- Biomedical Model - basis in Cartesian dualism
- Genetics
  - 1. Concordance studies (aiming to investigate the probability with which family members or relatives will develop a psychological disorder depending on how closely related they are. For example, a child who has once parent with Huntington's Disease has a 50% chance of inheriting that gene from the parents. The gene is also a dominant gene so the disease can be inherited even if only one parents has the disease.
  - Twin studies compare the probability with which MZ and DZ twins both develop psychopathology symptoms.
- Neuroscience - trying to understand the individuals biology that may contribute to the symptoms. The main focus is on brain anatomy and neuroscience, for example, post-mortem studies have tended to show that people with Schizophrenia have often been found to have enlarged ventricles in the brain
- A disease model, illness explained as a variation from 'normal' biological functioning.
- External/Internal -> Injury -> Illness; Disease -> Medical Attention -> Health
- Implications - treatment possible by manipulation of biological functioning. There is a marked preference for physical treatment
- Some biological interventions don't arise from knowledge of cause.
- Strengths - grounded in science, theories are testable, treatments are effective.
- Problems - mental illness isn't a physical disorder, treatments aren't effective for all, reductionist, Szasz (1960) organic view devalues experiences of the suffering, risk of medicalisation

Psychoanalytical
- Psychopathology arises from unconscious conflicts Sigmund Freud
- Psychological health is maintained only when the ID, ego and superego are balanced, and psychopathology may begin to show when these 3 factors are in conflict.
- An individual may aim to control these by using defence mechanisms (eg. denial, the individual denies the source of the anxiety exists)
- Stages of development - If a child failed to negotiated each of the stages of development successfully, then the child may become fixated on that particular stage of development.