4.3 Characteristics of Depression: Behavioural, Emotional and Cognitive: 10-minute Pack

AQA 7182 · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions.

1 Describe the behavioural characteristic 'reduced activity levels' as it appears in clinical depression, naming how it might affect daily functioning.

(Total for Question 1 is 2 marks)

2 Outline how disruption to sleep patterns is a behavioural characteristic of depression, with one example of how sleep may change.

(Total for Question 2 is 2 marks)

3 Outline the emotional characteristic 'lowered mood' in depression, and give one simple behavioural sign a friend might notice.

(Total for Question 3 is 2 marks)

4 Explain why aggression and self-harm can be considered behavioural characteristics of depression, giving one reasoned example.

(Total for Question 4 is 2 marks)

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Mark scheme · 4.3 Characteristics of Depression: Behavioural, Emotional and Cognitive: 10-minute Pack

Question 1

states reduced activity levels means the person shows decreased energy/motivation for usual activities, e.g. staying in bed more or withdrawing from social events oe — **B1**

links to daily functioning, e.g. difficulty doing work, household tasks or self-care, reducing participation in normal routines oe — **B1**

Answer: Reduced activity levels means low energy and motivation so the person does fewer normal activities, for example staying in bed, avoiding work or socialising. This can impair daily functioning such as managing household tasks or attending school/work.

Question 2

identifies sleep disruption as a feature, e.g. insomnia or hypersomnia (sleeping too little or too much) oe — **B1**

gives an example, e.g. difficulty falling asleep, early morning waking, or sleeping excessively/longer than normal oe — **B1**

Answer: Sleep disruption in depression can mean insomnia (difficulty falling or staying asleep, or early morning waking) or hypersomnia (sleeping much more than usual). For example, someone may wake several hours earlier than intended and be unable to get back to sleep.

Question 3

identifies lowered mood as a persistent feeling of sadness/emptiness/hopelessness oe — **B1**

gives a visible sign a friend might notice, e.g. crying more, less smiling, withdrawal from activities oe — **B1**

Answer: Lowered mood is a persistent feeling of sadness, emptiness or hopelessness. A friend might notice increased crying, less smiling, or withdrawing from social activities as a behavioural sign.

Question 4

states aggression and self-harm can be behavioural outcomes of depression, e.g. irritability, anger outbursts or deliberate self-injury oe — **B1**

provides an example or brief explanation, e.g. low mood and frustration may lead to verbal aggression or self-harm as a way to cope with emotional pain oe — **B1**

Answer: Depression can lead to irritability, anger or aggression, and in some cases self-harm, as behaviours that arise from intense negative emotion or attempts to cope. For example, a person may lash out verbally when frustrated, or engage in self-injury to try to relieve emotional pain.

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