

Q1.

People with obsessive-compulsive disorder (OCD) show certain behavioural characteristics.

Which **two** of the following behaviours are characteristically shown by people with OCD?

Shade **two** boxes only.

- | | |
|--|--------------------------|
| A Constantly checking the oven is switched off. | <input type="checkbox"/> |
| B Constantly experiencing high anxiety. | <input type="checkbox"/> |
| C Constantly thinking bad things will happen. | <input type="checkbox"/> |
| D Constantly washing their hands. | <input type="checkbox"/> |
| E Constantly worrying about germs. | <input type="checkbox"/> |

(Total 2 marks)

Q2.

Which **two** of the following are emotional characteristics of obsessive-compulsive disorder?

Shade **two** boxes only.

- | | |
|---|--------------------------|
| A Hypervigilance | <input type="checkbox"/> |
| B Insight into excessive anxiety | <input type="checkbox"/> |
| C Low mood | <input type="checkbox"/> |
| D Obsessive thoughts | <input type="checkbox"/> |
| E Self-loathing | <input type="checkbox"/> |

(Total 2 marks)

Q3.

Which of the following is **not** a cognitive characteristic of phobias?

Shade **one** box only.

- | | |
|--------------------------------|-----------------------|
| A Distorted perceptions | <input type="radio"/> |
| B Irrational beliefs | <input type="radio"/> |
| C Selective attention | <input type="radio"/> |
| D Severe anxiety | <input type="radio"/> |

(Total 1 mark)

Q4.

Rita is talking to her therapist about her phobia of dogs.

“I am terrified of dogs. When I see one, I cannot move until it has walked away. I cannot go to my friend’s house any longer because she has two dogs and I shake when they come near me. I try not to leave the house in case I see one on the street.”

- (a) Give **two** behavioural characteristics of phobias that would be seen in someone who has a phobia of dogs. Refer to Rita in your answer.

(4)

- (b) Explain how the therapist could use systematic desensitisation to treat Rita's phobia of dogs.

(4)

(Total 8 marks)

Q5.

Identify **two** behavioural characteristics of depression.

(Total 2 marks)

Q6.

Sami describes her life:

"I am always terrified of germs and worry that my family is in danger too. I think that the meals I prepare will make them ill. I wash all the food items I can, at least three times, and I cannot touch any food with my bare hands. It takes me ages to prepare meals."

Outline **two** characteristics of obsessive-compulsive disorder. Refer to Sami in your answer.

(Total 4 marks)

Q7.

Outline **two** cognitive characteristics of obsessive-compulsive disorder.

(Total 4 marks)