Psychological problems 

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|  | Notes made in my book (Yes or No) | Covered it in class but need some help | I understand this | I can talk/write about this without notes | I have revision notes for this, and I am exam ready! |
| Characteristics of mental health |  |  |  |  |  |
| How mental health has changed over time |  |  |  |  |  |
| Cultural variations  Increased challenges of modern living  Increased recognition and lessening of social stigma |  |  |  |  |  |
| Effects of mental health on individuals |  |  |  |  |  |
| Effects of mental health on society |  |  |  |  |  |
| Characteristics of clinical depression including the use of ICD |  |  |  |  |  |
| Theories of depression – biological explanation |  |  |  |  |  |
| Theories of depression – psychological explanation |  |  |  |  |  |
| Therapies for depression – use of antidepressant |  |  |  |  |  |
| Therapies for depression – CBT |  |  |  |  |  |
| Wiles’ study of the effectiveness of CBT |  |  |  |  |  |
| Characteristics of addiction |  |  |  |  |  |
| Theories of addiction – biological explanation |  |  |  |  |  |
| Theories of addiction – psychological explanation |  |  |  |  |  |
| Therapies of addiction – aversion therapy |  |  |  |  |  |
| Therapies of addiction – self-management programmes |  |  |  |  |  |