

5.5 Treatment of Psychological Disorders

Name: _____ Class: _____ Date: _____ **Total: 11 marks**

KEY WORDS treatment 治疗 • behavioural 行为 • cognitive 认知 • drug 药物
• randomised controlled trial 随机对照试验

Objective

Build the skills to answer exam questions on **treatment** 治疗.

You must be able to:

- describe **cognitive** 认知 and **behavioural** 行为 therapies and what each targets
- state how **drug** 药物 treatments work in outline
- explain what a **randomised controlled trial** 随机对照试验 establishes
- state the role of the **therapeutic relationship** 治疗关系

1 Worked examples

Study these first. Each one shows the method for a task used later.

■ Cognitive and behavioural therapy

Cognitive therapy targets patterns of thought that maintain distress; **behavioural** therapy targets the behaviours themselves, often through exposure or reinforcement. Combined approaches use both, and are supported by substantial trial evidence for several conditions.

■ Drug treatments

Medications act on neurotransmitter systems to reduce symptoms. They can be effective, particularly in combination with therapy, and carry side effects and a relapse risk on discontinuation that must be part of any evaluation.

■ What a trial establishes

Randomly assigning patients to treatment and control removes selection differences, so any outcome difference can be attributed to the treatment. Without randomisation, better outcomes may reflect who chose the treatment rather than the treatment itself.

■ The relationship

Across approaches, the quality of the alliance between therapist and client predicts outcome. This is not an alternative to specific techniques but a condition under which they work.

2 Practice

2.1 State what cognitive therapy targets and what behavioural therapy targets. [2]

2.2 Explain why randomisation is essential to a treatment trial. [2]

2.3 A drug reduces symptoms but they return when it is stopped.

(a) State what this indicates about the treatment. [1]

(b) State one implication for how it should be used. [1]

3 Exam-style questions

3.1 Treating a phobia by graded exposure is primarily [1]

- **A** a cognitive technique
- **B** a behavioural technique
- **C** a drug treatment
- **D** a diagnostic procedure

3.2 Without randomisation, a better outcome in a treated group may reflect [1]

- **A** the treatment only
 - **B** differences in who chose the treatment
 - **C** nothing at all
 - **D** the sample size only
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3.3 A clinic reports that clients who complete its programme do better than those who drop out.

(a) State why this does not show the programme works. [1]

(b) Explain what design would answer the question. [2]

Solutions

2.1 cognitive therapy targets patterns of thought that maintain distress; behavioural therapy targets the behaviours themselves.

2.2 random assignment removes systematic differences between groups, so any outcome difference can be attributed to the treatment rather than to who received it.

2.3 (a) it manages symptoms rather than removing the underlying condition. (b) discontinuation should be planned and often combined with therapy to reduce relapse.

3.1 B. exposure changes the behaviour and the conditioned response directly.

3.2 B. self-selection means the groups differed before treatment.

3.3 (a) completers differ systematically from those who drop out, so the comparison is confounded. (b) a randomised controlled trial analysing all those assigned to each group regardless of completion.