

AQA Psychology

- **Definitions in the field of mental health: deviation from ideal mental health, deviation from social/ cultural norms, failure to function adequately and statistical infrequency.**
- **The behavioural, emotional and cognitive characteristics of phobias, depression and obsessive compulsive disorder (OCD).**
- **The behavioural approach to explaining and treating phobias: the two-process model, including classical and operant conditioning; systematic desensitisation, including relaxation and use of hierarchy; flooding.**
- **The cognitive approach to explaining and treating depression: Beck's negative triad and Ellis's ABC model; cognitive behaviour therapy (CBT), including challenging irrational thoughts.**
- **The biological approach to explaining and treating OCD: genetic and neural explanations; drug therapy.**

