






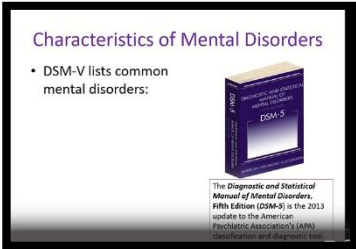
Summer Independent Learning 2024 - Psychopathology

Your SIL includes completing the first section on a Paper 1 topic on Psychopathology:

1. Characteristics and Definitions of Abnormality.

Please complete the listed tasks in the order they are presented. The tasks include completing the work booklet and additional exam questions as directed in the videos:

If you are able to print this document, then please do so and **tick the checklist off** as you complete each task. If you are unable to print the document, then just read the checklist and use it as a guide.

| Task Number & Title | Description of Task | (✓/✗) Task Complete |
|---|---|------------------------|
| <p><u>CHARACTERISTICS of OCD, Depression & Phobias</u></p> | <p>Watch the three introductory videos to OCD, depression and Phobias as these disorders are referred to throughout the topic by clicking on the images for the links:</p> <div style="text-align: center;">   </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;">   </div> | |
| | <p>Lesson 1 – Characteristics of Disorders</p> <p>Access the video lesson by clicking on the image for the link. Complete all activities referred to in the videos in your psychopathology booklet, and complete the exam Q's referred to in the video in the separate handout:</p> <div style="text-align: center; margin-top: 10px;">   </div> | |

DEFINITIONS OF ABNORMALITY

Lesson 2- Deviation from Social Norms

Watch the video clip on Adult babies first and then access the video lesson by clicking on the images. Complete all activities referred to in the videos in your psychopathology booklet, and complete the exam Q's referred to in the video in the separate handout:



1. Deviation from Social Norms

Behaviour is abnormal if it goes against (deviates) from what society would consider the norm.

Lesson 3 – Failure to Function Adequately

Watch the video clip on Cat Man first and then access the video lesson by clicking on the images. Complete all activities referred to in the videos in your psychopathology booklet, and complete the exam Q's referred to in the video in the separate handout:



2. Failure to Function Adequately

DEFINITION:
Behaviour is abnormal if it prevents a person from leading a normal, everyday life and coping with everyday activities.

Stress and discomfort is created from:

- Unable to **MANAGE** everyday things
- Cannot **COPE** with the demands of everyday life (work / college, shopping)

Lesson 4 – Deviation from Ideal Mental Health

Access the video lesson by clicking on the image link and complete all activities referred to in the videos in your psychopathology booklet, and complete the exam Q's referred to in the video in the separate handout



3. Deviation from Ideal Mental Health

DEFINITION:
Behaviour is abnormal if it lacks the signs of what people consider to be ideal mental health. It is the absence of particular (ideal) characteristics.

This definition is very much based on the Humanistic Approach.

Lesson 5 – Statistical Infrequency

Access the video lesson by clicking on the image link and complete all activities referred to in the videos in your psychopathology booklet, and complete the exam Q's referred to in the video in the separate handout



4. Statistical Infrequency

DEFINITION:
Behaviour is abnormal if it is considered (statistically) rare / uncommon in the general population, or it is not seen very often in society

It is rare / uncommon to have a phobia of buttons – that makes it abnormal!

ADDITIONAL CONTENT (optional)

It is recommended that you complete one of the free online courses related to psychopathology. You will not be tested on this material but it will support you in gaining more knowledge of psychopathology.



If you are thinking about applying to university to study Psychology, then this is an excellent way to demonstrate your interest in psychology beyond the curriculum and something that you can incorporate into your personal statement.

<https://www.futurelearn.com/courses/anxiety-depression-and-cbt>

<https://www.futurelearn.com/courses/exploring-mental-health>

<https://www.futurelearn.com/courses/faces-of-dementia>

<https://www.futurelearn.com/courses/integrating-mental-and-physical-health-depression-and-anxiety>

LINKS USED IN THE VIDEOS

If for whatever reason you have an issue accessing any of the video content, here is a handy list of all the links used through this SIL.

<https://www.youtube.com/watch?v=PCOG2G797ek> (Phobias)

<https://www.youtube.com/watch?v=DhIRgwdDc-E> (OCD)

<https://www.youtube.com/watch?v=z-IR48Mb3W0> (depression)

<https://web.microsoftstream.com/video/f2231264-c1cd-4030-a54c-b4e59a3a172c?list=studio> (Characteristics of Disorders)

<https://www.youtube.com/watch?v=qtUm1Pok4FQ> (Adult babies)

<https://web.microsoftstream.com/video/fbc472a7-e1e4-44a0-be73-fd3dcb51c209> (Deviation from Social norms)

<https://www.youtube.com/watch?v=AKRr94ssnQo> (Cat man)

<https://web.microsoftstream.com/video/c7abb28b-f372-47fc-9b8a-aeb11035e626> (Failure to Function Adequately)

<https://web.microsoftstream.com/video/ebcf78f2-14ac-4c2c-ac1a-c2a32a04cd55?list=studio> (Deviation from Ideal Mental Health)

<https://web.microsoftstream.com/video/3c3e3a8c-abc6-43a0-9d04-9bc3a5e96b28> (Statistical Infrequency)

CONTACT DETAILS

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(or any of your current psychology teachers)

You will be expected to produce all of the booklet and exam questions work in your first lesson to your teacher upon your return to college in September as evidence of completion. Your first cedar assessment will test this content.