

MOOD DISORDERS ESSAY PACK

For CAIE A2 Psychology Paper 3

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1(a) Describe the diagnostic criteria for mood disorders, including-

- **diagnostic criteria, and**
- **Beck Depression Inventory (BDI). [6]**

Ans.

Mood disorders are characterised by prolonged periods of abnormal mood states that interfere with daily functioning. According to ICD-11, [REDACTED]

[REDACTED]

The Beck Depression Inventory (BDI) is a psychometric test used to measure the [REDACTED]

[REDACTED]

1(b) Evaluate the diagnostic criteria for mood disorders, including-

- diagnostic criteria, and
- Beck Depression Inventory (BDI).

including a discussion about psychometrics.

Evaluation in your answer can include strengths, weaknesses and a discussion of issues and debates. [10]

Ans.

In terms of psychometrics, the Beck Depression Inventory (BDI) is a reliable and valid measure of depression symptoms. It has high

[REDACTED]

With respect to individual versus situational explanations, both the ICD-11 and BDI use an

[REDACTED]

and reduce treatment options to working on only individual beliefs and emotions.

Finally, cultural differences also affect the usefulness of the ICD-11 and BDI. While the ICD considers that

[REDACTED]

2(a) Describe the study by Oruc et al. (1997) on the association analysis of genetics of depressive disorder. [6]

Ans.

Oruc et al. conducted a correlational study to investigate whether

[REDACTED]

[REDACTED]

There were no overall significant differences between the bipolar and control groups but

[REDACTED]

It was concluded

[REDACTED]

2 (b) Evaluate this study by Oruc et al. (1997), including a discussion of nature versus nurture. [10]

Ans.

One debate relevant to Oruc et al. is nature versus nurture. The study strongly supports nature, as it investigates [REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]

The study also relates to the issue of determinism versus free-will. Its focus on genetic predisposition implies that [REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]

In terms of reliability, Oruc et al. showed some methodological strengths. The use of genetic testing through [REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]

[REDACTED] Similar results may not be obtained if the study were repeated with another sample, especially one [REDACTED]

[REDACTED]

3(a) Describe the following psychological explanations of mood disorders-

- Beck's cognitive theory of depression, and
- learned helplessness/attributional style, including a study, e.g. Seligman et al. (1988). [6]

Ans.

Beck's cognitive theory suggests that depression is caused by negative thinking patterns linked to dysfunctional core beliefs. These beliefs come from [REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED].

Seligman's learned helplessness theory explains depression as a consequence of repeated exposure to [REDACTED]

[REDACTED]
[REDACTED]

Seligman et al. (1988) aimed to investigate the relationship between attributional style and severity of depression symptoms. Several patients with [REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED] It was concluded that

pessimistic attributional style is at the root of depression.

(b) Evaluate the following psychological explanations of mood disorders-

- Beck's cognitive theory of depression, and
- learned helplessness/attributional style, including a study, e.g. Seligman et al. (1988)

including a discussion about the use of experiments.

Evaluation in your answer can include strengths, weaknesses and a discussion of issues and debates. [10]

Ans.

In terms of use of experiments, the learned helplessness theory is supported by

[REDACTED]

most of the evidence comes from clinical observations and therapy outcomes, which could be influenced by bias.

A second relevant issue is determinism versus free-will. Both theories are deterministic in that they suggest

[REDACTED]

Lastly, reliability is a relevant concern. Seligman et al. used

[REDACTED]

4(a) Describe the following treatments of mood disorders-

- biological treatments including the use of anti-depressants (tricyclics, MAOIs and SSRIs), and
- Ellis's rational emotive behaviour therapy (REBT). [6]

Ans.

Biological treatments for mood disorders include antidepressant drugs such as

[REDACTED]

[REDACTED] They are commonly prescribed today due to fewer side effects than older antidepressants.

Rational Emotive Behaviour Therapy (REBT) is a cognitive therapy developed by Ellis. It is based on the ABC model in which

[REDACTED]

(b) Evaluate the following treatments of mood disorders-

- **biological treatments including the use of anti-depressants (tricyclics, MAOIs and SSRIs), and**
- **Ellis's rational emotive behaviour therapy (REBT).**

including a discussion about application to everyday life.

Evaluation in your answer can include strengths, weaknesses and a discussion of issues and debates. [10]

Ans.

One important issue is application to everyday life. Antidepressants like SSRIs, tricyclics and MAOIs are widely prescribed. They work as they

[REDACTED]

This makes REBT a more lasting and empowering solution for patients.

In terms of individual and situational explanations, drug treatments focus on internal,

[REDACTED]

A final issue is reductionism versus holism. Biological treatments are reductionist as they

[REDACTED]

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