

Step Up to A level Psychology at Stepney All Saints

Psychopathology



Is it normal to feel like this?

Are you (and your feelings) normal?

What is normal?

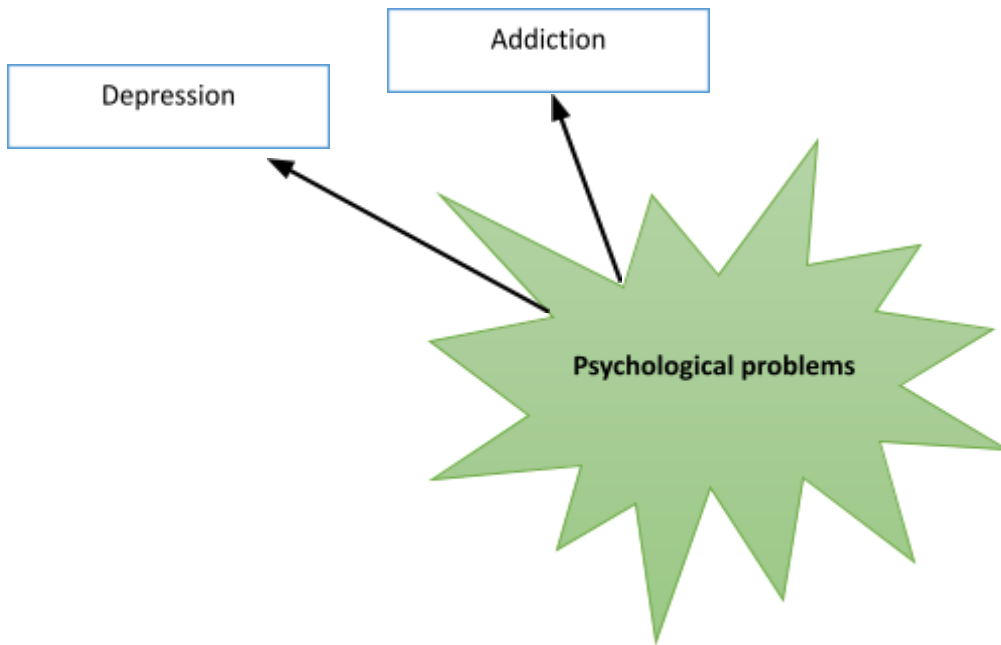
What is abnormality?

Task 1 – What do we mean by the term Psychological problems? *To find out, Complete the ‘Fill in gaps activity’.*

Psychological problems are _____ characterised by _____ thoughts, _____ and behaviours.

Abnormal	Conditions	Feelings
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Task 2 – Complete the spider-diagram by listing different examples of psychological problems by carrying out internet research. Two examples of psychological problems have been given to help get you started.



Task 3 – Carry out some internet research and make a list the different types of Depression that an individual can be suffering from. Jot these down on the spider-diagram underneath the psychological problem ‘Depression’.

Task 4 – What is Depression? Watch the following youtube clip.

What is Depression? Helen M. Farrel: <https://www.youtube.com/watch?v=z-IR48Mb3W0>

Task 5 – What is the difference between Depression (unipolar depression) and Bipolar depression? Find out by carrying out some internet research and then classify the symptoms to their corresponding types of Depression.

Depression (Unipolar depression)	Bipolar depression

Loneliness or withdrawing from friends	Extreme mood swings	Difficulty focussing	Suicidal thoughts or feelings	Extreme sadness or depressed mood
Extreme highs (mania)	Apathy or low energy levels	Extreme lows (depression)	Lack of interest in activities that were usually pleasurable	Difficulty sleeping or oversleeping

Task 6 – What is it like to live with Depression? To find out, watch the following youtube clip.

Living with Depression: https://www.youtube.com/watch?v=EJ_S5Rjt_il

Task 7 – Do you know of any famous people who have Depression? –No? Read the following article to find out.

Celebrities with Depression: <https://www.webmd.com/depression/ss/slideshow-depression-celebs>

Task 8 – One treatment for Depression is Cognitive behaviour therapy (CBT). Watch the following clip and produce a spider-diagram summarising ‘What is CBT?’

What is CBT? Making sense of Cognitive behavioural therapy:

https://www.youtube.com/watch?v=9c_Bv_FBE-c

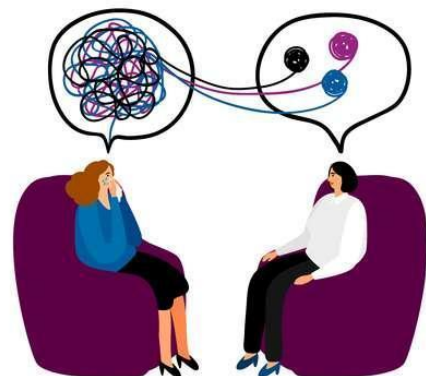


Task 9 – Watch the following clip from Eastenders where the character Lee finds out that he has depression.

Eastenders:

<https://www.youtube.com/watch?v=okQJhIsL5XI>

What other treatments are available for Depression?



Task 10- Devise 3 fact sheets with information on Phobias, Depression and Obsessive Compulsive disorders. In your factsheet (A4 page) include:

- Definition
- Symptoms
- Possible explanations of Phobias/ Obsessive compulsive disorders
- Treatments

Task 11:

What are the strengths and weaknesses of the different explanations?

Task 12:

What are the strengths and weaknesses of the different treatments?