

Individual Differences

Self Assessment Sheet

Things you **must** be able to do:

All A01

- Describe statistical infrequency
- Describe deviation from social norms
- Describe failure to function adequately
- Describe deviation from ideal mental health

Definitions of Abnormality

- Describe assumptions of the biological model of abnormality including genetic, chemical and neurological factors
- Describe biological treatments including drugs, ECT and surgery

The Biological Model

- Describe assumptions of the behavioural models of abnormality including environmental influences, classical and operant conditioning and social learning
- Describe behavioural treatments including desensitisation and flooding

The Behavioural Model

- Describe assumptions of the psychodynamic model including the structure of the psyche, the importance of the unconscious, the importance of childhood and defence mechanisms
- Describe psychodynamic treatment for abnormal behaviour

The Psychodynamic Model

- Describe assumptions of the cognitive model of abnormality including inaccurate perceptions, faulty thinking and the link between cognition and behaviour
- Describe cognitive treatment for abnormal behaviour

The Cognitive Model

- Describe the clinical characteristics of anorexia and bulimia nervosa
- Outline biological and psychological explanations of eating disorders
- Give APFCC for Holland et al (1988) and Lee et al (1992)

Eating Disorders

Things you **should** be able to do:

Both A01 and A02

- Use examples to illustrate each definition of abnormality
- Explain strengths and weaknesses of each definition of abnormality

- Explain the link between assumptions and treatment
- Comment on the effectiveness of biological treatment
- Give criticisms of biological treatment
- Give criticisms of the biological model

- Explain the link between assumptions and treatment
- Comment on the effectiveness of behavioural treatment
- Give criticisms of behavioural treatment
- Give criticisms of the behavioural model

- Explain the link between assumptions and treatment
- Comment on the effectiveness of psychodynamic treatment
- Give criticisms of psychodynamic treatment
- Give criticisms of the psychodynamic model

- Explain the link between assumptions and treatment
- Comment on the effectiveness of cognitive treatment
- Give criticisms of cognitive treatment
- Give criticisms of the cognitive model

- Outline research studies of anorexia and bulimia
- Comment on whether research findings support/challenge different explanations of eating disorders
- Criticise explanations of eating disorders

Things you **could** be able to do:

All A02

- Compare and contrast definitions of abnormality
- Evaluate definitions of abnormality

- Compare and contrast models of abnormality
- Evaluate the biological model

- Compare and contrast models of abnormality
- Evaluate the behavioural model

- Compare and contrast models of abnormality
- Evaluate the psychodynamic model

- Compare and contrast models of abnormality
- Evaluate the cognitive model

- Evaluate the relative contributions of biological and psychological factors to eating disorders