

Psychological Problems Exam Practice Questions

An Introduction to Mental Health

1. What is meant by 'mental health problems'. [2 marks]
2. 'Mental health problems have less of a social stigma than they did in the past.' Outline what is meant by this statement. [3 marks]
3. Explain **two** cultural differences in beliefs about mental health problems. [4 marks]
4. Explain how the incidence of significant mental health problems has changed over time. [3 marks]
5. Explain how modern living can influence mental health. [3 marks]
6. What is meant by the term 'social stigma' in relation to mental health? [2 marks]
7. Identify **two** characteristics of mental health. [2 marks]
8. Phil has been suffering from signs of depression. He has had a low mood for months and doesn't like himself as much as he used to. He is still able to deal effectively with his stressful job as a vet which he still enjoys. He doesn't sleep that well anymore but his relationship with his partner is still going well and he manages to go out with his friends most weekends. Identify **two** characteristics of mental health that Phil is showing and briefly explain them. [4 marks]
9. A psychologist is studying whether the incidence of mental health problems has changed in the past ten years. She looks at 50 studies conducted by other psychologists in the last ten years that investigated the rates of depression in different parts of England. She notes the incidence rates reported in each study to see if more people are being diagnosed with depression in 2016 compared to 2006. Explain whether the psychologist is using primary or secondary data and what she is likely to find from her research. [3 marks]

Effects of Mental Health Problems

1. Explain why mental health problems may have a negative impact on individuals. [3 marks]
2. Identify **three** effects that mental health problems may have on individuals and/or society. [3 marks]

3. Explain **one** effect that mental health problems can have on the individual. [4 marks]
4. Explain **two** effects that mental health problems can have on society. [4 marks]
5. Explain the effect mental health problems have on society. [6 marks]
6. Describe the effects that significant mental health problems can have on individuals and society. [6 marks]
7. Kieran is suffering from depression. He is finding it really hard to maintain his relationship with his boyfriend as he doesn't want to talk to him about how he is feeling. He keeps on getting colds and has just recently come down with the flu. He finds it difficult to leave the house and knows that tablets will help his flu symptoms but he can't be bothered to get dressed or have a shower to go to the chemist and can't remember the last time he ate a proper meal.
Identify **three** effects that mental health problems can have on the individual and use them to explain what Kieran is experiencing. [6 marks]
8. Imagine that you are a psychologist investigating the effects that significant mental health problems have on an individual. You are going to do some research and need 50 participants to interview to investigate the effects they are experiencing.
 - a. Identify **one** sampling method that you could use to recruit your participants and **one** strength of using this method. [2 marks]
 - b. Write **two** questions that you could ask participants about two different effects their problems are having on them as an individual. [2 marks]
 - c. Identify **one** ethical issue that you would need to address and how you will deal with this issue. [2 marks]

Depression:

Types of Depression and Diagnosing Depression

1. What is meant by the term 'clinical depression.' [3 marks]
2. Explain the use of the *International Classification of Diseases* in diagnosing unipolar depression. [4 marks]
3. Distinguish between unipolar and bipolar depression. [3 marks]
4. Explain **two** characteristics of clinical depression. [4 marks]

5. Name **one** system that is used to diagnose unipolar depression. [1 mark]
6. Identify and briefly explain **two** behaviours shown by someone with bipolar depression. [2 marks]
7. Sid and Robin have been diagnosed with mood disorders. Sid feels very unhappy and cries most of the day. Robin is also miserable some of the time but gets really optimistic and feels ecstatic at other times.
Name and briefly explain the types of mood disorder that Sid and Robin are exhibiting. [4 marks]
8. Billy has unipolar depression. The psychologist treating Billy is trying to explain his condition to his mother. Billy's mother is confused as she thinks that Billy just sounds like he is sad. Explain **two** likely differences that Billy is likely to show which make his symptoms different from just sadness. [4 marks]
9. Jane cries a lot and often can't be bothered to get out of bed as she sleeps so much. She thinks that she is a bad person and so doesn't see her friends anymore.
What is the difference between sadness and unipolar depression? Refer to Jane in your answer. [4 marks]

Theories of Depression: Biological Explanation

1. What is meant by 'neurotransmitter.' [2 marks]
2. What is meant by the term 'nature' in relation to the biological explanation of depression? [2 marks]
3. Explain how neurotransmitters might be involved in depression. [3 marks]
4. Explain what is meant by an 'imbalance of neurotransmitters'. Refer to depression in your answer. [3 marks]
5. Explain what the imbalance of neurotransmitters tells us about the biological causes of depression. [4 marks]
6. Identify **one** neurotransmitter that has been identified as influencing depression. [1 mark]
7. Explain the role of serotonin in depression. [3 marks]
8. Use your knowledge of neurotransmitters to explain the difference between a person who is suffering from depression and someone who is not. [4 marks]
9. Explain **one** evaluation of the biological explanation of depression. [3 marks]

10. Outline and evaluate the biological explanation of depression. [9 marks]

Theories of Depression: Psychological Explanation

1. What is meant by the term 'nurture'? Refer to the psychological explanation of depression in your answer. [3 marks]
2. The psychological explanation of depression has been criticised. Use your knowledge of psychology to evaluate the psychological explanation of depression. [5 marks]
3. Explain the role of attributions in depression. [3 marks]
4. Distinguish between a negative schema and an attribution. [3 marks]
5. Use your knowledge of the psychological explanation to describe the development of depression. [4 marks]
6. Outline and evaluate **one** psychological explanation for depression. [6 marks]
7. With reference to an example, explain how negative schemas could cause depression. [4 marks]
8. Outline and evaluate the psychological explanation for depression. Refer to the influence of nurture in your answer. [9 marks]
9. Eddy suffers from depression. He has been finding his physics coursework hard and is talking to his teacher about it.
Teacher: 'Hi Eddy, would you like some help?'
Eddy: 'No it's ok, this is all my fault. I can't do it because I am stupid and everything that I do goes wrong. This is just the story of my life.'
Identify **one** psychological explanation for Eddy's depression and use this to explain Eddy's reaction to his physics coursework. [4 marks]

Therapies of Depression: Antidepressant Medication

1. Explain the use of antidepressant medication to treat depression. [4 marks]
2. Explain **one** criticism of using antidepressant medication to treat depression. [4 marks]
3. What is meant by the term 'antidepressant'? [1 mark]
4. Distinguish between reductionism and holism. [3 marks]

5. The use of antidepressant medication is a reductionist approach to treating depression. Outline what is meant by 'reductionism' and explain why the use of antidepressant medication is reductionist. [3 marks]
6. Outline and evaluate the use of antidepressant medication for treating depression. [9 marks]
7. Outline and evaluate the use of antidepressant medications as a method to treat depression. Refer to the influence of nature in your answer. [9 marks]
8. Matt suffers from depression. His doctor has prescribed him antidepressant medication. Matt asks his doctor how this will improve his mental health.
Briefly explain what the doctor will tell Matt about how antidepressants will improve his mental health. [4 marks]

Therapies of Depression: CBT

1. Outline CBT as a treatment for depression. [4 marks]
2. Evaluate whether CBT improves depression. [4 marks]
3. Explain whether cognitive behaviour therapy (CBT) is a reductionist or holistic therapy for depression. [3 marks]
4. Explain how negative schemas are challenged when using cognitive behaviour therapy to treat depression. [3 marks]
5. Outline and evaluate cognitive behaviour therapy (CBT) as a method to treat depression. [9 marks]
6. Outline and evaluate cognitive behaviour therapy as a therapy for depression. Refer to holism in your answer. [9 marks]
7. Bessie is talking to her doctor about treatment options for her depression. Her doctor says that the best options would be antidepressant medication or cognitive behaviour therapy (CBT).
Briefly outline how these **two** treatments would be used to treat Bessie's depression and give **one** evaluation point for each treatment. [9 marks]
8. Angelina has been diagnosed with unipolar depression. She has been feeling very unhappy recently. Her friend Izzy has noticed that she thinks in a very negative way and this could be causing her low mood and change in behaviour. Outline one way that CBT could be used to treat her depression. [3 marks]

Therapies of Depression: Wiles' Study

1. What is meant by the term 'holistic'? [2 marks]
2. Outline the method Wiles used in her study into the effectiveness of CBT. [3 marks]
3. Explain how Wiles' study has increased our understanding of the effectiveness of CBT. [3 marks]
4. Explain how the results of Wiles' study could be applied to the treatment for depression. [3 marks]
5. Wiles' study into the effectiveness of CBT has been criticised. Use your knowledge of psychology to evaluate this study. [5 marks]
6. Explain what Wiles' study shows us about the effectiveness of CBT in treating depression. [3 marks]
7. Describe Wiles' study into the effectiveness of CBT. [4 marks]
8. Describe and evaluate Wiles' study into the effectiveness of CBT. In your answer include the method used, the results obtained and the conclusion(s) drawn. [9 marks]

Addiction:

Characteristics of Addiction and Diagnosing Addiction

1. Using an example, explain what is meant by 'addiction'. [3 marks]
2. What is meant by the term 'dependence' in relation to substance abuse? [2 marks]
3. Distinguish between substance abuse and misuse. [3 marks]
4. Explain the difference between addiction and dependence. [3 marks]
5. Identify three criteria used in the International Classification of Diseases in diagnosing addiction. [3 marks]
6. Niamh finds it hard to go to sleep, she has been prescribed two sleeping pills per night by her doctor but she is taking four sleeping pills as two don't really help. Explain whether Niamh is showing signs of substance abuse or misuse. Justify your answer. [3 marks]
7. Amy drinks at least 4 bottles of wine a day because despite the doctor telling her about the effect it is having on her liver she is finding it difficult to stop. She has recently lost her job because she went in drunk and kept calling in sick as she just wants to drink all day.

Identify **three** characteristics of addiction that suggest Amy has an addiction to alcohol. [3 marks]

8. Andy and Sue have both been prescribed antidepressant medication for their depression and both have problems with their intake of these antidepressant drugs. Andy takes too many because he feels so sad every day and finds that if he takes more than the prescribed dose he feels happier. Sue has also increased the number she takes because she wants to lose weight and the increase in pills have increased her weight loss.

Identify whether Andy and Sue show signs of substance misuse or abuse. Explain your answer. [4 marks]

9. Imagine that you are a doctor diagnosing addiction. Using the criteria on the International Classification of Diseases identify which characteristic each person is showing. Explain your answers.

- a. Sam keeps drinking alcohol despite having severe diabetes because of his addiction.
- b. Tasnem is trying to stop drinking but despite trying every day to cut down she is now drinking more than three bottles of wine a day.
- c. Trevor was happily married, had lots of friends and a good job as a teacher but lost them all because his desire to smoke drugs was more important. [6 marks]

Theories of Addiction: Biological Explanation (including Kaij's twin study)

1. Explain what is meant by the terms 'hereditary factors' and 'genetic vulnerability'. [4 marks]
2. Briefly outline the method used in Kaij's study of alcohol abuse. [2 marks]
3. Describe the results and conclusion of **one** study that investigated alcohol abuse. [4 marks]
4. Explain **one or more** criticisms of Kaij's study of alcohol abuse. [4 marks]
5. Use your knowledge of psychology to describe the effect of genetic vulnerability on addiction. [4 marks]

6. Describe what Kaij's study shows about the effect of biological factors on alcohol abuse. [3 marks]
7. Kaij conducted a twin study on alcohol abuse using interviews. Describe this study and evaluate the research method used in the study. [9 marks]

Theories of Addiction: Psychological Explanation

1. Outline what is meant by 'peer influence'. [2 marks]
2. Use your knowledge of psychology to explain how peers can influence addiction. [4 marks]
3. Distinguish between nature and nurture in relation to explanations for alcohol abuse. [4 marks]
4. Explain the influence of nurture on addiction. [3 marks]
5. Identify and explain **one** psychological factor that influences addiction. [3 marks]
6. Explain **two** ways the psychological explanation for addiction can be evaluated. [4 marks]
7. Outline and evaluate the psychological explanation of addiction. [9 marks]
8. Imagine that you are doing a study on peer influence. You are going to ask 10 questions to a sample of 100 sixteen-year-olds about whether they have ever felt pressured by their peers to drink alcohol.
 - a. Write **two** questions that could be used to gather quantitative data. [2 marks]
 - b. You decide to use an opportunity sample. Explain **one** weakness of using an opportunity sample in this study. [3 marks]

Therapies of Addiction: Aversion Therapy

1. Briefly explain what is meant by 'aversion therapy'. [2 marks]
2. Describe the way aversion therapy works as a therapy for addiction. [4 marks]
3. Explain whether aversion therapy is a holistic or reductionist method of treating addiction. [3 marks]
4. Explain **one** evaluation of aversion therapy. [4 marks]

5. Outline and evaluate aversion therapy as a method to improve mental health. [6 marks]
6. Explain why aversion therapy could be said to be unethical. [3 marks]
7. Outline and evaluate aversion therapy as a method to treat addiction. [9 marks]
8. Andante is addicted to smoking. She can't seem to give up despite trying many times in the past 20 years. She decides to opt for aversion therapy.
Imagine you are her doctor. How would you explain how aversion therapy could be used to stop her from smoking? [4 marks]

Therapies of Addiction: Self-Management

1. Explain what is meant by a 'self-help group'. [2 marks]
2. With reference to an addiction, explain what self-management programmes involve. [4 marks]
3. Explain how a 12-step recovery programme may help to treat addiction. [4 marks]
4. Describe **two** of the steps involved in the 12-step recovery programme. [4 marks]
5. Explain whether self-management programmes are a reductionist or holistic way of treating addiction. [3 marks]
6. Explain **one** criticism of the 12-step recovery programme. [4 marks]
7. Outline and evaluate self-management programmes as a therapy to treat addiction. [9 marks]
8. Aversion therapy is useful in the short-term treatment of addiction but the 12-step recovery programme is more effective in the long term.
Outline aversion therapy **and** the 12-step recovering programmes and evaluate each in terms of their effectiveness. [9 marks]