

ANXIETY DISORDERS ESSAY PACK

For CAIE A2 Psychology Paper 3

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1 (a) Describe what psychologists have discovered about:

- GAD-7;
- BIPI, including a study [6]

Ans.

The GAD-7 (Generalised Anxiety Disorder - 7) is a brief questionnaire developed by [REDACTED]

[REDACTED]

The Blood Injection Phobia Inventory (BIPI) measures anxiety linked to blood and injections across [REDACTED]

[REDACTED] J. Mas et al. conducted research to develop and validate [REDACTED]

[REDACTED]

1 (b) Evaluate what psychologists have discovered about:

- GAD-7;
- BIPI, including a study

including a discussion about questionnaires.

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

Ans.

One relevant issue is the use of questionnaires. GAD-7, BIPI and the

Psychometrics is another important issue. GAD-7 was modified from
). Similarly, BIPI includes 18 situations and
27 reactions, giving a clear Mas et al. also showed

Finally, the issue of objective and subjective data is also relevant. All three tools — GAD-7,

2 (a) Describe what psychologists have discovered about: -

- biological explanation of anxiety disorders, including a study
- psychodynamic explanation of anxiety disorders, including a study [6]

Ans.

For biological explanations, one explanation is genetic inheritance. Öst aimed to investigate whether

Another explanation is de novo mutation, which refers to

Psychodynamic explanations view anxiety disorders as coming from

Freud aimed to explain Little Hans' horse phobia and

2 (b) Evaluate what psychologists have discovered about:

- biological explanation of anxiety disorders, including a study
- psychodynamic explanation of anxiety disorders, including a study

including a discussion about the nature-nurture debate.

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

Ans.

One relevant issue nature versus nurture. Biological explanations support nature by arguing that phobias come from

. In contrast, the psychodynamic explanation highlights nurture because Little Hans'

Another issue is determinism versus free-will. Biological explanations support

The psychodynamic explanation is also deterministic but in a different way, since

Finally, the use of case studies is another relevant issue. Biological explanations typically use

For example, Öst's study

In contrast, Freud's conclusions about

3 (a) Describe what psychologists have discovered about:

- **systematic desensitisation therapy of anxiety disorders;**
- **CBT for anxiety disorders, including applied tension. [6]**

Ans.

Systematic desensitisation is a behavioural therapy developed by Wolpe, based on

[REDACTED]

CBT (cognitive-behavioural therapy) involves identifying and challenging the cognitive fear

[REDACTED]

Applied tension is a specialised

[REDACTED]

3 (b) Evaluate what psychologists have discovered about:

- **systematic desensitisation therapy of anxiety disorders;**
- **CBT for anxiety disorders, including applied tension.**

including a discussion about the idiographic versus nomothetic debate.

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

Ans.

Idiographic versus nomothetic is an important issue when evaluating these therapies.

Systematic desensitisation was developed using detailed case studies such as Mary Cover Jones'

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]. Applied tension was developed specifically for BII

phobias based on their unique symptom patterns, so its effectiveness may depend on individual physiological responses. It is also supported by case studies like [REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]

Self-report data is another relevant issue. Both systematic desensitisation and CBT depend largely on [REDACTED]

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

Finally, case study evidence plays an important role in both therapies. In systematic desensitisation, success of gradual exposure over sessions has been demonstrated in [REDACTED]

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

4 (a) Describe the Chapman and DeLapp study on applied tension, [6]

Ans.

Psychologists have developed applied tension as a treatment for blood–injury–injection (BII) phobia, and Chapman and DeLapp’s case study gives evidence of its working. Their aim was to investigate

T's therapy followed the Mastering Your Fears

Over the course of the therapy, he gradually completed more difficult exposures,

4 (b) Evaluate the Chapman and DeLapp study on applied tension, including a discussion about the use of self-report.

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

Ans.

One relevant issue is the use of self-reports. Chapman and DeLapp depended heavily on T's subjective ratings

[REDACTED]

Another relevant issue is the use of longitudinal design. Following T over nine weeks and then

[REDACTED]

A final important issue is generalisation from findings. The study focused on a single 42-year-old Hispanic

[REDACTED]

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