

**Paper 2 Social Context and Behaviour: Psychological Problems**

| <b>NO</b> | <b>Topic</b>  | <b>R</b> | <b>A</b> | <b>G</b> |
|-----------|---|----------|----------|----------|
| 1         | Characteristics of mental health, e.g. positive engagement with society, effective coping with challenge  |          |          |          |
| 2         | Cultural variations in beliefs about mental health problems   |          |          |          |
| 3         | Increased challenges of modern living, e.g. isolation   |          |          |          |
| 4         | Increased recognition of the nature of mental health problems and lessening of social stigma  |          |          |          |
| 5         | How the incidence of significant mental health problems changes over time   |          |          |          |
| 6         | Effects of significant mental health problems on individuals and society  |          |          |          |
| 7         | Individual effects, e.g. damage to relationships, difficulties coping with day to day life, negative impact on physical wellbeing   |          |          |          |
| 8         | Social effects, e.g. need for more social care, increased crime rates, implications for the economy   |          |          |          |
| 9         | Characteristics of clinical depression  |          |          |          |
| 10        | Differences between unipolar depression, bipolar depression and sadness   |          |          |          |
| 11        | The use of International Classification of Diseases in diagnosing unipolar depression: number and severity of symptoms including low mood, reduced energy levels, changes in sleep patterns and appetite levels, decrease in self-confidence  |          |          |          |
| 12        | Theories of depression: Biological explanation: imbalance of neurotransmitters, e.g. serotonin in the brain   |          |          |          |
| 13        | Theories of depression: Psychological explanation: negative schemas and attributions  |          |          |          |
| 14        | Intervention or theories for depression: Use of antidepressant medications  |          |          |          |
| 15        | Intervention or theories for depression: Cognitive behaviour therapy (CBT)  |          |          |          |
| 16        | How intervention/therapies improve mental health, reductionist and holistic perspectives  |          |          |          |
| 17        | Wiles' study of the effectiveness of CBT.   |          |          |          |
| 18        | Characteristics of addiction: The difference between addiction/dependence and substance misuse/abuse.   |          |          |          |
| 19        | The use of International Classification of Diseases in diagnosing addiction (dependence syndrome), including a strong desire to use substance(s) despite harmful consequences, difficulty in controlling use, a higher priority given to the substance(s) than to other activities or obligations |          |          |          |
| 20        | Theories of addiction: Biological explanation: hereditary factors/genetic vulnerability. Kaij's twin study of alcohol abuse   |          |          |          |
| 21        | Theories of addiction: Psychological explanation (influence of nurture): Peer influence   |          |          |          |
| 22        | Interventions or therapies for addiction: Aversion therapy  |          |          |          |
| 23        | Intervention or therapies for addiction: Self-management programmes, e.g. self-help groups, 12 step recovery programmes   |          |          |          |

