – Psychopathology

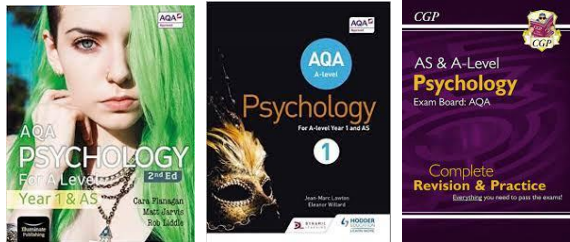
Core knowledge

- Definitions of abnormality, including deviation from social norms, failure to function adequately, statistical infrequency and deviation from ideal mental health.
- The behavioural, emotional and cognitive characteristics of phobias, depression and obsessive-compulsive disorder (OCD).
- The behavioural approach to explaining and treating phobias: the two-process model, including classical and operant conditioning; systematic desensitisation, including relaxation and use of hierarchy; flooding.
- The cognitive approach to explaining and treating depression: Beck's negative triad and Ellis's ABC model; cognitive behaviour therapy (CBT), including challenging irrational thoughts.
- The biological approach to explaining and treating OCD: genetic and neural explanations; drug therapy

Key words

Phobia
Depression
OCD
Behavioural
Emotional
Cognitive
Two-process model
Classical conditioning
Operant conditioning
Systematic desensitisation
Flooding
Negative triad
ABC model
CBT
Irrational thoughts
Biological
Genetic
Neural
SSRI
Serotonin
Dopamine
Tricyclic
Noradrenaline

Wider reading



[https://www.simplypsychology.org/a-level-
psychopathology.html](https://www.simplypsychology.org/a-level-psychopathology.html)

[https://www.tutor2u.net/psychology/collections/a-
level-psychology-study-notes-psychopathology](https://www.tutor2u.net/psychology/collections/a-level-psychology-study-notes-psychopathology)

[https://www.physicsandmathstutor.com/psychology-
revision/a-level-aqa/psychopathology/](https://www.physicsandmathstutor.com/psychology-revision/a-level-aqa/psychopathology/)

Exam Skill

Analyse	Separate information into components and identify their characteristics.
Calculate	Work out the value of something
Choose	Select from a range of alternatives.
Comment	Present an informed opinion.
Compare	Identify similarities and/or differences.
Complete	Finish a task by adding to given information.
Consider	Review and respond to given information.
Describe	Give an account of.
Design	Set out how something will be done.
Discuss	Present key points about different ideas or strengths and weaknesses of an idea.
Distinguish	Explain ways in which two things differ. Provide detail of characteristic that enable a person to know the difference between ...
Draw	Produce a diagram.
Evaluate	Judge from available evidence.
Explain	Set out purposes or reasons.
Explain how	Give a detailed account of a process or way of doing something.
Explain why	Give a detailed account of reasons in relation to a particular situation.
Identify	Name or otherwise characterise.
Give	Produce an answer from recall or from given information.
Justify	Provide reasons, reasoned argument to support, possibly provide evidence.
Label	Provide appropriate names on a diagram.
Name	Identify using a recognised technical term.
Outline	Set out main characteristics.
Select	Choose or pick out from alternatives.
State	Express in clear terms.
Suggest	Present a possible case/solution.
Which is	Select from alternatives.
What is meant by	Give a definition.
Write	Provide information in verbatim form.

