

AQA Paper 1 Exam Analysis



CLINICAL PSYCHOLOGY AND MENTAL HEALTH

(PSYCHOPATHOLOGY)

2026

Characteristics of depression – cognitive (1)

Choosing a statistical test and reasons why (7)

Systematic desensitisation as a treatment for phobias (6)

Strength of systematic desensitisation as a treatment for phobias (2)

Deviation from social norms definition of abnormality (8)

2025

Mix and match definitions of abnormality - scenarios (4)

Ellis' ABC model of depression (4)

Neural explanations for OCD and use of drug therapy to treat OCD (16)

2024

Two emotional characteristics of OCD (2)

Two process model of phobias – scenario (6)

Cognitive approach to explaining depression (16)

2023

Deviation from ideal mental health – scenario (4)

Evaluate failure to function adequately (5)

Content analysis (1)

Content analysis – scenario (2)

Reliability of content analysis (4)

Ellis ABC model – scenario (8)

2022

Statistical infrequency and failure to function adequately (6)

Limitation of systematic desensitisation (3)

Pearson's r test – scenario (2)

Scattergram diagrams (1)

Calculated value – significance scenario (4)

Genetic explanation of OCD (8)

2021

Two behavioural characteristics of depression (2)

Treating depression (cognitive psychology) (2)

Biological approach to treating OCD (4)

Statistical infrequency and deviation from social norms (16)

2020

Deviation from the ideal mental health (4)

Two cognitive characteristics of obsessive-compulsive disorder (4)

Two-process model of phobias – scenario (16)

2019

Behavioural characteristics of depression (4)

Definitions of abnormality (6)

Limitation of the two-process model (2)

Better to conduct a case study than a questionnaire (4)

Neural explanations of obsessive-compulsive disorder (8)

2018

Cognitive, emotional or behavioural characteristic of depression – scenario (1)

Drawing/ labelling a scattergram – scenario (4)

Why carry out spearman's rho test (2)

Correlation coefficient (1)

Cognitive approach to treating depression (16)

2017

Two cognitive characteristics of OCD (2)

One or more ways in which behaviourists treat phobias (6)

Outline and evaluate failure to function adequately and deviation from ideal mental health as definitions of abnormality (16)

Specimen Practice Papers

Two examples of Jahoda's criteria for 'ideal mental health' (2)

Outline three other definitions of abnormality (6)

Behavioural approach to explain phobias - scenario (4)

Type of relationship shown in scattergram (2)

Ethical issue in scenario (2)

Test-retest reliability in scenario (4)

Outline cognitive behaviour therapy as a treatment for depression (4)

Two factors for sign test - scenario (4)

Calculate the sign test (2)

Interpret sign test/ significance (2)

Advantage of primary data (3)

Implications of psychological research for the economy (5)

One definition of abnormality (2)

Outline and evaluate one other definition of abnormality (6)



* NOTE: Some of the topics have been removed so will not appear in exams from 2027 onwards,
see specification for details.



STUDY PSYCHOLOGY

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