

3.1.1 Social influence

Conformity

Can you define and distinguish between internalisation and compliance as types of conformity?



Can you explain informational social influence and normative social influence as explanations for conformity?



Can you describe and evaluate Asch's research into conformity?



Can you explain how group size, unanimity and task difficulty affect conformity, as investigated by Asch?



Obedience

Can you explain the agentic state as an explanation for obedience?



Can you explain legitimacy of authority as an explanation for obedience?



Can you describe and evaluate Milgram's research into obedience?



Can you explain how proximity and location affect obedience, as investigated by Milgram?



Can you explain how uniform affects obedience?



Can you describe and evaluate the Authoritarian Personality as a dispositional explanation for obedience?



Resistance to social influence

Can you explain how social support helps people resist social influence?



Can you explain how locus of control (internal and external) affects resistance to social influence?



Minority influence

Can you explain minority influence, including the roles of consistency, commitment and flexibility?



Can you evaluate research into minority influence?



3.1.2 Memory

The multi-store model

Can you describe the multi-store model of memory, including the sensory register, short-term memory and long-term memory?



Can you outline the coding, capacity and duration of each store in the multi-store model?



Can you evaluate the multi-store model using research evidence?



The working memory model

Can you describe the working memory model, including the central executive, phonological loop, visuo-spatial sketchpad and episodic buffer?



Can you outline the coding and capacity of the components of the working memory model?



Can you evaluate the working memory model using research evidence?



Explanations for forgetting

Can you explain proactive and retroactive interference as explanations for forgetting?



Can you explain retrieval failure due to the absence of cues as an explanation for forgetting?



Can you evaluate interference and retrieval failure as explanations for forgetting?



Eyewitness testimony

Can you explain how leading questions affect the accuracy of eyewitness testimony?



Can you explain how post-event discussion affects the accuracy of eyewitness testimony?



Can you explain how anxiety affects the accuracy of eyewitness testimony?



Can you describe and evaluate the use of the cognitive interview?



3.1.3 Attachment

Animal studies of attachment

Can you describe and evaluate Lorenz's animal study of attachment (imprinting)?



Can you describe and evaluate Harlow's animal study of attachment?



Explanations of attachment

Can you describe and evaluate learning theory as an explanation of attachment?



Can you describe and evaluate Bowlby's monotropic theory of attachment?



Can you explain the concepts of a critical period and an internal working model?

**Types of attachment and cultural variations**

Can you describe and evaluate Ainsworth's 'Strange Situation'?



Can you describe the secure, insecure-avoidant and insecure-resistant attachment types?



Can you describe and evaluate research into cultural variations in attachment, including van Ijzendoorn?

**Maternal deprivation and institutionalisation**

Can you describe and evaluate Bowlby's theory of maternal deprivation?



Can you explain the effects of institutionalisation, including findings from the English and Romanian Adoptees project?

**Early attachment and later relationships**

Can you explain the influence of early attachment on childhood and adult relationships, including the role of an internal working model?

**3.1.4****Clinical Psychology and Mental Health****A-LEVEL ONLY****Definitions in the field of mental health**

Can you explain and evaluate deviation from ideal mental health as a definition in the field of mental health?



Can you explain and evaluate deviation from social/cultural norms as a definition?



Can you explain and evaluate failure to function adequately as a definition?



Can you explain and evaluate statistical infrequency as a definition?

**Characteristics of phobias, depression and OCD**

Can you describe the behavioural, emotional and cognitive characteristics of phobias?



Can you describe the behavioural, emotional and cognitive characteristics of depression?



Can you describe the behavioural, emotional and cognitive characteristics of obsessive-compulsive disorder (OCD)?



The behavioural approach to phobias

Can you explain phobias using the two-process model, including classical and operant conditioning?



Can you describe and evaluate systematic desensitisation, including relaxation and use of a hierarchy?



Can you describe and evaluate flooding as a treatment for phobias?



The cognitive approach to depression

Can you explain depression using Beck's negative triad?



Can you explain depression using Ellis's ABC model?



Can you describe and evaluate cognitive behaviour therapy (CBT) for depression, including challenging irrational thoughts?



The biological approach to OCD

Can you describe and evaluate genetic explanations of OCD?



Can you describe and evaluate neural explanations of OCD?



Can you describe and evaluate drug therapy as a treatment for OCD?



3.2.1**Approaches in Psychology****Learning approaches**

Can you describe the behaviourist approach, including classical conditioning and Pavlov's research?



Can you describe operant conditioning, including types of reinforcement and Skinner's research?



Can you describe social learning theory, including imitation, identification and vicarious reinforcement?



Can you explain the role of mediational processes and Bandura's research in social learning theory?



Can you evaluate the behaviourist approach and social learning theory?

**The cognitive approach**

Can you explain the cognitive approach as the study of internal mental processes?



Can you explain the role of schema in the cognitive approach?



Can you explain how models are used to explain and make inferences about mental processes?



Can you evaluate the cognitive approach?

**The biological approach**

Can you explain the genetic basis of behaviour, including genotype, phenotype and evolution?



Can you explain the influence of biological structures and neurochemistry on behaviour?



Can you explain what cognitive neuroscience is?



Can you evaluate the biological approach?

**Approaches: A-level only**

Can you explain the psychodynamic approach, including the role of the unconscious?



Can you describe the structure of personality (Id, Ego and Superego)?



Can you explain defence mechanisms, including repression, denial and displacement?



Can you outline Freud's psychosexual stages?



Can you evaluate the psychodynamic approach?



Can you explain humanistic psychology, including free will, self-actualisation and Maslow's hierarchy of needs?



Can you explain congruence and the role of conditions of worth in humanistic psychology?



Can you evaluate humanistic psychology?



Can you compare the approaches in terms of their similarities and differences?



3.2.2 Biopsychology

The nervous and endocrine systems

Can you describe the divisions of the nervous system: central and peripheral (somatic and autonomic)?



Can you describe the structure and function of sensory, relay and motor neurons?



Can you explain the process of synaptic transmission, including neurotransmitters, excitation and inhibition?



Can you describe the function of the endocrine system, including its glands and hormones?



Can you describe the fight or flight response, including the role of adrenaline?



Biopsychology: A-level only

Can you describe and evaluate functional magnetic resonance imaging (fMRI) as a way of studying the brain?



Can you describe and evaluate electroencephalograms (EEGs) and event-related potentials (ERPs)?



Can you describe and evaluate post-mortem examinations as a way of studying the brain?



Can you explain localisation of function, including the motor, somatosensory, visual, auditory and language centres?



Can you describe the roles of Broca's and Wernicke's areas?



Can you explain hemispheric lateralisation and evaluate split brain research?



Can you explain plasticity and functional recovery of the brain after trauma?



3.2.3 Research methods

Research methods

Can you describe laboratory and field experiments and evaluate each?	☐	☐	☐
Can you describe natural and quasi-experiments and evaluate each?	☐	☐	☐
Can you distinguish between naturalistic and controlled observation?	☐	☐	☐
Can you distinguish between covert and overt observation?	☐	☐	☐
Can you distinguish between participant and non-participant observation?	☐	☐	☐
Can you describe and evaluate questionnaires as a self-report technique?	☐	☐	☐
Can you describe and evaluate structured and unstructured interviews?	☐	☐	☐
Can you explain correlations as an analysis of the relationship between co-variables?	☐	☐	☐
Can you explain the difference between correlations and experiments?	☐	☐	☐

Scientific processes

Can you state an aim and explain the difference between aims and hypotheses?	☐	☐	☐
Can you write directional and non-directional hypotheses?	☐	☐	☐
Can you explain the difference between a population and a sample?	☐	☐	☐
Can you describe random, systematic, stratified, opportunity and volunteer sampling?	☐	☐	☐
Can you explain the implications of sampling methods, including bias and generalisation?	☐	☐	☐
Can you explain what a pilot study is and the aims of piloting?	☐	☐	☐
Can you describe repeated measures, independent groups and matched pairs designs and evaluate each?	☐	☐	☐
Can you design an observation using behavioural categories?	☐	☐	☐
Can you explain event sampling and time sampling?	☐	☐	☐
Can you construct a questionnaire using open and closed questions?	☐	☐	☐
Can you explain how interviews are designed?	☐	☐	☐
Can you identify and manipulate independent variables and measure dependent variables?	☐	☐	☐
Can you identify and control extraneous variables?	☐	☐	☐
Can you operationalise variables?	☐	☐	☐
Can you explain random allocation and counterbalancing?	☐	☐	☐

Can you explain randomisation, standardisation and the use of control groups?



Can you explain demand characteristics and investigator effects?



Can you explain the role of the British Psychological Society's code of ethics?



Can you identify ethical issues in the design and conduct of psychological studies?



Can you explain ways of dealing with ethical issues in research?



Can you explain the role of peer review in the scientific process?



Can you discuss the implications of psychological research for the economy?



Data handling and analysis

Can you distinguish between quantitative and qualitative data and their collection techniques?



Can you distinguish between primary and secondary data, including meta-analysis?



Can you calculate and explain the mean, median and mode?



Can you explain measures of dispersion, including the range and standard deviation, and calculate the range?



Can you calculate percentages?



Can you describe positive, negative and zero correlations?



Can you present quantitative data in graphs, tables, scattergrams and bar charts?



Can you describe the characteristics of normal and skewed distributions?



Inferential testing

Can you explain when to use the sign test?



Can you calculate the sign test?



Research methods: A-level only

Can you describe and evaluate content analysis as a research method?



Can you describe and evaluate case studies as a research method?



Can you explain reliability across all methods of investigation?



Can you explain how to measure reliability using test-retest and inter-observer reliability?



Can you explain ways of improving reliability?



Can you explain face, concurrent, ecological and temporal validity?



Can you explain how validity is measured and how it can be improved?	☐	☐	☐
Can you explain objectivity and the empirical method as features of science?	☐	☐	☐
Can you explain replicability and falsifiability as features of science?	☐	☐	☐
Can you explain theory construction and hypothesis testing?	☐	☐	☐
Can you explain paradigms and paradigm shifts?	☐	☐	☐
Can you describe the sections of a scientific report: abstract, introduction, method, results, discussion and referencing?	☐	☐	☐
Can you present quantitative data using histograms?	☐	☐	☐
Can you analyse and interpret correlations, including correlation coefficients?	☐	☐	☐
Can you identify nominal, ordinal and interval levels of measurement?	☐	☐	☐
Can you explain coding in content analysis?	☐	☐	☐
Can you use statistical tables and critical values to interpret significance?	☐	☐	☐
Can you explain probability and significance levels?	☐	☐	☐
Can you explain Type I and Type II errors?	☐	☐	☐
Can you explain how level of measurement and experimental design affect the choice of statistical test?	☐	☐	☐
Can you explain when to use Spearman's rho and Pearson's r ?	☐	☐	☐
Can you explain when to use the Wilcoxon and Mann-Whitney tests?	☐	☐	☐
Can you explain when to use the related t-test and unrelated t-test?	☐	☐	☐
Can you explain when to use the Chi-Squared test?	☐	☐	☐

Gender and culture in Psychology

Can you discuss universality and bias in psychological research?



Can you explain gender bias, including androcentrism and alpha and beta bias?



Can you explain cultural bias, including ethnocentrism and cultural relativism?

**Free will and determinism**

Can you distinguish between free will, hard determinism and soft determinism?



Can you explain biological, environmental and psychic determinism?



Can you discuss the scientific emphasis on causal explanations?

**The nature-nurture debate**

Can you discuss the relative importance of heredity and environment in determining behaviour?



Can you explain the interactionist approach?

**Holism and reductionism**

Can you distinguish between holism and reductionism, including levels of explanation in Psychology?



Can you explain biological reductionism and environmental (stimulus-response) reductionism?

**Idiographic and nomothetic approaches**

Can you distinguish between idiographic and nomothetic approaches to psychological investigation?

**Ethical implications**

Can you discuss social sensitivity in psychological research?



3.3.2 Relationships

OPTION

Factors affecting attraction

- | | | | |
|---|-----------------------|-----------------------|-----------------------|
| Can you explain the role of self-disclosure in attraction in romantic relationships? | ☐ | ☐ | ☐ |
| Can you explain the role of physical attractiveness, including the matching hypothesis? | ☐ | ☐ | ☐ |
| Can you describe filter theory, including social demography, similarity in attitudes and complementarity? | ☐ | ☐ | ☐ |

Theories of romantic relationships

- | | | | |
|--|-----------------------|-----------------------|-----------------------|
| Can you describe and evaluate social exchange theory? | ☐ | ☐ | ☐ |
| Can you describe and evaluate equity theory? | ☐ | ☐ | ☐ |
| Can you describe and evaluate Rusbult's investment model, including commitment, satisfaction, comparison with alternatives and investment? | ☐ | ☐ | ☐ |
| Can you describe and evaluate Duck's phase model of relationship breakdown (intra-psychic, dyadic, social and grave dressing phases)? | ☐ | ☐ | ☐ |

Virtual and parasocial relationships

- | | | | |
|--|-----------------------|-----------------------|-----------------------|
| Can you explain self-disclosure in online relationships? | ☐ | ☐ | ☐ |
| Can you explain the use of deception in online relationships? | ☐ | ☐ | ☐ |
| Can you explain the effects of absence of gating in online relationships? | ☐ | ☐ | ☐ |
| Can you describe the levels of parasocial relationships? | ☐ | ☐ | ☐ |
| Can you explain the absorption addiction model of parasocial relationships? | ☐ | ☐ | ☐ |
| Can you explain the attachment theory explanation of parasocial relationships? | ☐ | ☐ | ☐ |

3.3.3 Gender

OPTION

Biological sex and sex development

- | | | | |
|---|-----------------------|-----------------------|-----------------------|
| Can you explain the role of chromosomes in biological sex? | ☐ | ☐ | ☐ |
| Can you explain the roles of testosterone, oestrogen and oxytocin in biological sex? | ☐ | ☐ | ☐ |
| Can you describe diversity in sex development, including androgen insensitivity syndrome, Klinefelter's syndrome and Turner syndrome? | ☐ | ☐ | ☐ |

Gender identities and measurement

Can you describe gender identities, including binary, non-binary and gender fluid?



Can you explain how gender has been measured using the Bem Sex Role Inventory?

**Explanations of gender development**

Can you describe and evaluate biological explanations of gender development, including chromosomes and hormones?



Can you describe and evaluate Kohlberg's theory, including gender identity, gender stability and gender constancy?



Can you describe and evaluate Martin and Halverson's gender schema theory?



Can you describe and evaluate social learning theory as applied to gender development?



Can you explain the influence of culture on gender roles?



Can you explain the influence of media on gender roles?

**Gender incongruence**

Can you describe and evaluate biological explanations of gender incongruence?



Can you describe and evaluate social/cultural explanations of gender incongruence?

**3.3.4****Cognition and development****OPTION****Theories of cognitive development**

Can you explain schemas, assimilation, accommodation and equilibration in Piaget's theory?



Can you describe Piaget's stages of intellectual development?



Can you explain object permanence, conservation, egocentrism and class inclusion?



Can you evaluate Piaget's theory of cognitive development?



Can you describe and evaluate Vygotsky's theory, including the zone of proximal development and scaffolding?



Can you describe and evaluate Baillargeon's explanation of early infant abilities, including knowledge of the physical world?



Can you explain violation of expectation research?



The development of social cognition

Can you describe Selman's levels of perspective-taking?



Can you explain theory of mind?



Can you describe and evaluate the Sally-Anne study?



Can you explain the role of the mirror neuron system in social cognition?



3.3.5 Schizophrenia

OPTION

Classification and diagnosis

Can you describe positive symptoms of schizophrenia, including hallucinations and delusions?



Can you describe negative symptoms of schizophrenia, including speech poverty and avolition?



Can you discuss issues in diagnosis: co-morbidity, culture and gender bias and symptom overlap?



Explanations for schizophrenia

Can you describe and evaluate genetic explanations for schizophrenia?



Can you describe and evaluate neural correlates, including the dopamine hypothesis?



Can you describe and evaluate family dysfunction as an explanation for schizophrenia?



Can you describe and evaluate cognitive explanations, including dysfunctional thought processing?



Treating schizophrenia

Can you describe and evaluate drug therapy using typical and atypical antipsychotics?



Can you describe and evaluate cognitive behaviour therapy in the treatment of schizophrenia?



Can you describe and evaluate family therapy in the treatment of schizophrenia?



The interactionist approach

Can you explain the importance of an interactionist approach in explaining and treating schizophrenia?



Can you describe and evaluate the diathesis-stress model?



3.3.6 Eating behaviour

OPTION

Food preferences and the control of eating

Can you explain the evolutionary explanation for food preferences, including neophobia and taste aversion?



Can you explain the role of learning in food preference, including social and cultural influences?



Can you explain the neural and hormonal mechanisms controlling eating, including the hypothalamus, ghrelin and leptin?



Anorexia nervosa

Can you describe and evaluate genetic and neural explanations for anorexia nervosa?



Can you describe and evaluate family systems theory, including enmeshment, autonomy and control?



Can you describe and evaluate social learning theory, including modelling, reinforcement and media?



Can you describe and evaluate cognitive theory, including distortions and irrational beliefs?



Obesity

Can you describe and evaluate genetic and neural explanations for obesity?



Can you describe and evaluate restraint theory as an explanation for obesity?



Can you describe and evaluate disinhibition and the boundary model as explanations for obesity?



3.3.7 Stress

OPTION

The physiology of stress and illness

Can you describe the general adaptation syndrome?



Can you describe the hypothalamic pituitary-adrenal system and the role of cortisol?



Can you describe the sympathomedullary pathway?



Can you explain the role of stress in illness, including immunosuppression and cardiovascular disorders?



Sources and measurement of stress

Can you explain life changes and daily hassles as sources of stress?	☐ ☐ ☐
Can you explain workplace stress, including the effects of workload and control?	☐ ☐ ☐
Can you describe and evaluate the Social Readjustment Ratings Scale and the Hassles and Uplifts Scale?	☐ ☐ ☐
Can you describe and evaluate physiological measures of stress, including skin conductance response?	☐ ☐ ☐

Individual differences in stress

Can you describe personality types A, B and C and their associated behaviours?	☐ ☐ ☐
Can you explain hardiness, including commitment, challenge and control?	☐ ☐ ☐

Managing and coping with stress

Can you describe and evaluate drug therapy for managing stress?	☐ ☐ ☐
Can you describe and evaluate stress inoculation therapy?	☐ ☐ ☐
Can you describe and evaluate biofeedback?	☐ ☐ ☐
Can you discuss gender differences in coping with stress?	☐ ☐ ☐
Can you explain the role of social support, including instrumental, emotional and esteem support?	☐ ☐ ☐

3.3.8 Aggression**OPTION****Biological explanations of aggression**

Can you explain the role of the limbic system in aggression?	☐ ☐ ☐
Can you explain the roles of serotonin and testosterone in aggression?	☐ ☐ ☐
Can you explain genetic factors in aggression, including the MAOA gene?	☐ ☐ ☐
Can you describe and evaluate the ethological explanation, including innate releasing mechanisms and fixed action patterns?	☐ ☐ ☐
Can you describe and evaluate evolutionary explanations of human aggression?	☐ ☐ ☐

Social psychological explanations of aggression

Can you describe and evaluate the frustration-aggression hypothesis?	☐ ☐ ☐
Can you describe and evaluate social learning theory as applied to human aggression?	☐ ☐ ☐

Can you describe and evaluate de-individuation as an explanation of aggression?



Can you explain institutional aggression in prisons using dispositional and situational explanations?



Media influences on aggression

Can you discuss media influences on aggression, including the effects of computer games?



Can you explain the roles of desensitisation, disinhibition and cognitive priming?



3.3.9 Forensic Psychology

OPTION

Offender profiling

Can you describe and evaluate the typology approach, including organised and disorganised types?



Can you describe and evaluate the data-driven approach, including investigative Psychology?



Can you describe and evaluate geographical profiling?



Explanations of offending behaviour

Can you describe and evaluate genetic and neural explanations of offending behaviour?



Can you describe and evaluate Eysenck's theory of the criminal personality?



Can you describe and evaluate cognitive explanations, including level of moral reasoning?



Can you explain cognitive distortions, including hostile attribution bias and minimalisation?



Can you describe and evaluate differential association theory?



Dealing with offending behaviour

Can you explain the aims of custodial sentencing?



Can you discuss the psychological effects of custodial sentencing?



Can you describe and evaluate behaviour modification in custody?



Can you describe and evaluate anger management programmes?



Can you describe and evaluate restorative justice programmes?



Describing addiction and risk factors

Can you explain physical and psychological dependence?



Can you explain tolerance and withdrawal syndrome?



Can you explain risk factors in addiction, including genetic vulnerability, personality and social influences?

**Explanations for nicotine and gambling addiction**

Can you explain nicotine addiction in terms of brain neurochemistry, including the role of dopamine?



Can you explain nicotine addiction using learning theory, including cue reactivity?



Can you explain gambling addiction using learning theory, including partial and variable reinforcement?



Can you explain gambling addiction using cognitive theory, including cognitive bias?

**Reducing addiction**

Can you describe and evaluate drug therapy for reducing addiction?



Can you describe and evaluate aversion therapy and covert sensitisation?



Can you describe and evaluate cognitive behaviour therapy for reducing addiction?



Can you apply Prochaska's six-stage model of behaviour change?

