

A. Keywords:

Unipolar Depression – a type of mood disorder causing periods of feeling sad and lacking motivation to do everyday activities.

Twin Studies – research that compares the behaviour in groups of twins to see if there are similarities in each pair of twins.

Genetic predisposition – a biological tendency to develop a particular behaviour as a result of the genes somebody has.

Serotonin – a neurotransmitter associated with controlling mood.

Deterministic – our actions come from what we are born with and what we experience; this is the opposite of free will.

Cognitive theory – an explanation that focuses on how thought processes influence behaviour.

Negative triad – a set of three thought processes where people feel bad about themselves, the future and the world in general.

Cognitive behaviour therapy – a therapy for mental health disorders that aims to change thought processes in order to reduce symptoms.

Classical conditioning – learning by associations.

Operant conditioning – learning from consequences.

Social Learning theory – behaviour is learned through observation and

imitation of role models.

B. Unipolar depression

It is called 'unipolar' because it refers to someone's mood being pulled in one (uni) direction whereas bipolar depression mood swings from very low to very high. The symptoms of unipolar depression can be classed as 'mild', 'moderate' or 'severe.' The 3 main symptoms are low mood, low motivation and low energy but also include extreme tiredness, poor appetite, lack of self esteem to feeling suicidal.

C. Explanations of depression Genetic explanation uses twin studies to see how similar MZ & DZ twins are in depression rates. McGuffin found that MZ twins had a 46% concordance rate and DZ twins only 20%. A gene 5-HTT (transports serotonin) was investigated by Caspi and found that a version of this gene made people who experienced stressful life events, more likely to develop depression. Cognitive theories believe that people have cognitive biases in their thinking which causes depression; Beck came up with the cognitive triad – negative view of self, future and the world to explain thinking patterns.

D. Expert Modelling:

(P) Nature can explain mental health problems through genetics. **(E)** Genes are inherited which means they are passed down. The closer the degree of relative the greater the likelihood of inheriting a mental health problem because you have more shared genes. **(E)** Nurture might explain X's depression because her father also suffered from depression and he is a first- degree relative. He may have passed the depression gene onto her.

Subject: Psychology

Topic: Psychological problems

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E. Addiction

Addiction is a psychological problem where people feel they need to 'have' or 'do' something regularly. Addiction can either be dependence disorders (drugs, alcohol, smoking) or behavioural addictions (internet use or gambling.) People with addictions often have symptoms of withdrawal when they cannot have what they are addicted to. The symptoms of addiction include shaking, sweating, vomiting, desire to increase usage of the substance, needing to do activity regularly, **lots of time on activity**

F. Explanations of addiction Gene DDR2 has been linked with gambling & alcoholism. Evidence suggests that addiction run in families. Carmelli found that in MZ twins if one was a smoker there was a higher chance the other was a smoker. Cadoret found link between adopted children & their biological parent in alcohol addiction. Learning theories believe that we learn addictions from others (SLT), develop through association of feeling pleasure (classical conditioning) or reward from addiction (operant conditioning).

G. Wider thinking / further reading:

<http://www.ulifeline.org/articles/399-bipolar-depression-vs-unipolar-depression>