

## **Homework Questions**

### **Mental Health**

- 1) Define mental health. (2)
- 2) Identify two characteristics of good mental health. (2)
- 3) Identify and explain one cultural difference in mental health. (2)
- 4) Define mental health problem. (2)
- 5) Identify and explain one reason why mental health problems are increasing. (3)
- 6) Explain the difference between individual effects and social effects of mental health problems. (3)
- 7) Identify and explain two individual effects of mental health problems. (4)
- 8) Identify and explain two social effects of mental health problems. (4)

### **Depression**

- 1) Define unipolar depression. (2)
- 2) Define bipolar depression. (2)
- 3) Define sadness. (2)
- 4) Explain the difference between sadness and unipolar depression. (3)
- 5) Identify 3 symptoms of depression. (3)
- 6) Explain the role of serotonin in depression. (3)
- 7) Evaluate the biological explanation of depression. (3)
- 8) Explain the psychological explanation of depression. (3)
- 9) Explain what psychologists mean by attributions. (2)
- 10) Evaluate the psychological explanation of depression. (3)

### **Treating Depression**

- 1) Explain how antidepressants treat depression. (3)
- 2) Evaluate the use of antidepressants as a treatment for depression. (3)
- 3) Explain if antidepressants are a holistic or reductionist treatment. (3)
- 4) Outline cognitive behaviour therapy. (3)
- 5) Evaluate the use of cognitive behaviour therapy as a treatment for depression. (3)
- 6) CBT is a holistic treatment. Explain what this means. (2)
- 7) Outline one study into the effectiveness of CBT. Refer to the method, results and conclusion. (3)
- 8) Evaluate one study into the effectiveness of CBT. (3)

### **Addiction/Dependence Syndrome**

- 1) Define addiction. (2)
- 2) Define dependence. (2)
- 3) Explain the difference between substance abuse and substance misuse. (3)
- 4) Identify three symptoms of dependence syndrome. (3)
- 5) Explain the role of genetics (biological) in addiction. (3)
- 6) Outline and evaluate one study into the role of genetics in addiction. (6)
- 7) Evaluate the biological explanation of addiction. (3)
- 8) Explain the role of peers (psychological) in addiction. (3)
- 9) Evaluate the psychological explanation of addiction. (3)

### **Treating Addiction/Dependence Syndrome**

- 1) Explain how aversion therapy treats addiction with an example. (3)
- 2) Evaluate the use of aversion therapy as a treatment. (3)
- 3) Outline and evaluate the use of self-management programmes as a treatment for addiction. (6)