**Personal Learning Checklist: Psychopathology**

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|  | RAG | RAG | RAG |
| Define clearly psychopathology. |  |  |  |
| Define clearly psychopathy.  |  |  |  |
| Consider how ‘abnormal’ behaviour can be identified.  |  |  |  |
| Understand and evaluate definitions of abnormality:* + Deviation from social norms
	+ Failure to function adequately
	+ Statistical infrequency
	+ Deviation from ideal mental health
 |  |  |  |
| Understand that normal behaviour, abnormal behaviour and psychopathy fall on a continuum. |  |  |  |
| Consider how different approaches within psychology would explain abnormal behaviour and psychopathy.  |  |  |  |
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| Define Obsessive Compulsive Disorder (OCD).  |  |  |  |
| Describe and identify characteristics of OCD including:* + Behavioural characteristics
	+ Emotional characteristics
	+ Cognitive characteristics
 |  |  |  |
|  |  |  |  |
| Define phobias.  |  |  |  |
| Describe and identify characteristics of phobias including:* + Behavioural characteristics
	+ Emotional characteristics
	+ Cognitive characteristics
 |  |  |  |
| Understand the behavioural approach to explaining phobias. |  |  |  |
| Describe the development of phobias, referring to:* + Watson & Rayner’s research
	+ Classical conditioning and operant conditioning
	+ Unconditioned and conditioned stimuli
	+ Unconditioned and conditioned responses
* Observational learning
	+ Vicarious learning
 |  |  |  |
| Define the following in the context of phobias:* + Classical conditioning
	+ Operant conditioning
	+ Systematic desensitisation
* Flooding
 |  |  |  |
| Understand and explain the behavioural approach to treating phobias, including;* + the two-process model

(acquisition by classical, maintenance by operant)* + Classical conditioning and operant conditioning
	+ Systematic desensitisation,

including relaxation and use of hierarchy.* Flooding
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|  | I have revised the content | I have completed exam questions on this | Confidence level ☹ 😐 ☺ |
| Define depression.  |  |  |  |
| Describe and identify characteristics of depression including:* + Behavioural characteristics
	+ Emotional characteristics
	+ Cognitive characteristics
 |  |  |  |
| Understand the cognitive approach to explaining depression |  |  |  |
| Describe the development and maintenance of depression, with reference to;* + Beck’s negative triad
	+ Ellis’ ABC model and RET
 |  |  |  |
| Define the following:* + Logical/adaptive thinking/processing
	+ Faulty/illogical/maladaptive thinking/processing
	+ Catastrophising
 |  |  |  |
| Explain the cognitive approach to depression, with reference to using CBT to challenge irrational thoughts.  |  |  |  |
|  |  |  |  |
| Understand the biological approach to explaining OCD:* + Genetic explanations
	+ Neural explanations
 |  |  |  |
| Define the following: * + DNA
	+ Genes
	+ Genetic transmission
	+ Polygenetic
	+ Synapse
	+ Serotonin
	+ Frontal lobe
	+ Parahippocampal gyrus
 |  |  |  |
| Describe the development of OCD with reference to:* + DNA
	+ Genes
	+ Polygenesis
	+ Synapses
	+ Serotonin
	+ Frontal lobes
 |  |  |  |
| Describe how drug therapy is used to treat OCD.  |  |  |  |
|  |  |  |  |
| Define the ‘holistic approach’ |  |  |  |
| Explain the benefits of using the holistic approach to explain and treat mental health issues. |  |  |  |