

## Worksheet 8: Using key concepts, issues and debates to evaluate answers

### Planning grid

Name of structured essay question sub-topic:

*Psychological explanations (cognitive, behavioural and psychodynamic) of obsessive-compulsive disorder (OCD)*

### Key concept, issue, debate or evaluation

### Bullet point plan

**Point 1 (named in question):**

*Individual and situational explanations*

*Cognitive*

*Situational: stressful situations worsen anxiety (include example)*

*Individual: people's cognitions differ (include example)*

*+ practical applications: therapist can help develop healthier thoughts*

*Psychodynamic*

*Situational as OCD develops from childhood experience (include example)*

*- fewer practical applications as not possible to change the childhood experiences*

**Point 2:**

*Determinism versus free-will*

*Cognitive-behavioural*

*Determinism: stressful situations cause thoughts to worsen*

*Freewill: person has some control of thoughts/behaviours*

*Psychodynamic*

*Determinism: early childhood trauma is cause of OCD*

**Point 3:**

*Idiographic versus nomothetic*

*Cognitive-behavioural and psychodynamic*

*Nomothetic: provide general laws of OCD development*

*Idiographic: development of the specific OCD thoughts/compulsions is unique to the individual*