

5 Disorder and treatment: describing and helping – Part 2

Name: _____ Class: _____ Date: _____

Vocabulary

Write each word three times.

English

Write it 3 times (English)

distress

impairment

Psychotherapy

biomedical therapy

stigma

Recall

- You know people use words like “depressed” loosely and clinically.
- You have heard that talking therapies and medicines both help.
- You know a diagnosis can help a person and can also follow them around.

New ideas

Read these first. Each idea has a short worked example. Then do the Practice below.

■ 1 What makes something a disorder

A pattern is treated as a disorder when it causes **distress** or **impairment** – it interferes with the person’s life. Unusualness alone is not enough, and neither is being upsetting to other people.

Worked example. A person with an unusual hobby is not disordered; a person who cannot leave the house to work is impaired.

■ 2 Two families of treatment

Psychotherapy works through a relationship and a method of talking;
biomedical therapy works on the body, usually with medication.
For many conditions the combination outperforms either alone.

Worked example. A patient given medication and therapy together often improves more than one given either separately.

■ 3 Why diagnosis is double-edged

A diagnosis gives access to treatment and makes a private difficulty legible. It also carries **stigma** and can become the way a person is seen. Both are consequences of the same label.

Worked example. A student diagnosed with an anxiety disorder gains support at school and is also treated differently by classmates who hear about it.

Watch out: “Unusual” is not “disordered”. The criterion the CED emphasises is distress or impairment, not statistical rarity.

Practice

2.1 State the two criteria by which a pattern is treated as a disorder. [2]

2.2 Explain why being unusual is not sufficient. [2]

2.3 Distinguish psychotherapy from biomedical therapy. [2]

2.4 State what the evidence suggests about combining them. [1]

2.5 State one benefit and one cost of receiving a diagnosis. [2]

2.6 Explain why both follow from the same label.

[2]
