

## AQA A Level Psychology

### TOPIC: Paper 1 Psychopathology

Psychopathology is the scientific study of mental/psychological disorders. The Psychopathology topic considers different explanations for various psychological disorders (e.g. depression, phobias and obsessive-compulsive disorder), including biological, psychological and social explanations. This lesson I want to focus on PHOBIAS.

**NOTE:** this topic addresses very sensitive issues surrounding mental health. Please be mindful that some of the following material may trigger emotions you may or may not be familiar with. If this is something that is a concern, please let an adult know e.g. parents/carers/form tutor or your head of year.

#### Task 1:

Using google, define the following types of phobias and include a real-life example of each:

##### Specific phobias

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##### Agoraphobia

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##### Social phobia

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#### Task 2:

Watch the following YouTube video. Please be mindful that this video may trigger some emotions of discomfort or stress. Please inform an adult if you feel this affects you in a significant way.

<https://www.youtube.com/watch?v=PCOg2G797ek>

**Task 3:**

Watch the following video and answer the questions on how to treat phobias:

<https://www.youtube.com/watch?v=iLRKJckGryo>

What is flooding, provide an example:

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What is the disadvantages of flooding:

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What is the advantage of flooding:

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