

# Holy Family Catholic School – Faculty of Science & Physiology

## Psychology

## Spring Term 1

## Year 10

	Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Hinge Question	Red Zone
1	To evaluate the effectiveness and limitations of using drugs to treat depression.	Side effects, Placebo, Ethics, Dependence, Relapse.	Validity, Practical Applications, Reductionism.	Recall how SSRIs work.	<ul style="list-style-type: none"> <li>□ I can identify strengths and weaknesses of drug treatments.</li> <li>□ I can evaluate ethical and practical issues in using medication.</li> </ul>	<p>Q: Which statement is both a weakness of drug treatments for depression and an ethical concern?</p> <p>A. They are quick to act and improve symptoms within hours</p> <p>B. They can cause side effects such as nausea or dependency, raising issues of informed consent</p> <p>C. They completely eliminate the need for psychological therapy</p> <p>D. They are inexpensive and widely available</p>	<p><b>Red Zone:</b> Evaluate the use of antidepressants as a treatment for depression.</p> <p><b>STRETCH:</b> Discuss whether biological treatments are too reductionist when explaining complex human emotions.</p>

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2	To outline the cognitive explanation of depression and Ellis' ABC model.	Cognitive, ABC model, Irrational belief, Activating event, Consequence.	Reductionism, Practical Applications.	Recall previous models explaining depression.	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can describe the ABC model.</li> <li><input type="checkbox"/> I can explain how irrational thoughts contribute to depression.</li> </ul>	<p>Q: According to Ellis's ABC model, how do irrational thoughts contribute to depression?</p> <p>A. They directly cause negative activating events</p> <p>B. They lead to unhealthy beliefs about events, which trigger negative emotional consequences</p> <p>C. They prevent activating events from occurring</p> <p>D. They eliminate the role of consequences in emotional responses</p>	<p><b>Red Zone:</b> Explain Ellis' ABC model as an explanation of depression.</p> <p><b>STRETCH:</b> Apply the ABC model to a real-life scenario of someone experiencing depression.</p>

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3	To evaluate cognitive explanations and treatments of depression. <b>Vocab:</b> Validity, Holism, CBT, Evidence, Effectiveness .	Validity, Practical Applications, Holism.	Recall features of cognitive approaches.	Recall features of cognitive approaches.	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can evaluate strengths and weaknesses of Ellis' model.</li> <li><input type="checkbox"/> I can link cognitive theory to therapy (CBT).</li> </ul>	<p>Q: Why is Ellis' ABC model considered useful for developing Cognitive Behavioural Therapy (CBT)?</p> <p>A. It focuses only on biological causes of depression</p> <p>B. It shows that changing irrational beliefs can alter emotional consequences, forming the basis of CBT interventions</p> <p>C. It eliminates the need for identifying activating events</p> <p>D. It suggests depression is caused by neurotransmitter imbalance</p>	<p><b>Red Zone:</b> Evaluate the cognitive explanation of depression.</p> <p><b>STRETCH:</b> Compare cognitive and biological explanations in terms of nature and nurture.</p>
4	To introduce the mental health issue of addiction and describe symptoms for substance and	Addiction Dependence, Tolerance, Withdrawal, ICD,	Research Methods, Validity, Practical Applications.	Recall how the ICD is used in diagnosing depression.	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can define addiction and identify its symptoms.</li> <li><input type="checkbox"/> I can explain how addiction is classified using the ICD.</li> </ul>	<p>Q: According to the ICD, which feature is essential for diagnosing addiction rather than occasional substance use?</p>	<p><b>Red Zone:</b> Describe how addiction is diagnosed using the ICD and distinguish between substance and behavioural addiction.</p> <p><b>STRETCH:</b> Evaluate</p>

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	behavioural addiction using ICD.	Substance, Behavioural addiction.			A. Experiencing withdrawal symptoms only after long-term use B. A strong compulsion to use the substance despite harmful consequences C. Using the substance only in social situations D. Complete absence of tolerance to the substance	whether addiction should be viewed as a disease or a choice, linking to nature/nurture.	
5	To explain the role of the DRD2 gene and how concordance rates are used to identify genetic influence in addiction.	Concordance rate, Twins, DRD2 gene, Genetic predisposition, Heritability.	Nature, Validity, Research Methods.	Recall how genetics were used in explaining depression.	<ul style="list-style-type: none"> <li>I can describe the DRD2 gene and its proposed link to addiction.</li> <li>I can explain how concordance rates provide evidence for genetic influence.</li> <li>I can interpret what high vs low concordance indicates.</li> </ul>	<p>Q: What does a high concordance rate for addiction in MZ twins suggest?</p> <ol style="list-style-type: none"> <li>That addiction is entirely caused by environment (misconception)</li> <li>That shared genetics contribute significantly to addiction</li> <li>That twins always have</li> </ol>	<p>Explain how the DRD2 gene and concordance rates support genetic explanations of addiction.</p> <p><b>STRETCH:</b> Evaluate whether concordance evidence is limited by the assumption that environments for MZ and DZ twins are equal.</p>

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						identical life experiences 4. That genetic influence is weaker than environmental factors	
6	To evaluate the strengths and limitations of genetic explanations of addiction.	Reductionism, Validity, Reliability, Determinism, Concordance, Practical Applications.	Reductionism, Validity, Practical Applications.	Recall strengths and weaknesses of genetic explanations in depression.	<ul style="list-style-type: none"> <li>I can evaluate supporting evidence for genetic explanations.</li> <li>I can identify reductionist limitations.</li> <li>I can discuss how deterministic ideas may impact treatment approaches.</li> </ul>	<p>Q: Which of the following is a criticism of genetic explanations of addiction?</p> <ol style="list-style-type: none"> <li>They oversimplify addiction by ignoring psychological and social factors</li> <li>They recognise the complex interaction between genes and environment (misconception)</li> <li>They highlight potential biological risk factors</li> </ol>	<p>Evaluate genetic explanations of addiction using research and issues/debates.</p> <p><b>STRETCH:</b> Discuss the interaction between genes and environment using the diathesis-stress model.</p>

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						4. They are supported by twin research	
7	To explain how drug treatments such as methadone and naltrexone are used to treat addiction.	Agonist, Antagonist, Withdrawal, Dependence, Maintenance therapy.	Practical Applications, Validity, Reductionism.	Recall drug treatments used for depression.	<ul style="list-style-type: none"> <li>I can describe how different drug treatments work.</li> <li>I can explain how they reduce cravings or block effects.</li> <li>I can outline why drug therapy may be helpful during withdrawal.</li> </ul>	<p>Q: What is the main purpose of methadone in treating heroin addiction?</p> <ol style="list-style-type: none"> <li>1. To cause immediate withdrawal symptoms</li> <li>2. To provide a safer, controlled substitute that reduces cravings</li> <li>3. To permanently cure addiction</li> <li>4. To block all dopamine receptors (misconception)</li> </ol>	<p>Explain how drug treatments work for addiction with examples.</p> <p><b>STRETCH:</b> Compare biological treatments for addiction to those used for depression.</p>
8	To evaluate both the effectiveness and	Side effects, Ethics, Relapse,	Validity, Practical Applications, Reductionism.	Recall limitations of drug treatments for depression.	<ul style="list-style-type: none"> <li>I can identify strengths and weaknesses of drug treatments for</li> </ul>	<p>Q: Which statement shows a limitation of drug treatments for addiction?</p>	<p>Evaluate the use of drugs for treating addiction.</p> <p><b>STRETCH:</b> Discuss</p>

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	limitations of drug treatments in treating addiction.	Reductionism, Effectiveness.			<p>addiction.</p> <ul style="list-style-type: none"> <li>I can evaluate risks such as side effects and dependency.</li> <li>I can discuss ethical concerns such as informed consent.</li> </ul>	<ol style="list-style-type: none"> <li>They sometimes lead to dependency on replacement substances</li> <li>They permanently cure all addictions (misconception)</li> <li>They may reduce cravings in early withdrawal</li> <li>They are carefully regulated and monitored</li> </ol>	whether drug treatments are too reductionist for a complex behavioural disorder.
9	To explain how Social Learning Theory and operant conditioning account for addiction.	Reinforcement, Validity, Research Methods. Imitation Role model, Vicarious reinforcement.	Nurture, Operant conditioning principles.		<ul style="list-style-type: none"> <li>I can describe SLT and operant conditioning in relation to addiction.</li> <li>I can identify reinforcing consequences that maintain behaviour.</li> <li>I can explain how observation influences substance use.</li> </ul>	<p>Q: According to operant conditioning, why might someone continue using a drug?</p> <ol style="list-style-type: none"> <li>Because they inherit the DRD2 gene (misconception)</li> <li>Because the drug provides positive</li> </ol>	<p>Explain SLT and operant conditioning as nurture explanations of addiction.</p> <p><b>STRETCH:</b> Apply both theories to a real-life scenario of someone developing addiction.</p>

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					<p>or negative reinforcement</p> <p>3. Because modelling only occurs in childhood</p> <p>4. Because reinforcement has no role in addiction</p>		
10	To evaluate SLT and conditioning explanations of addiction.	Holism, Validity, Reliability, Environmental determinism, Practical Applications.	Holism, Practical Applications, Validity.	Recall strengths and weaknesses of behavioural explanations of depression.	<ul style="list-style-type: none"> <li>I can evaluate evidence supporting nurture explanations.</li> <li>I can identify weaknesses, such as ignoring biological predisposition.</li> <li>I can explain real-world applications such as behavioural interventions.</li> </ul>	<p>Q: What is one criticism of nurture explanations of addiction?</p> <p>1. They ignore the influence of biological predispositions</p> <p>2. They fully explain all cases of addiction (misconception)</p> <p>3. They show how reinforcement maintains addictive behaviour</p>	<p>Evaluate nurture explanations of addiction using evidence.</p> <p><b>STRETCH:</b> Discuss how nurture explanations could be combined with genetic explanations for a more holistic view.</p>

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						4. They provide testable mechanisms	
11	To explain how CBT is used to treat addiction, including functional analysis and skills training.	Functional analysis, Skills training, Coping strategies, High-risk situations Cognitive restructuring	Practical Applications, Validity, Holism.	Recall how CBT was used for depression.	<ul style="list-style-type: none"> <li>I can describe how functional analysis identifies triggers.</li> <li>I can explain how skills training develops coping strategies.</li> <li>I can link CBT principles to addiction treatment.</li> </ul>	<p>Q: What is the purpose of functional analysis in CBT for addiction?</p> <ol style="list-style-type: none"> <li>To identify triggers and thought patterns linked to addictive behaviour</li> <li>To remove all biological cravings immediately (misconception)</li> <li>To punish negative behaviour</li> <li>To diagnose addiction using the ICD</li> </ol>	<p>Explain how CBT treats addiction using functional analysis and skill training.</p> <p><b>STRETCH:</b> Compare CBT with drug treatments in terms of long-term effectiveness.</p>

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12	To evaluate the effectiveness and limitations of CBT as a treatment for addiction.	Relapse prevention, Motivation, Engagement, Validity, Practical Applications.	Validity, Holism, Practical Applications.	Recall strengths and weaknesses of CBT in depression.	<ul style="list-style-type: none"> <li>I can evaluate the strengths of CBT, including long-term usefulness.</li> <li>I can identify limitations, such as reliance on motivation.</li> <li>I can discuss evidence supporting effectiveness.</li> </ul>	<p>Q: Which limitation of CBT explains why it may not work for everyone?</p> <ol style="list-style-type: none"> <li>It requires strong motivation and engagement from the client</li> <li>It changes unhelpful thoughts and behaviours (misconception if stated as limitation)</li> <li>It helps develop coping skills</li> <li>It identifies high-risk situations</li> </ol>	<p>Evaluate CBT as a treatment for addiction.</p> <p><b>STRETCH:</b> Explain why combining CBT with biological treatments may be more effective.</p>
13	To outline Young's research into treating internet addiction, including	Online CBT, Self-reported outcomes	Research Methods, Reliability, Practical Applications.	Recall features of psychological research studies.	<ul style="list-style-type: none"> <li>I can outline Young's procedure and sample.</li> <li>I can describe how CBT was delivered online.</li> <li>I can summarise the findings and conclusions.</li> </ul>	<p>Q: What was a key finding of Young (2007)?</p> <ol style="list-style-type: none"> <li>Most participants improved after CBT treatment</li> </ol>	<p>Outline Young (2007) including aim, procedure, results, and conclusion.</p> <p><b>STRETCH:</b> Explain why using self-</p>

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	methods and conclusions.	Reliability, Validity, Questionnaire.				<ol style="list-style-type: none"> <li>2. Internet addiction cannot be treated using therapy (misconception)</li> <li>3. CBT was less effective than drug treatments</li> <li>4. No symptoms changed after sessions</li> </ol>	report may affect reliability.
14	To evaluate Young's research into CBT as a treatment for internet addiction.	Validity, Reliability, Self-report bias, Generalisability, Practical Applications.	Validity, Reliability, Practical Applications.	Recall evaluation points for psychological studies.	<ul style="list-style-type: none"> <li>• I can evaluate strengths such as real-world application.</li> <li>• I can identify limitations such as self-report bias.</li> <li>• I can explain how the online method affects reliability.</li> </ul>	<p>Q: What is a limitation of Young (2007)?</p> <ol style="list-style-type: none"> <li>1. It relied on self-report measures, which may be biased</li> <li>2. It clearly showed CBT cures all addictions (misconception)</li> <li>3. It tested a relevant real-world treatment</li> </ol>	<p>Evaluate Young (2007) using research methods and issues/debates.</p> <p><b>STRETCH:</b> Explain how improvements in online therapy today might affect the study's relevance.</p>

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						4. It had practical applications for online therapy	
15	To explain and evaluate the nature-nurture debate in relation to psychological problems.	Nature, Nurture, Interactionism, Diathesis-stress model, Holism.	Nature and Nurture, Holism, Validity.	Recall nature and nurture explanations for depression and addiction.	<ul style="list-style-type: none"> <li>I can explain nature and nurture influences on psychological problems.</li> <li>I can evaluate the interactionist view.</li> <li>I can write extended analysis linking examples from addiction and depression.</li> </ul>	<p>Q: What does the interactionist approach suggest?</p> <ol style="list-style-type: none"> <li>That both nature and nurture contribute to psychological problems</li> <li>That only genes cause psychological disorders (misconception)</li> <li>That only the environment influences behaviour</li> <li>That neither nature nor nurture plays a role</li> </ol>	<p>Discuss nature and nurture in relation to psychological problems using examples.</p> <p><b>STRETCH:</b> Evaluate whether the nature-nurture debate is still useful in modern psychology.</p>