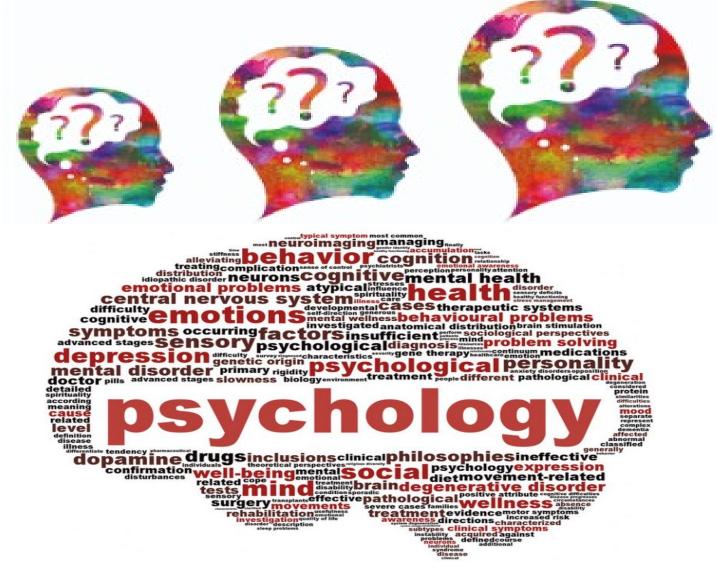




# PSYCHOLOGY A LEVEL TRANSITION PACK







# **RESEARCH LINKS**

BOOKS/MAGAZINES	
	AQA Psychology for A-level Year 1 & AS
	Authors: Cara Flanagan, Dave Berry, Matt Jarvis, Rob Liddle
	Publisher: Illuminate Publishing
	ISBN-13: <u>978-1-908682-40-6</u> AQA A-level Psychology Book 1
	Authors: Jean-Marc Lawton and Eleanor Willard
	Publisher: Hodder Education
	ISBN-13: <u>978-1-4718-3488-2</u>
WEBSITES	https://www.simplypsychology.org/abnormal-psychology.html 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/the-behavioural-approach-to-explaining-and-treating- phobias-the-two-process-model-including-classical-and-operant-conditioning/
TV/YOUTUBE	https://www.youtube.com/watch?v=cwKJ0juPIrQ https://www.youtube.com/watch?v=tEsEhyeNymA
SOCIAL MEDIA	Let me know if you find anything 😊

### **Baseline Assessment**

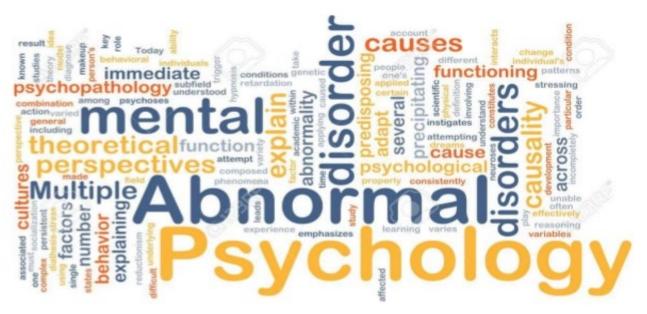
During the week beginning 27/9/21, an assessment will be undertaken to consider suitability for the course. The assessment will comprise of:

- 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.



### Task 1: Definitions of abnormality

Research the four definitions of abnormality that are mentioned on the AQA A Level specification. Using the research links on the previous page and anything else you can find to help you.



There are four definitions of abnormality that you could be asked specific questions on in your exam and therefore that you need to learn about. The specification reads as follows:

Definitions of abnormality, including deviation from social norms, failure to function adequately, statistical infrequency and deviation from ideal mental health.

In order to be able to decide if someone's psychological state or behaviour is unusual (i.e. abnormal) enough to justify treatment and diagnosis we need to define what abnormality means. In our first task we consider four different definitions. For each definition you need to know what the definition means and be able to give an example of someone with an abnormality according to that definition.

Task: produce a presentation on one or preferably more than one (remember for your exam you will need to know all four) of these definitions of abnormality. The presentation has to be suitable to be presented to your fellow classmates. Although you won't be required to do your presentation in front of you classmates you do need to produce suitable material for someone to present. It could be in the form of a PowerPoint presentation or simply information to read out.

EXTENSION: FIND OUT, AND INCLUDE IN YOUR PRESENTATION, INFORMATION ABOUT WHAT'S GOOD AND BAD (AN EVALUATION) ABOUT ONE OR MORE OF THE DEFINITIONS.

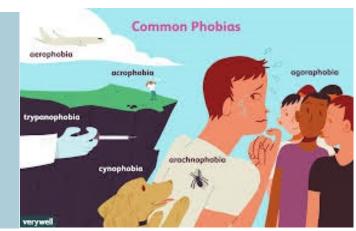




## <u> Task 2: Phobias</u>

• Gynophobia	= The fear of women
• Hemophobia	= The fear of blood.
• latrophobia	= The fear of doctors.
<ul> <li>Ichthyophobia</li> </ul>	= The fear of fish.
• Katsaridaphobia	= The fear of cockroaches.
• Kinemortophobia	= The fear of zombies.
• Koumpounophobia	= The fear of buttons.
• Lepidopterophobia	= The fear of butterflies.
• Ligyrophobia	= The fear of loud noises.

Metathesiophobia



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 fear of change.

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.





### **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.