• Autonomic nervous system – sympathetic nervous system increases bodily activity, parasympathetic nervous system maintains or decreases bodily activity.

INFLUENCE OF NEUROCHEMISTRY ON BEHAVIOUR:
- Neurotransmitters: chemical msg in the brain, when nerve impulse reaches the end of a neuron a NT is released, it travels from 1 neuron to next across synapse, are dif types NT, some triggering the receiving neuron to send impulse, others not. Excitatory NT trigger the receiving neurone to fire stimulating brain into action – dopamine associated motivation, high levels schizophrenia. Inhibitory NT calm the brain and balance mood – low levels serotonin depression.
- Hormones: produced by glands (e.g. pituitary/adrenal) in the endocrine system. In response from a signal in the brain, hormones are secreted into the bloodstream by glands travelling to targeted cells, exerting their influence by stimulating receptors in the cell. These hormones are produced in large quantities, disappear quickly, but have powerful effect.

THE EVOLUTION OF BEHAVIOUR:
Natural selection whereby genes which enable survival are passed on to future generations, as they enable to determine physical and psychological characteristics = determine behaviour. For example: aggression to defend territory and survive.

biological approach as its insight has provided positive impact on suffers of mental illness who are now able to manage their condition.

CC: However, this evidence of psychotherapeutic therapy increasing the credibility of the biological approach has been criticised due to the casual conclusions regarding human behaviour. The biological approach suggests mental illness is caused by neurotransmitters in the brain, this evidence shows antidepressants restore the balance of serotonin. However, the evidence does not identify whether the neurotransmitter is the cause or the effect of the mental illness. This is a weakness as it suggests that psychotherapeutic drugs effectiveness cannot be credibly used as validation for the biological approach.