

PSYCHOLOGICAL PROBLEMS

Take Home Assessment

(a) Identify the method used to gather data in Tandoc et al.'s (2015) study into Facebook use.

- A. experiment
- B. interview
- C. observation
- D. questionnaire

Your answer

D

(b) Identify the sample used in Tandoc et al.'s (2015) study.

- A. hospital doctors
- B. journalism students
- C. office workers
- D. psychology teachers

Your answer

B

(c) Identify a conclusion that can be drawn from Tandoc et al.'s (2015) study.

- A. Facebook use on its own does not link directly to depression
- B. Facebook use on its own links directly to depression
- C. Facebook envy does not link directly to depression
- D. Facebook surveillance does not correlate with Facebook envy

Your answer

A

(d) Which of the following is NOT a symptom of depression?

- E. Low mood,
- F. Delusions,
- G. Loss of appetite,
- H. Reduced energy levels

Your answer

F

(e) Identify the sample size used in Daniel et al.'s (1991) study into amphetamines and schizophrenia.

- E. 8
- F. 6
- G. 10
- H. 9

Your answer

G

(f) Identify one limitation of the biological theory of schizophrenia.

- E. It is too reductionist
- F. It ignores the role of nature
- G. There is too much focus on the role of society
- H. It ignores the role of brain activity

Your answer

E

(g) What is the mental health continuum?

- A. Defining mental health on a scale
- B. a mental health treatment
- C. Changes to mental health treatment
- D. A type of depression

Your answer

A

(h) Which is the most commonly experienced mental health problem in the UK for both men and women?

- A. Schizophrenia,
- B. Depression,
- C. OCD,
- D. Generalised Anxiety disorder

Your answer

D

(i) What is the Mental Health Act?

- A. A strong sense of disapproval towards mental health,
- B. A charity which was created in 1959,
- C. A set of laws and declarations aiming to help address issues concerning mental health,
- D. Treating people with mental health problems differently.

Your answer

C

(j) Which ethnicity is most likely to suffer from Schizophrenia?

- A. British people of Caribbean and African origins,
- B. British people of Asian Origin,
- C. White British people,
- D. British people of European origins.

Your answer

A

(k) In the ABC model of depression, what do the letters ABC stand for?

- A. Action, Behaviour, Conclusion
- B. Action, Belief, Consequences
- C. Activating event, Belief, Conclusion
- D. Activating event, Belief, Consequences

Your answer

D

(l) What does the social rank theory suggest about the origins of depression?

- A. It is social,
- B. It is biological,
- C. It is evolutionary,
- D. It is cognitive.

Your answer

C

(m) Identify one of the conclusions from Tandoc et al's 2015 study into depression.

- A. Heavy use of Facebook leads to depression,
- B. The use of Facebook does not directly lead to depression,
- C. Facebook envy does not lead to depression,
- D. larger networks of Facebook friends is related to envy.

Your answer

B

2. Explain **one** way an individual diagnosed with a mental health problem may experience stigma and discrimination.

- Not be able to find employment/ work (1) as employers may not wish to risk employing someone with mental health problems in case they need lots of time off (1).
- Not be in a steady long-term relationship (1) because other people may feel they are not able to cope (1).
- Not live in decent housing/housing area (1) because they are unable to get a mortgage/cannot earn enough money to pay the required rent (1).
- Not be socially included in mainstream society/be considered a social outcast/be excluded from day-to-day activities (1) because they are viewed negatively by others (1).
- Be limited in relation to immigration prospects (1) as government policy makers feel they will be a risk to society (1).

Marker's Comments
1 mark for an appropriate judgement and 1 mark for providing a logical chain of reasoning.

3. Outline the impact of neurological damage to the frontal lobe.

- Neurological damage to the frontal lobe could cause schizophrenia (1) brain scans show that this is due to reduced activity in this part of the brain (1)
- The impact of the damage to the frontal lobe could be impaired memory (1), an individual may have particular problems with the working memory (1)
- Damage to the frontal lobe could lead to more impulsivity (1) and as a result could lead to an increase in risk taking behaviour (1)
- Damage to the frontal lobe will affect a person's ability to problem solve (1) this would be evident in poor performance on tasks such as the Wisconsin Card Sort Test (1)

Marker's Comments
1 mark for identifying the impact of neurological damage or for describing the functions of the frontal lobe.
2 marks for a more detailed response in relation to the impact on behaviour or cognitions.

4. Describe how anti-depressants and anti-psychotics are used to treat depression and schizophrenia. Refer to dopamine and serotonin in your answer.

Anti-psychotic drugs act by blocking some of the dopamine receptors which stops some of the chemical messages passing through the brain. (1)
By reducing the number of messages, it reduces the effects of the psychotic episode. (1)

Anti-depressant drugs increase the number of neurotransmitters in the brain such as serotonin or noradrenaline, which can help people feel less depressed. (1) It is thought that excess serotonin in the synapse helps the neurons communicate better, which helps people feel less depressed.(1)

Marker's Comments
1 mark for each point that explains HOW anti-depressants/anti-psychotics work to treat depression or schizophrenia.
To get **2 or more marks** the response must refer to both serotonin (anti-depressants) and dopamine (anti-psychotics)

5. How has the research from psychological problems helped to develop the psychological treatment people receive today? Include real life examples.

Cognitive behaviour therapy is a form of psychotherapy that is based on the idea that if someone perceives something in an irrational/negative way it can affect how we think in general. (1)
Generally a short-term treatment, CBT requires the client to identify problems and break them down into thoughts, feelings, actions. With the client, the therapist uses Ellis' A,B,C (D&E) model to identify irrational perceptions and the effect they are having on the client. (1)
With depression, by focusing on the effects of negative thoughts and looking at more positive ways of viewing events, it aims to reduce symptoms of depression. (1) **OR...**
With schizophrenia, CBT offers a way of re-evaluating the irrational perceptions or voices by finding ways to cope with them. For example, with a client who believes there are microphones in the therapist's chair, the therapist will use the 'D' of the model to invite the client to 'dispute' this belief by inspecting the chair for microphones. (1)

Marker's Comments
Responses can refer to either depression or schizophrenia.
1 mark for identifying/outlining the treatment.
1 mark for explaining how it works
1 mark for an example

6. (a) Which neurotransmitter is thought to contribute to the development of schizophrenia?

... **Dopamine**[1]

(b) A researcher wants to study the effect cognitive behavior therapy (CBT) had on patients diagnosed with schizophrenia to see if there was a difference those who had CBT and those who had not. Identify the independent variable in his study.

Those who had CBT and those who had not.

7. Outline the Social Drift theory of schizophrenia.

<p>The social drift theory explains schizophrenia by looking at the psychological causes and effects of social class. (1)</p> <p>When people begin to develop schizophrenia and lose touch with reality, they begin to ignore society as it does not make sense to them. This means they do not complete 'normal' activities and may not be motivated by the rewards that others are.(1)</p> <p>Social Drift Theory suggests that people with a diagnosis of schizophrenia get caught in a downward spiral of poverty and loss of status. (1)</p> <p>The cycle involves the disengagement of individuals who do not feel a part of society. (1)</p> <p>As individuals begin to withdraw from society and stop following social norms they experience rejection by society. (1)</p> <p>For example, experiencing delusions may lead a person to withdraw from usual social activities and their behaviour (which is outside social norms) may lead to rejection by their society. (1)</p>	<p>Marker's Comments</p> <p>1 mark for link to theory as a psychological explanation of schizophrenia</p> <p>1 mark for explanation of a spiral between poverty and social class</p> <p>1 mark for explain disengagement of individuals and rejection by society as part of the cycle</p> <p>1 mark for each definition of the key terms (x2)</p> <p>1 mark for an example using one symptom and how it links to the two key terms is included.</p> <p>Possible 6 marks in total</p>
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8. Describe one weakness of the Social Drift theory as an explanation for schizophrenia.

<p>One weakness of the Social Drift theory of schizophrenia is that it is difficult to establish cause and effect (1).</p> <p>The theory suggests that it is the illness of schizophrenia that causes the downward shift in social class (1).</p> <p>However, it could be that being in a lower social class to begin with is a significant contributing factor to the development of the illness (1).</p> <p><u>OR...</u></p> <p>One weakness of the theory is that it sees the reason people with schizophrenia drift into lower social classes and poor living areas to be due to their nature, i.e. there is a biological reason for this drift (1).</p> <p>The theory ignores the role of nurture in influencing behaviour (1) and therefore does not see the social influences of such factors as poor environments and low/no income as having any role to play in the development of schizophrenia (1).</p>	<p>Marker's Comments</p> <p>1 mark for the identification of an appropriate weakness, e.g. a reference to the difficulty in establishing cause and effect/the emphasis on the role of nature at the expense of the role of nurture.</p> <p>1 mark for explaining the weakness.</p> <p>1 mark for explaining the weakness in relation to the effects of schizophrenia.</p>
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9. Daniel, Weinberger and Jones (1991) used a laboratory experiment to investigate schizophrenia.

(a)(i) Identify the independent variable in this study.

Whether the participant was given a placebo or 0.25mg/kg of Oral Dextroamphetamine.

Marker's Comments
Accept any appropriate reference to medication/drug, amount not required.

(ii) Identify the dependent variable in this study.

Performance on the Wisconsin Card Sort Test.

.....[1]

(b) Explain why this study was **not** conducted as a natural experiment.

- A natural experiment is one in which the independent variable (IV) cannot be manipulated (1). In this study Daniel et al. could manipulate whether participants were given a placebo or a drug therefore it would not be suitable as a natural experiment (1).
- A natural experiment is one in which the independent variable (IV) is naturally occurring (1). In this study, whether the participants were given a drug or a placebo was not naturally occurring (1).
- A natural experiment is one in which the independent variable (IV) occurs naturally whereas a lab experiment the IV can be manipulated by the researcher (1). Participants could be given either a drug or a placebo for the purpose of the study; therefore it could not be a natural experiment but would be more suited as a lab one (1).

Marker's Comments
1 mark for explaining what a natural experiment is.

1 mark for explaining why Daniel, Weinberger and Jones et al.'s study has a manipulated independent variable.

10. The ABC Model is a psychological theory that can be applied to clinical depression.

(a) State what ABC stands for in this model.

A: B: .. C: [1]

(b) Outline one criticism of the ABC Model of clinical depression.

- Overemphasises the role of nurture (1) and ignores the influence of nature (1).
- It is difficult to establish cause and effect (1). It is not clear whether negative cognitions and emotions are a cause of depression or a consequence of it (1).
- It is reductionist (1) and ignores other factors that influence behaviour (1).

Marker's Comments
1 mark for the identification of a weakness/limitation of the ABC Model.

1 mark for a developed criticism in relation to this model.
variable.

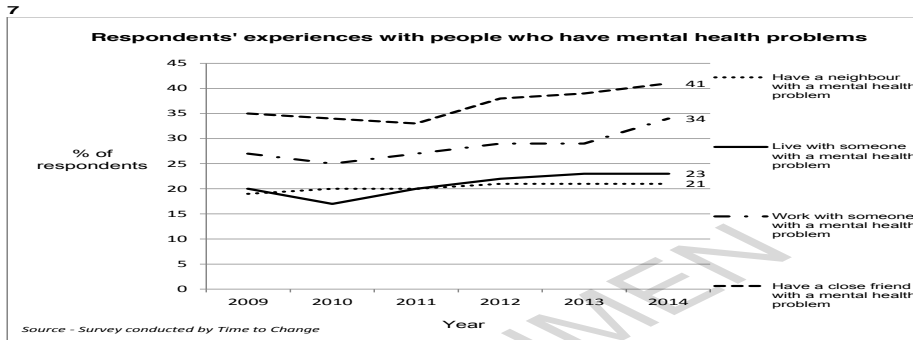
(c) Frank was playing the latest video game online. Following the completion of the game, he sent his opponent a message requesting a rematch. The request was ignored. Frank became angry, believing his opponent hated him and broke his controller by throwing it against the wall.

Explain how a belief about an event could lead Frank to react this way.

- A belief about an event can be rational or irrational. If the belief is irrational the person may have a negative feeling (1). This can lead Frank to have issues of anger and the belief that he is hated. (1).
- If an (activating) event is evaluated through an irrational belief (1), the individual will respond with an unhealthy negative emotion and in Franks case becomes incredibly angry when he believes he is hated by his opponent, irrationally throwing his controller against the wall (1).

Marker's Comments
1 mark for explaining that the belief becomes irrational.

1 mark for explaining the effect/consequence of an irrational belief in the context of the scenario.



(a) Calculate the percentage increase in respondents who lived with someone with a mental health problem in 2014 compared with 2009. Show your working.

Percentage increase = [2]

(a) Calculate the percentage increase in respondents who lived with someone with a mental health problem in 2014 and 2009. Show your working.

1 mark for showing calculations:
 $((23-20)/20)*100$
 i.e.
 $23-20 = 3$
 $3/20 = 0.15$
 $0.15 \times 100 = 15$

Marker's Comments
 If workings are accurate but wrong answer = 1 mark
 If answer is correct but no working = 1 mark

1 mark for correct answer
 15%

Percentage increase = ... [2]

(b) Calculate the percentage of respondents who did not have a close friend with a mental health problem in 2014. Show your workings.

1 mark for showing calculations:
 $100\% - 41\% = 59\%$

Marker's Comments
 If workings are accurate but wrong answer = 1 mark
 If answer is correct but no working = 1 mark

1 mark for correct answer
 59%

Percentage increase = .. [2]

12. Evaluate Tandoc et al.'s study into depression.

<p>Tandoc et al.'s study had cultural bias as the sample was based in one university in the USA. (1) Therefore, their society and upbringing could affect how they interact with Facebook and the results may not be generalisable to other universities or countries. (1)</p> <p>Tandoc et al.'s study had age bias as the sample included only college aged students. (1) Therefore, the results may not represent how Facebook use and depression correlates in any age groups. (1)</p> <p>As the study used self-report, participants may have given socially desirable answers about envy. (1) Therefore, this could have biased the results as their responses may have been dishonest affecting the reliability of the study. (1)</p>	<p>Marker's Comments</p> <p>1 mark for the identification of an appropriate weakness,</p> <p>1 mark for explaining the weakness in relation to the study.</p> <p>For FOUR marks TWO criticisms/limitations should be included.</p>
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13. Describe the **TWO** explanations in the biological theory of schizophrenia.

The dopamine hypothesis:

<p>This explanation suggests that people with schizophrenia may have too much of a neurotransmitter called dopamine in their brains. (1)</p> <ul style="list-style-type: none">• For example, because dopamine affects movement, too much of it could cause catatonic behaviour. (1)• For example, because dopamine affects perception, too much of it could cause hallucinations.(1)• For example, because dopamine affects attention, too much of it could cause thought disturbances.(1)• For example, because dopamine affects mood, too much of it could cause negative symptoms. (1)	<p>Marker's Comments</p> <p>1 mark for an explanation of the dopamine hypothesis.</p> <p>1 mark for an example that shows the link between dopamine and symptoms of schizophrenia.</p>
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The structure & function of the brain:

<p>This explanation suggests that brain dysfunction can cause schizophrenia if part of the brain does not work normally. It suggests that there are links between schizophrenia and dysfunction in the prefrontal cortex, temporal lobe and hippocampus. (1)</p> <p>For example, In people with schizophrenia, the prefrontal cortex (the control centre for the brain) appears to be defective. There is less blood flow here, less activity, and in some people it is smaller. This means they may struggle with planning ahead, being organised and making accurate judgements. (1)</p>	<p>Marker's Comments</p> <p>1 mark for an explanation of the link between brain dysfunction and schizophrenia.</p> <p>1 mark for an example that shows the link between <u>one</u> brain dysfunction and schizophrenia.</p>
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10. Describe and evaluate the social rank theory of clinical depression.

This evolutionary theory suggests that depression has evolved for a specific purpose: to help us adapt & survive. (1)

If we lose at something, depression is a natural reaction. It allows us to come to terms with the lost and its consequences. (1)

It prevents us from aspiring to achieve a higher status than we currently have. For example, you apply for position and it goes to a colleague, depression as a result of this failure allows us to accept that we won't have this position of seniority. (1)

According to evolution, in accepting a lower rank in society it prevents the 'winner' from inflicting further injury on the loser. By yielding to the winner, the loser can maintain a place in society, as opposed to being rejected by the group. (1)

Marker's Comments

1 mark for link to the theory as the evolutionary explanation of clinical depression.

1 mark for explanation of how depression leads to the maintenance of social rank.

1 mark for example of how depression links to social rank.

1 mark for each for explanation of how depression links to survival and maintaining a place in society.

Possible 4 marks in total

[4]

One weakness of the Social Rank theory of depression is that it is reductionist as it only views depression as a process of evolution by suggesting it is an instinctive reaction to situations where a person has been a 'loser'. (1).

However, it ignores individual differences as it does not account for how people may react differently to situations such as losing a job. (1)

Another limitation of the theory is that its claim that depression is limited to 'losers' and people of low social rank is not supported by evidence. (1)

Statistics suggest that depression is more common in people who are poorer but a significant proportion of people of higher social rank also experience depression. (1)

Even as a biological explanation of depression, this theory is considered reductionist as it fails to account for other biological explanations. (1)

For example, other explanations suggest that depression could be caused by an imbalance of chemicals in the brain (such as dopamine and serotonin). (1)

Marker's Comments

1 mark for the identification and explanation of an appropriate weakness,

1 mark for explaining the weakness in relation to the explanation of depression.

TWO criticisms/limitations needed for 4 marks.

4 marks in total