Solutions

Each answer shows the steps, then the **result**.

2.1

- any two of: significant distress; impairment of functioning; departure from what is typical or expected in the person's culture

2.2

- disorders arise from biological, psychological and social factors acting together, because single-factor accounts predict poorly

2.3

(a)

- it gives access to treatment and an explanation

(b)

- it may become a label others apply to everything the person does

2.4

(a)

- maladaptive learned associations between stimuli and responses

(b)

- unconscious thoughts and experiences, often from childhood

(c)

- maladaptive social and cultural relationships and dynamics, such as family conflict or poverty

(d)

- behaviours and mental processes that reduce the likelihood of survival, such as fear once useful but now out of proportion

3.1 B

- real variation is continuous while categories are discrete

3.2 B

- what is typical depends on the setting, so context is part of the judgment

3.3

(a)

- labelling / stigma

(b)

- communicate the diagnosis as a description of current difficulties rather than an identity, and share it only with the person's consent and where it serves their care

3.4

(a)

- the diathesis is a genetic vulnerability, shown by depression in her mother and grandmother
- the stress is the job loss and the move away from friends; the disorder develops when the stress acts on the vulnerability, not from either alone

(b)

- cognitive: maladaptive thoughts and beliefs, such as "I will never be good at anything"
- humanistic: a lack of social support and being unable to fulfil her potential after the move and the job loss

(c)

- an **eclectic approach** (more than one perspective used to diagnose and treat)

(d)

- the **DSM-5-TR** (*Diagnostic and Statistical Manual of Mental Disorders*) and the **ICD** (*International Classification of Diseases*)

(e)

- for example: where mental illness is stigmatised, others may label her as weak or avoid her, or she may face discrimination at work, so she may hide the diagnosis and not seek treatment

3.5 B

- a learned association between a stimulus (dogs) and a response (pain and fear); A is psychodynamic, C cognitive, D biological