**Personal Learning Checklist: Psychopathology**

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| 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 |  |  |  |
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| 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. |  |  |  |
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| 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. |  |  |  |
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| Define the ‘holistic approach’ |  |  |  |
| Explain the benefits of using the holistic approach to explain and treat mental health issues. |  |  |  |