

TOPIC 8: Psychological Problems



LI: What is cognitive behavioural therapy (CBT)??

Starter – Retrieval Quiz

- | | |
|--|--|
| 1. A reduction in this neurotransmitter may cause depression. | |
| 2. A mental image we have about the way something should be. Negative ones can cause depression. | |
| 3. When we explain our behaviour based on our dispositional factors. | |
| 4. What does CBT stand for? | |
| 5. How would a sports person react when having a bad game? | |

Academic Vocabulary

CBT

Thoughts

Emotions

Behaviours

Holistic

TOPIC 8: Psychological Problems



LI: What is cognitive behavioural therapy (CBT)??

Starter – Retrieval Quiz

1. A reduction in this neurotransmitter may cause depression.	Serotonin
2. A mental image we have about the way something should be. Negative ones can cause depression.	Schema
3. When we explain our behaviour based on our dispositional factors.	Attribute
4. What does CBT stand for?	Cognitive behavioural therapy
5. How would a sports person react when having a bad game?	Blame their equipment

In this Power Point:

You Must:

- ☐ Know what CBT is and be able to explain it
- ☐ Evaluate CBT as a treatment
- ☐ Outline a study in to the effectiveness of CBT
- ☐ Evaluate this study.

Learning Intentions

4/5 (All) – Identify and explain CBT as a treatment for depression.

6/7 (Most) – Outline research into the effectiveness of CBT as a treatment for depression.

8/9 (Some) – Evaluate research into the effectiveness of CBT.

Low

High

What is your initial confidence towards the LIs?

Treating Depression

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

There are lots of different ideas about how we can treat depression. We need to learn about a few of them.

Watch the video closely. What key messages/information would you take from the video?

There is not just one treatment for depression.

What works for one, won't work for everyone...

**From the learning we have done so far –
and from the video – how do you think
we treat depression?**

So far we have hinted at two treatments.

Medication/Drugs

Cognitive Behavioural Therapy

We will learn about both of these, but just CBT today.

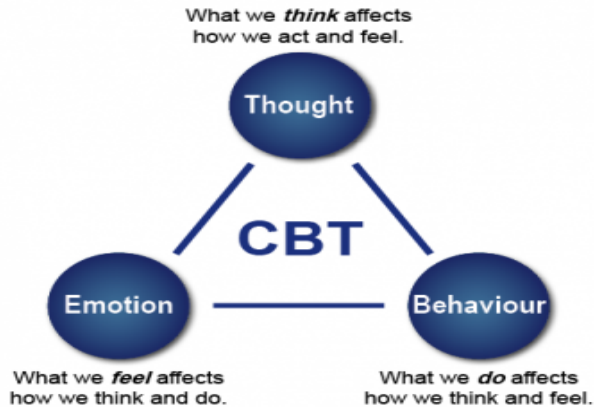
What exactly have we got to achieve today?

- 1. An explanation of CBT**
- 2. Evaluation of CBT**
- 3. A study into CBT**
- 4. Evaluation of the study.**

CBT is a psychological explanation of how to treat depression. It matches up with the psychological theory on schemas and attributions.

Cognitive Behavioural Therapy 1

CBT: A talking therapy that can help you manage your problems and emotions by changing the way you think and behave.



Overview – Psychological Explanation

CBT says that our thoughts, emotions and behaviours all affect each other. (see diagram).

- Our thoughts affect our emotions and behaviours.
- Our behaviours affect our thoughts and emotions.
- Our emotions affect our thoughts and behaviours.

Depression affects all three of these things, so we must force a change in one to improve the other two.

Cognitive Behavioural Therapy 2

CBT: A talking therapy that can help you manage your problems and emotions by changing the way you think and behave.



Psychological Explanation

If we don't stop all of the negative emotions coming from the negative thoughts (schemas), what will we start doing to ourselves?

CBT says that our thoughts, emotions and behaviours are all intertwined. So, to help our emotions, we must work on our thoughts and behaviours.

Examples – What would CBT say and do?

A student fails a test

Depressed student: this behaviour causes low emotions (sadness, anger) and bad thoughts (I'm not good enough).

CBT says: change the behaviour. Revise more to get a higher score which will improve your emotions and improve your thoughts (I'm getting better at this subject!)

A person falls out with a friend

Depressed student: same as above

CBT says: go and talk to them showing positive behaviour. This will improve your emotions and thoughts as you work through the problem.

Examples – What would CBT say and do?

What about these?

Someone gets told off by their parents for being late home

A person's alarm goes off early for work/school

You lose a football match against top of the league

Cognitive Behavioural Therapy 3

CBT: A talking therapy that can help you manage your problems and emotions by changing the way you think and behave.

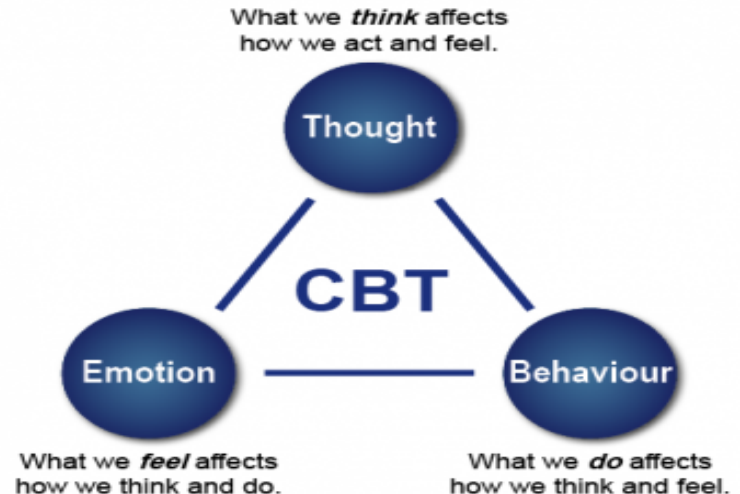


Psychological Explanation

Therefore, to treat depression, CBT says that we must **change a person's behaviour or how they think** and we will be able to change their emotions and reduce their depression. This would be what a psychologist or counselor would focus on doing in their treatment room.

Understanding CBT

1. Define CBT.
2. Draw the CBT diagram.
3. Explain the three main parts of CBT and how they impact each other (see diagram).
4. Explain how CBT works.
5. Link your explanations to the psychological explanation and psychological key terms.
6. Answer the scenario on the next page.



Phil's CBT

Phil has gone to see a CBT to help him with his depression. After he has explained problems, they devise a treatment plan. Phil believes that the reason he is depressed is because he is very lonely and he thinks nobody likes him. This has not been helped by the fact that he prefers to spend time drinking alcohol on his own, which causes him to further feel sorry for himself. After his first session, a homework task that the therapist gives Phil is to count the number of friends he has on Facebook.

1. Identify an example of an irrational thought that is contributing to Phil's depression.
2. Identify an example of a behaviour that is contributing to Phil's depression.
3. Why does the therapist get Phil to count his Facebook friends? Explain your answer.

Is the treatment any good?

Positive or negative evaluation for the treatment?

The treatment lasts for a long time as it provides patients with the tools to treat themselves for a long time.

It is a very long and slow process that means lots of people drop out of it and never get better.

Create your own evaluation grid for this positive and negative evaluation.

It is a **holistic** approach – it tries to treat the whole person and the whole problem by looking at more than just one source of the problem.

There is evidence that CBT is more effective than just antidepressants/drugs.

Wiles (2013) – CBT Effectiveness

Aim

To see if CBT was effective at treating people with depression who have not improved using medication.

Method

469 pps from all over the UK who had treatment-resistant depression.

They were assigned to either:

1. Just antidepressants (control group)
2. Antidepressants and CBT sessions

Results

After 6 months:

46% of those having CBT showed massive improvements compared to just 22% of the control group.

After 12 months:

The trend continued.

Conclusion

CBT, when combined with antidepressants, is a very effective way of reducing depression symptoms.

Understanding Wiles & Research Methods

1. Draw a negative thought bubble.
2. Label the two conditions in the Wiles study.
3. Explain what we learned about CBT from the study.



Challenge - Research Methods Link:

1. What experimental design was used in Wiles' study? How do you know?
2. Identify and explain one strength and one weakness to the experimental design used.

Evaluating Wiles

Positive or negative evaluation for the study?

Longitudinal study – many people don't complete all of the CBT and drop out.

Field study – it was very hard to control the other factors in a person's life that could have contributing to their mental health.

Really high sample size with people from all over the UK – highly generalisable results.

The study identified a potentially very useful therapy for depression.

Create your own evaluation grid for this positive and negative evaluation.

Exam Questions

1. Explain how CBT works. (4)
2. Explain how Wiles' study has increased our understanding of the effectiveness of CBT. (3)
3. Evaluate Wile's study into the effectiveness of CBT. (5)

Learning Intentions

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Low

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What is your new confidence towards the LIs?

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Consolidation:

Continuing your Depression Fact Poster

You can currently include:

- Types of depression and symptoms
 - The biological explanation
 - The psychological explanation
 - CBT and the study

You need to leave room for:

- One more depression treatment