

Exercise walk-through

Treatment of Psychological Disorders ■ 5.5

eXercise

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

Method — 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.

Method — 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.

Method — 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.

Method — 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.

Practice 2.1 ■ 2 marks

State what cognitive therapy targets and what behavioural therapy targets.

Solution 2.1

Method: Cognitive and behavioural therapy

Worked steps

cognitive therapy targets patterns of thought that maintain distress **B1**; behavioural therapy targets the behaviours themselves **B1**.

Practice 2.2 ■ 2 marks

Explain why randomisation is essential to a treatment trial.

Solution 2.2

Method: What a trial establishes

Worked steps

random assignment removes systematic differences between groups **B1**, so any outcome difference can be attributed to the treatment rather than to who received it **B1**.

Practice 2.3 ■ 1 mark

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

- (a) State what this indicates about the treatment.
- (b) State one implication for how it should be used.

Solution 2.3

Method: Drug treatments

Worked steps

(a) it manages symptoms rather than removing the underlying condition **B1**. (b) discontinuation should be planned and often combined with therapy to reduce relapse **B1**.

Exam-style 3.1 ■ 1 mark

Treating a phobia by graded exposure is primarily

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

Solution 3.1

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



Worked steps

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

Exam-style 3.2 ■ 1 mark

Without randomisation, a better outcome in a treated group may reflect

- A** the treatment only
- B** differences in who chose the treatment
- C** nothing at all
- D** the sample size only

Solution 3.2

Method: What a trial establishes

- A the treatment only
- B differences in who chose the treatment 
- C nothing at all
- D the sample size only

Worked steps

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

Exam-style 3.3 ■ 1 mark

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.
- (b) Explain what design would answer the question.

Solution 3.3

Method: What a trial establishes

Worked steps

(a) completers differ systematically from those who drop out, so the comparison is confounded **B1**. (b) a randomised controlled trial **B1** analysing all those assigned to each group regardless of completion **B1**.