

AQA A LEVEL PSYCHOLOGY

TOPIC - PSYCHOPATHOLOGY

LESSON 4 – DEVIATION FROM IDEAL MENTAL HEALTH

Section A

COMPLETE THE TASKS BELOW

- 1 What would you include in your criteria for 'normal'?

- 2 Suggest examples where someone may not demonstrate a positive attitude toward themselves.

- 3 Suggest examples of where someone may struggle to self actualise.



4 Suggest examples where someone may struggle to have autonomy.

5 Suggest examples where someone may not be able to cope with stress.

6 Suggest examples where someone may not respond well to change.

7 Suggest examples where someone may not have an accurate perception of reality.



Section B

DEVELOP YOUR SKILLS BY COMPLETING THE TASKS BELOW

- 1 Write a summary of what personal autonomy means, in the context of ideal mental health.

- 2 Suggest examples of where personal autonomy may not be considered 'ideal' in other cultures.

- 3 Write a summary of what self actualisation means, in the context of ideal mental health.

- 4 Suggest examples where self actualisation may differ across different cultures.



- 5 Write an A03 paragraph, as instructed on the screen, using the single whopper burger writing frame.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Section C

DEVELOP YOUR EVALUATION SKILLS BY COMPLETING THE TASKS BELOW

- 1 For each of the statements below, decide where you would place yourself on the scale of agree to disagree. Indicate this on the scale.

- a. Ideal mental health is a culturally universal way of defining abnormality

AGREE ←————→ **DISAGREE**

- b. Ideal mental health is a positive way of looking at mental health

AGREE ←————→ **DISAGREE**

- c. Ideal mental health could have good implications for supporting someone to overcome their abnormalities

AGREE ←————→ **DISAGREE**

- d. Ideal mental health offers a realistic set of criteria for people to strive towards

AGREE ←————→ **DISAGREE**



- 2 Elaborate on the evaluation point on the screen, using the burger writing frame prompts.

- 3 Write out the evaluation points on screen, with the correct elaboration, once you have decided which is a match.



[illegible]

- 4 Read the following evaluation paragraph and spot the errors.

One limitation of ideal mental health as an explanation for abnormality, is that it is culturally universal. This means that the definition is culture biased and is only taking a Western perspective when establishing the 9 criteria for abnormality. For example, self actualisation is where people take responsibility for their own actions and behaviour and are not dependent on others, however in some cultures this is not considered the norm or ideal. This is a strength because it means that when defining abnormality, cultural differences that are not taken into consideration could lead to misdiagnosis or misjudgment in interpreting peoples behaviours.



Section D

DEVELOP YOUR EXAM SKILLS BY COMPLETING THE TASKS BELOW

- 1 Decode the following exam style question and then attempt to answer it.

Rosalee has been told by her doctor that she has ideal mental health. An example to support this claim is that she can, for example, resist stress.

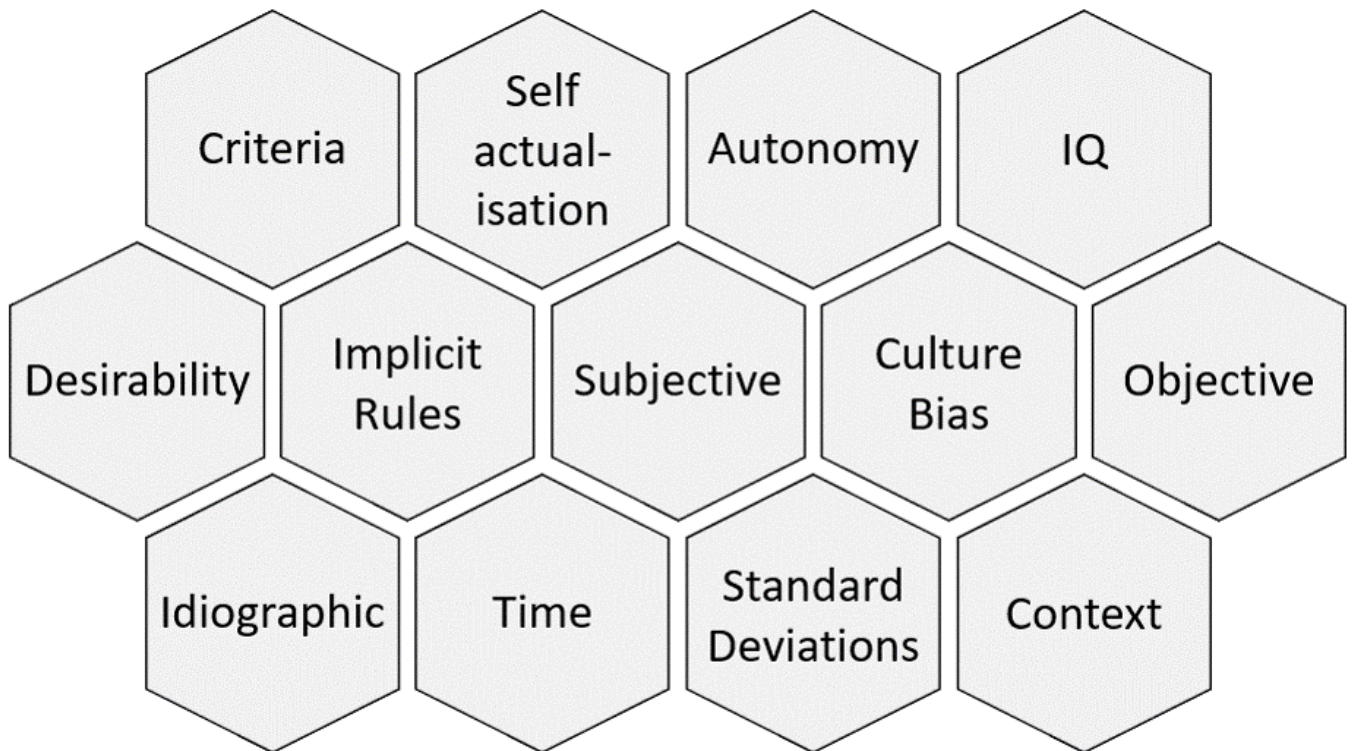
Identify two other criteria for ideal mental health that you could expect Rosalee to demonstrate. (2 marks)

- 2 Decode the following exam style question and then attempt to answer it.

Evaluate deviation from ideal mental health as a definition of abnormality. (4 marks)



- 3 Rearrange the points below, into three different definitions of abnormality. Once you have done this, decide which of the points would be A01 or A03 when answering the essay question on the screen.



Definition 1

Definition 2

Definition 3



Section E

COMPLETE THE TASKS BELOW FOR SOME REVISION ON IDEAL MENTAL HEALTH

- 1 Complete the blanks in the section below, to create an overview of ideal mental health.

_____ (1958) took a different approach to _____ abnormality, suggesting that abnormal behaviour should be defined by the absence of particular (_____) characteristics.

In other words, behaviours which move away (_____) from ideal mental health. She proposed _____ principles of ideal mental health:

Having a positive view of yourself (high _____) with a strong sense of identity

Being capable of _____ growth and self-_____

Being independent of others (_____) and self-regulating

Having an accurate view of _____

Being able to integrate and _____ stress

Being able to _____ your environment (love, friendships, work, and leisure time)

Therefore, if an individual does not demonstrate one of these criteria, they would be _____ as abnormal according to this definition.

- 2 Read the questions on the screen and answer as many as you can in the grids below, remembering that some questions are worth more points than others.

