





# St Benedict's Sixth Form

## RESEARCH LINKS

BOOKS/MAGAZINES	<p>AQA Psychology for A-level Year 1 &amp; AS Authors: Cara Flanagan, Dave Berry, Matt Jarvis, Rob Liddle Publisher: Illuminate Publishing ISBN-13: <a href="#">978-1-908682-40-6</a> AQA A-level Psychology Book 1 Authors: Jean-Marc Lawton and Eleanor Willard Publisher: Hodder Education ISBN-13: <a href="#">978-1-4718-3488-2</a></p>
WEBSITES	<p><a href="https://www.simplypsychology.org/abnormal-psychology.html">https://www.simplypsychology.org/abnormal-psychology.html</a> <a href="https://psychologyhub.co.uk/definitions-of-abnormality-including-deviation-from-social-norms-failure-to-function-adequately-and-deviation-from-ideal-mental-health-and-statistical-infrequency/">https://psychologyhub.co.uk/definitions-of-abnormality-including-deviation-from-social-norms-failure-to-function-adequately-and-deviation-from-ideal-mental-health-and-statistical-infrequency/</a> <a href="https://psychologyhub.co.uk/the-behavioural-approach-to-explaining-and-treating-phobias-the-two-process-model-including-classical-and-operant-conditioning/">https://psychologyhub.co.uk/the-behavioural-approach-to-explaining-and-treating-phobias-the-two-process-model-including-classical-and-operant-conditioning/</a></p>
TV/YOUTUBE	<p><a href="https://www.youtube.com/watch?v=cwKJ0juPIrQ">https://www.youtube.com/watch?v=cwKJ0juPIrQ</a> <a href="https://www.youtube.com/watch?v=tEsEhyeNymA">https://www.youtube.com/watch?v=tEsEhyeNymA</a></p>
SOCIAL MEDIA	<p>Let me know if you find anything 😊</p>

### Baseline Assessment

During the week beginning 27/9/21, an assessment will be undertaken to consider suitability for the course. The assessment will comprise of:

- A review of summer work
- A 30-minute exam-style written assessment on Psychopathology: Definitions of abnormality, the characteristics of phobias and the behavioural approach to explaining and treating phobias.







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## Task 2: Phobias

• Gynophobia	= The fear of women..
• Hemophobia	= The fear of blood.
• Iatrophobia	= The fear of doctors.
• Ichthyophobia	= The fear of fish.
• Katsaridaphobia	= The fear of cockroaches.
• Kinemortophobia	= The fear of zombies.
• Koumpounophobia	= The fear of buttons.
• Lepidopterophobia	= The fear of butterflies.
• Ligyrophia	= The fear of loud noises.
• Metathesiophobia	= The fear of change.



For this task you need to produce a booklet to help people understand about phobias. You need to include the following sections and key terms in your booklet.

### Section 1 – The characteristics of phobias

This section needs inform the reader about:

**The behavioural, emotional and cognitive characteristics of phobias.**

### Section 2 – The behavioural approach to explaining phobias

This section will inform the reader about how and why someone might develop a phobia. It should include the key terms:

**The two-process model, including classical and operant conditioning.**

### Section 3 – The behavioural approach to treating phobias

This section will inform the reader about how a psychologist might treat a phobia. It should include the following terms:

**Systematic desensitisation, including relaxation and use of hierarchy; flooding.**

### Extension – Section 4

Write a critique (i.e. say what's good and bad) about the behavioural approaches treatments and explanation.

Don't worry if you struggle with these tasks as these areas of the specification will be taught in the first two weeks when we return in September. However, if the content of the work doesn't interest you, or you think it's too challenging, then you may be wise to think about changing your option choices on results day in August.



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## GLOSSARY

**Psychopathology** is the study of the causes of psychological disease.

**Abnormality** is defined differently by different psychologists.

**Deviation from social norms** defines abnormality as breaking the generally accepted rules of social behaviour.

**Failure to function adequately** defines abnormality in terms of when a disorder interferes with normal behaviour for example, maintaining jobs and relationships.

**Statistical infrequency** defines abnormality as behaviour that occurs rarely within the general population.

**Deviation from ideal mental health** defines abnormality as not meeting a list of criteria that state what is healthy.

**Behavioural** refers to a person's physical actions.

**Emotional** relates to how someone feels e.g. happy or sad.

**Cognitive** refers to what a person is thinking.

**The behavioural approach** is a psychological approach which argues that behaviour is determined by an individual's learning.

**The two-process model** states that phobias are learnt through classical conditioning and are maintained through operant conditioning.

**Classical conditioning** we learn phobias by associating an unconditioned response with a neutral stimulus.

**Operant conditioning** we learn through reinforcement (positive and negative) and through punishment.

**Systematic desensitisation** is based on the principal of reciprocal inhibition i.e. that we can't be both relaxed and fearful at the same time.

**Relaxation** lowers tension using techniques such as progressive muscle relaxation.

**Hierarchy** a list of most feared situations in order of least to most frightening.

**Flooding** involves exposing the patient to their most feared scenario and preventing avoidance.