

## Psychological Problems – Knowledge Organiser

**Questions to ask yourself:** What is good mental health? What causes good or bad mental health?

Key Studies	Summary	Strength	Weakness
<b>Wiles' Study of CBT</b>	Combining CBT plus antidepressants for treatment-resistant depression.	<ul style="list-style-type: none"> <li>• Random allocation (controlled EVs).</li> <li>• Real world application.</li> </ul>	<ul style="list-style-type: none"> <li>• Subjective self-report method.</li> </ul>
<b>Kaij's Twin Study</b>	To see if alcoholism is hereditary, using twins.	<ul style="list-style-type: none"> <li>• Supported by later studies.</li> </ul>	<ul style="list-style-type: none"> <li>• Only used temperance board data.</li> </ul>

Key Theories	Summary	Strength	Weakness
<b>Biological - depression.</b>	Low levels of serotonin at synapse.	<ul style="list-style-type: none"> <li>• Supported by McNeal and Climbolic.</li> </ul>	<ul style="list-style-type: none"> <li>• Reductive – may be other explanations.</li> </ul>
<b>Cognitive – depression.</b>	Faulty thinking, negative schemas, attributions, learned helplessness.	<ul style="list-style-type: none"> <li>• Supported by Seligman (dogs).</li> <li>• Real world application.</li> </ul>	<ul style="list-style-type: none"> <li>• Negative thoughts may be realistic.</li> </ul>
<b>Cognitive – addiction.</b>	Peer influence, social learning theory, social norms, social identity theory, opportunities.	<ul style="list-style-type: none"> <li>• Supported by research.</li> <li>• Real world application.</li> </ul>	<ul style="list-style-type: none"> <li>• It may be peer selection.</li> </ul>

	Key Term	Definition
1	Clinical depression	A mental disorder characterised by low mood and low energy levels.
2	Unipolar depression	Experiencing one emotional state (depression).
3	Bipolar depression	Experiencing changes between two mood states – depression and mania.
4	Nature	Aspects of behaviour that are inherited (genetic).
5	Serotonin	A neurotransmitter with widespread inhibitory effects throughout the brain. Regulates mood.
6	Attribution	Automatically and unconsciously providing explanations for observed behaviours.
7	Nurture	Aspects of behaviour acquired through experience i.e. learned from interactions with the physical and/or social environment.
8	Schema	A mental structure containing all the information we have about one aspect of the world.
9	Antidepressants	A group of drugs used to reduce symptoms of depression, E.g. SSRIs.
10	Holistic	The belief that our understanding of human behaviour is more complete if we consider the 'bigger picture' rather than focussing on the constituent parts.
11	Reductionist	The belief that human behaviour is best explained by breaking it down into smaller constituent parts – particularly to the biological building parts of the body.
12	Cognitive Behaviour Therapy	Treating mental health problems by challenging negative thoughts and developing positive behaviour.
13	Addiction	A mental health problem in which an individual takes a substance or engages in behaviour that is pleasurable but eventually becomes compulsive with harmful consequences.
14	Dependence	Indicated either by a compulsion to keep taking a drug or continue a behaviour.
15	Substance abuse	When someone uses a drug for mood modification e.g. to get high.
16	Substance misuse	When someone uses a drug in the wrong way or for the wrong purpose.
17	Genes	Segments of DNA molecules that code physical features and psychological features.
18	Genetic vulnerability	Genes do not determine a disorder; they increase an individual's risk of a disorder.
19	Hereditary factors	The genetic information that is passed from one generation to the next.
20	Twin studies	Monozygotic – have the same genes. Dizygotic are about 50% similar genetically.
21	Peer influence	The effect that our peers have on us. Peers are people of similar age, interest, background.
22	Social norms	Behaviours or beliefs that are standard, usual, or typical of a group of people.
23	Aversion therapy	Exposure to a stimulus while simultaneously being subjected to some form of discomfort.
24	Classical conditioning	Learning by association. Two stimuli are repeatedly paired together (UCS + NS). The NS eventually produces the same response that was first produced by the UCS alone.
25	Self-help group	Members of the group share a common problem and provide support for each other.
26	Self-management programme	The people who benefit from the programme also direct the activities. Members set the rules and ensure that all members adhere to them.