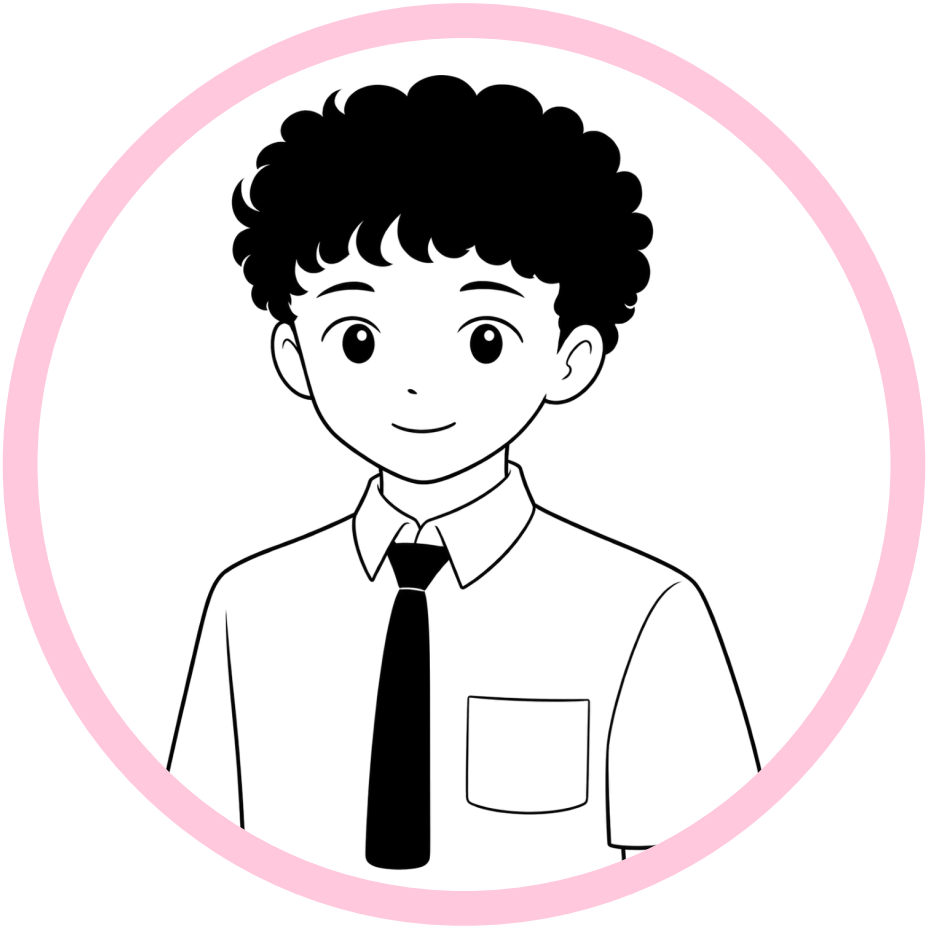
AQA A-LEVEL PSYCHOLOGY · 7182

PSYCHOLOGY



EXAM QUESTION PACK

3.1.4 DEPRESSION: EXPLANATION AND TREATMENT

SCORE	PERCENTAGE
/78	%

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Q1.

Discuss **one or more** cognitive explanation(s) of depression.

(Total 12 marks)

Q2.

Discuss the cognitive approach to treating depression.

(Total 16 marks)

Q3.

Explain how findings of psychological research into the treatment of depression could have implications for the economy.

(Total 2 marks)

Q4.

Describe **at least one** strategy that might be used in cognitive behaviour therapy for depression.

(Total 4 marks)

Q5.

Below are four evaluative statements about the cognitive behaviour therapy. Which statement is correct?

Shade **one** box only.

Cognitive behaviour therapy...

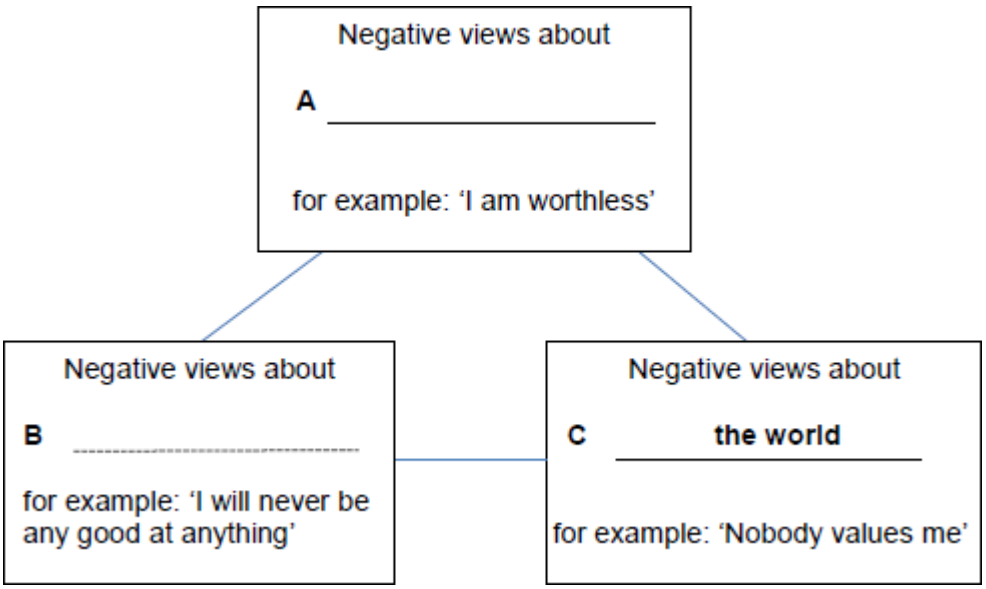
A	can only be used in group situations.	⬭
B	allows the client some control over the therapy.	⬭
C	has many side effects.	⬭
D	does not need a trained therapist.	⬭

(Total 1 mark)

Q6.

Complete the diagram below, by filling in **A** and **B**, to show Beck's negative triad as it is used to explain depression.

Beck's negative triad



(Total 2 marks)

Q7.

Briefly outline **one** strength of the cognitive explanation of depression.

(Total 2 marks)

Q8.

Outline and evaluate **at least one** cognitive approach to explaining depression.

(Total 12 marks)

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Q9.

Outline and evaluate the cognitive approach to treating depression.

(Total 8 marks)

Q10.

Outline cognitive behaviour therapy as a treatment for depression.

(Total 4 marks)

Q11.

Outline and evaluate the cognitive approach to explaining psychopathology.

(Total 8 marks)

Q12.

Briefly describe **one** study in which treatment for unipolar depression **or** bipolar

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depression was investigated.

(Total 3 marks)

Q13.

Outline **at least two** ways in which a cognitive psychologist might explain depression in a person who has recently become unemployed.

(Total 4 marks)

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