Psychopathology

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

- The behavioural, emotional and cognitive characteristics of phobias, depression and obsessive-compulsive disorder (OCD).

- The behavioural approach to explaining and treating phobias: The two process model, including classical and operant conditioning; systematic desensitisation, including relaxation and the use of hierarchy; flooding.

- The cognitive approach to explaining and treating depression: Beck’s negative triad and Ellis’s ABC model; cognitive behavioural therapy (CBT), including challenging irrational thoughts.

- The biological approach to explaining and treating OCD: genetic and neural explanations; drug therapy.