

OBSESSIVE- COMPULSIVE DISORDER (OCD) ESSAY PACK

For CAIE A2 Psychology Paper 3

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1 (a) Describe what psychologists have discovered about:

- **diagnostic criteria of OCD, including a study; and**
- **the Maudsley Obsessive–Compulsive Inventory (MOCI). [6]**

Ans.

Obsessive–compulsive disorder (OCD) involves obsessions, meaning [redacted]
[redacted]; and compulsions, [redacted]
[redacted]s. According to ICD-11, obsessions and compulsions must be
time-consuming - over [redacted]

A case study by Rapoport demonstrated these features. Charles, [redacted]
[redacted]
[redacted]
[redacted]
[redacted] D.

The Maudsley Obsessive–Compulsive Inventory (MOCI) was developed by [redacted]
[redacted]
[redacted]
[redacted]
[redacted]

1 (b) Evaluate what psychologists have discovered about:

- **diagnostic criteria of OCD, including a study; and**
- **the Maudsley Obsessive–Compulsive Inventory (MOCI)**

including a discussion about use of case studies.

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

Ans.

One relevant issue is the use of case studies. ICD-11 takes a nomothetic approach by defining obsessions, compulsions, insight levels and the requirement that

The MOCI has

also been developed based on a

Another relevant issue is the use of quantitative and qualitative data. ICD-11 depends heavily on

" The MOCI improves objectivity through

A final issue is about psychometrics. The MOCI was statistically reduced to

in Charles' case, such as family accommodation, embarrassment due to

2. (a) Describe what psychologists have discovered about

- **the genetic explanation of OCD and**
- **the psychological explanation of OCD. [6]**

Ans.

The genetic explanation proposes that OCD is strongly heritable. A study found that

[REDACTED]

Amongst psychological explanations, cognitive psychologists propose that people with OCD

[REDACTED]

Behavioural explanations propose that compulsions are

[REDACTED]

Psychodynamic accounts link OCD to unresolved conflict during

[REDACTED]

2. (b) Describe what psychologists have discovered about

- **the genetic explanation of OCD and**
- **the psychological explanation of OCD**

including a discussion about individual and situational explanations.

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

Ans.

One relevant issue is individual versus situational explanations. Genetic explanation focuses on individual biological vulnerability, as shown in findings

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]. However, psychological explanations consider situational triggers that [REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]

Another relevant issue is nature versus nurture. Genetic research gives strong support for

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]. Even the psychodynamic explanation links early family interactions such as harsh toilet training. [REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]t.

A final issue is reductionism versus holism. Genetic explanations are biologically reductionist because they explain OCD [REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]. In contrast, psychological explanations use a more holistic approach by [REDACTED]
[REDACTED]
[REDACTED]
[REDACTED].

3. (a) Describe what psychologists have discovered about:

- **biological treatment of OCD; and**
- **ERP treatment of OCD, including a case study. [6]**

Ans.

Biological treatments for OCD mainly involve antidepressants such as SSRIs (selective serotonin reuptake inhibitors) and tricyclics. SSRIs increase serotonin in the

[REDACTED]

ERP (Exposure and Response Prevention) is a CBT-based treatment in which patients

[REDACTED]

Lehmkuhl et al. aimed to investigate whether CBT using ERP could treat a

[REDACTED]

3. (b) Describe what psychologists have discovered about:

- **biological treatment of OCD; and**
- **ERP treatment of OCD, including a case study.**

including a discussion about individual and situational explanations.

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

Ans.

One relevant issue is individual versus situational explanations. Biological treatments focus strongly on individual, internal factors such as [REDACTED]. However, ERP focuses on situational triggers and the [REDACTED].

Another relevant issue is cultural differences. Biological treatments are widely used across different cultures [REDACTED]. However, ERP may be more culturally biased because [REDACTED].

A final issue is the use of children in research. Jason's ERP case shows that [REDACTED]. In contrast, biological treatments are [REDACTED].

4. (a) Describe what psychologists have discovered about the Lovell et al. study on telephone-administered CBT for OCD. [6]

Ans.

Lovell et al. conducted a large randomised controlled trial (RCT) to investigate whether

[REDACTED]

Seventy-two participants aged 16–65 were recruited [REDACTED]

[REDACTED]

Results showed no significant difference between the [REDACTED]

[REDACTED]

It was concluded that telephone-delivered ERP is as effective as [REDACTED]

[REDACTED].

4. (b) Evaluate what psychologists have discovered about the Lovell et al. study on telephone-administered CBT for OCD.

including a discussion about individual and situational explanations.

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

Ans.

One relevant issue is individual versus situational explanations. Lovell et al. showed that improvements in OCD symptoms occurred in both gr

However, situational factors such as

Another important issue is cultural differences. The study was conducted entirely in the UK using participants recruited from two outpatient clinics

On the other hand, in cultures where transport barriers or

A final issue is about reliability. One strength was the use of two baseline assessments taken four weeks apart,

However, reliability was reduced when

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