Scheme of Learning: Psychological problems

Topic Sequence:

1	2	3	4	5	6	7
Mental health	Depression and its causes	CBT & Antidepressants	Wiles' study of CBT	Addiction and its causes	Kaij's twin study	Aversion therapy and self management

Topic Overview:

This topic is about mental health and it's impact on the individual and society. The main themes running throughout are twofold. First we look at biological and psychological causes of both depression and addiction. Secondly we look at treatment examples that are both holistic and reductionist.

Lesson Sequence:

The topic starts by introducing the term mental health and it's definition. Using Jahoda's theory of ideal mental health we discuss assess what it means to have good mental health. We then look at the impacts of mental health problems to both the individual and society.

The first mental health problem we introduce is depression. Using the international classification of disease (ICD-10) we identify symptoms of depression and apply them to multiple scenarios. The causes of depression are analysed with a focus on the psychological and biological causes of depression. To complete our study of depression we look at both holistic and reductionist treatments for depression with a specific focus on the reductionist treatments, CBT, to combat negative schemas, and Antidepressants, to adjust serotonin levels.

Wiles' study of CBT is then looked at in depth to see how we can best treat depression by using a combination of antidepressants and CBT.

Next we move onto addiction. This next subtopic in the mental health topic follows the same patterns established. First we define the most important terms used to describe addiction then we again use the international classification of disease (ICD-10) to identify symptoms and apply them to different scenarios. Following this we look at the psychological and biological causes, using Kaij's twin study to highlight the role of genetic vulnerability on addiction. Finally we move onto the treatment of addiction in the form of aversion therapy, a reductionist treatment that works by conditioning, and self-management programmes (such as the 12-step programme), that a far more holistic.

Sequence of Lessons:

1	Intro lesson – Knowledge map and study guide
2	Mental health
3	Impacts of mental health
4	Depression
5	The biological explanation of depression
6	The Psychological explanation of depression
7	Antidepressants
8	CBT
9	Wiles' study of CBT
10	Addiction
11	Kaij's twin study
12	The Psychological explanation of addiction
13	Aversion therapy
14	Self management

Topic Resources:

Knowledge Map:	Psychological problems	Any other Resources:	Study guide

Assessment:

Knowledge:	Mid topic test – 20Marks End of topic – 20Marks Assessment – 10Marks
Application of Knowledge:	Longer written apply questions as part of end of topic assessment – 24Marks

Supportive Reading:

Wiles' study of CBT	A study on the effectiveness of cognitive behaviour therapy in the treatment of negative schemas that are thought to be a main cause of depression.
Kaij's twin study	A study on how the probability of alcohol addiction is affected by genes. Monozygotic and dizygotic twins are used to see the effects of nature and nurture on alcohol addiction.