Abnormal Psychology Learning Outcomes

These are all essay questions. Choose ONE from three choices (Always Q1,2 or 3 on paper2)

These are OUTLINES only. You will have to add to these as part of your review.

**General framework**

* To what extent do biological, cognitive and sociocultural factors influence abnormal behavior Remember that these factors can be asked about individually or together. Read the type of disorder required VERY CAREFULLY -Biological came (2012) regarding anxiety OR eating disorders. Came up biological and sociocultural (May 2011) regarding all 3 disorders
* Evaluate psychological research (that is, theories and/or studies) relevant to the study of abnormal behavior

**Concepts and Diagnosis**

* Examine the concepts of normality and abnormality (easy question)
* Discuss validity and reliability of diagnosis DO NOT ATTEMPT (2012) (Nov 2011)
* Discuss cultural and ethical considerations in diagnosis. DO NOT ATTEMPT (May 2011)

**Psychological disorders**

* Describe symptoms and prevalence of one disorder from two of the following groups: As a parted ERQ. Read the type of disorder required VERY CAREFULLY

Anxiety disorders DO NOT ATTEMPT

Affective disorders- Major depressive disorder (shorten to MDD)

Eating disorders- Bulimia Nervosa

* Analyse etiologies (in terms of biological, cognitive and/or sociocultural factors) of one disorder from two of the following groups: Remember that these etiologies can be asked about individually or together.

Anxiety disorders DO NOT ATTEMPT

Affective disorders- Major depressive disorder (shorten to MDD)

Eating disorders- Bulimia Nervosa

* Discuss cultural and gender variations in prevalence of disorders

**Implementing treatment**

* Examine biomedical, individual and group approaches to treatment. Include more than on disorder. (May 2011 biomedical and individual) (Nov 2011 individual and group)
* Evaluate the use of biomedical, individual and group approaches to the treatment of one disorder Remember that these treatments can be asked about individually or together. Read the type of disorder required VERY CAREFULLY. (2012 Group approaches)

Introduction

Establish use of affective disorder MDD

Give a description of symptoms (PEBC) and prevalence

Many approaches but I will be focusing on…

Biomedical Overview

Define. Assumptions of the approach

Use of drugs in general in terms of neurotransmitters.

Explain how SSRI’s are now widely used, how they work , Example (Prozac)

Strengths of Biomedical (mostly in terms of effectiveness)

(+) **Bernstein et al 1994** Help 60-80% of people

(+) Long term control/Prevent suicide

(+) Less hospitalization so cheaper

Weaknesses of Biomedical (mostly in terms of effectiveness)

(-) **Leuchter and Witte 2002** – Brain function: Placebo is equally good as drug treatment

Supported by

(-) **Kirsch et al 2008** – Meta analyais: Medical treatment was not more effective than a placebo and that depressed patients can improve without biochemical treatment

(-) Drugs have side effects

(-) Drugs are not a cure

Individual Treatment Overview

Define. Assumptions of the approach

Focus will be on cognitive therapy

Outline CBT in terms of how it is carried out. (Cognitive and behavioural aspect)

Strengths of Individual (mostly in terms of effectiveness)

(+) **Riggs et al 2007** Adolescents – combination of placebo/drugs andCBT gives a big improvement **OR Luty et al 2007-** Trial of IPT and CBT. In severe depression more patients responded to CBT compared to IPT

(+) Lowers relapse rate

(+) No side effects

Weaknesses of Biomedical (mostly in terms of effectiveness)

(-) **Elkin et al 1989** IPT drugs and CBT are equally effective

(-) More expensive than drugs (may be cost effective compared to other IP

(-) Focus on symptoms not causes

Conclusion

It is a concern that it is not clear exactly how SSRI’s work. They are however effective in treating depressive patients with a range of severities. It is still hard to establish just how effective drug treatments are when compared. with other methods. If drugs are equally effective as CBT, then surely it would be better to offer a treatment that is long term and with few side effects.

* Discuss the use of eclectic approaches to treatment. Include more than one disorder
* Discuss the relationship between etiology and therapeutic approach in relation to one disorder (Nov 2011)

**Never been used**

* Evaluate psychological research (that is, theories and/or studies) relevant to the study of abnormal behavior
* Examine the concepts of normality and abnormality (easy question)
* Describe symptoms and prevalence of one disorder from two of the following groups: As a parted ERQ. Read the type of disorder required VERY CAREFULLY
* Analyse etiologies (in terms of biological, cognitive and/or sociocultural factors) of one disorder from two of the following groups:
* Discuss cultural and gender variations in prevalence of disorders
* Discuss the use of eclectic approaches to treatment. Include more than one disorder