An example is that an anti-anxiety drug, such as beta-blockers, help reduce the symptoms of anxiety by acting on the sympathetic nervous system around the body and work by reducing the activity of adrenaline and noradrenaline which are key agents in the body's response to stress. This has led to new medications being developed that help reduce more and more symptoms of mental illnesses.

Another example could be that this approach has allowed NGRIs to plea in court and take into consideration the fact that mental illnesses could make a person violent. This ensures that individuals who commit crimes when they are legally insane to have this factor into consideration. Brain scans can help further prove their plea in court to take into account all biological factors that influence their behaviour.

This is a strength because it has allowed many patients with mental illnesses to reduce their symptoms and has allowed many more patients to stay in therapy.

Conclusion: The biological approach is better at explaining behaviours within humans, compared to other approaches (i.e. psychodynamic approach), as it has objectable evidence using scientific research methods to help support the theory (i.e. brain scans or lab experiments).