4.3 Characteristics of Depression: Behavioural, Emotional and Cognitive: 30-minute Pack

AQA 7182 · about 30 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions.

1 Describe the cognitive characteristic 'poor concentration' in depression and give one educational or work-related consequence.

(Total for Question 1 is 2 marks)

2 Outline what is meant by 'lowered self-esteem' as an emotional characteristic of depression, with one example thought a depressed person might have.

(Total for Question 2 is 2 marks)

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3 Three short vignettes. For each vignette identify the single characteristic of depression that is best illustrated, and explain briefly how the vignette shows that characteristic.

Vignette A: Noah no longer goes to his weekly football training and spends most evenings alone in his bedroom. His friends say he used to be the most active person in the group.

Vignette B: Priya wakes most mornings at 4am and cannot get back to sleep. She feels exhausted but still cannot sleep more than four hours a night.

Vignette C: Kwame tells his partner, 'I am useless and nothing will ever get better,' and refuses to apply for a promotion he is qualified for.

(a) Vignette A: Identify the characteristic and explain how the details illustrate it. **(4)**

(b) Vignette B: Identify the characteristic and explain how the details illustrate it. **(4)**

(c) Vignette C: Identify the characteristic and explain how the details illustrate it. **(4)**

(Total for Question 3 is 12 marks)

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4 Outline two behavioural characteristics and two cognitive characteristics of depression, and for each give one brief example of how it might present in a workplace setting. (Total 8 marks.)

(Total for Question 4 is 8 marks)

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Mark scheme · 4.3 Characteristics of Depression: Behavioural, Emotional and Cognitive: 30-minute Pack

Question 1

states poor concentration involves difficulty focusing, making decisions or sustaining attention oe **B1**

gives a consequence, e.g. reduced exam/work performance, mistakes, slower task completion oe **B1**

Answer: Poor concentration means struggling to focus, make decisions or keep attention on tasks. This can reduce work or exam performance, cause mistakes or slow task completion.

Question 2

identifies lowered self-esteem as reduced self-worth or negative self-evaluation oe **B1**

gives an example thought, e.g. 'I am worthless' or 'I cannot do anything right' oe **B1**

Answer: Lowered self-esteem means feeling less worthy or having a negative view of oneself. For example a person might frequently think, 'I am useless' or 'I do everything wrong.'

Question 3

(a) identifies reduced activity levels (behavioural) cao **B1**

(a) explains link: stopping football and isolating in bedroom shows withdrawal from previously enjoyed activities and reduced energy/motivation oe **M1**

(a) applies consequence: friends note he was previously active, showing a clear change from prior functioning oe **A1**

(a) explicitly ties behaviour to functional impact, e.g. less exercise/social contact, which supports a diagnosis-relevant behavioural change oe **A1**

(a) Answer: Reduced activity levels: Noah has withdrawn from football and social contact, showing decreased motivation and activity compared with his previous behaviour, affecting his exercise and friendship interactions.

(b) identifies disruption to sleep patterns (behavioural) cao **B1**

(b) explains link: waking at 4am and being unable to return to sleep is insomnia, a common sleep disturbance in depression oe **M1**

(b) applies impact: chronic poor sleep causing exhaustion can worsen mood and concentration, linking behavioural symptom to broader functioning oe **A1**

(b) uses details from vignette rather than generic description, e.g. specific wake time and hours slept oe **A1**

(b) Answer: Disruption to sleep patterns: Priya wakes at 4am and cannot get back to sleep, an example of insomnia; this chronic poor sleep can increase exhaustion and worsen mood and cognitive functioning.

(c) identifies negative view of the self and future, and/or lowered self-esteem and negative future expectation (cognitive/emotional) cao **B1**

(c) explains link: 'I am useless' shows negative self-view and low self-esteem; 'nothing will ever get better' shows pessimistic view of the future oe **M1**

(c) applies behaviour: refusing to apply for a promotion shows the cognitive beliefs affecting decision-making and behaviour oe **A1**

(c) connects the thought content to likely functional consequences at work and for mood, reinforcing the cognitive characteristic's real-world impact oe **A1**

(c) Answer: Negative self-view and pessimistic view of the future (cognitive) and lowered self-esteem: Kwame's statement 'I am useless' and 'nothing will ever get better' reflect low self-worth and hopelessness, which lead him to avoid opportunities like applying for a promotion.

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Question 4

behavioural characteristic 1 accurately outlined, e.g. reduced activity levels or withdrawal oe	**M1**
applies behavioural characteristic 1 to workplace example, e.g. missing shifts, less participation in meetings oe	**A1**
behavioural characteristic 2 accurately outlined, e.g. disruption to sleep/eating or self-harm/aggression oe	**M1**
applies behavioural characteristic 2 to workplace example, e.g. arriving late due to insomnia, or visible agitation/arguments with colleagues oe	**A1**
cognitive characteristic 1 accurately outlined, e.g. poor concentration or indecision oe	**M1**
applies cognitive characteristic 1 to workplace example, e.g. making mistakes on reports or missing deadlines due to inability to focus oe	**A1**
cognitive characteristic 2 accurately outlined, e.g. negative self-view or absolutist thinking oe	**M1**
applies cognitive characteristic 2 to workplace example, e.g. refusing promotion because of 'I am useless' thought, or assuming a small error means 'I will fail at this job' oe	**A1**

Answer: Possible answers: Behavioural 1: reduced activity levels, e.g. employee stops attending optional meetings or misses shifts. Behavioural 2: sleep disruption, e.g. chronic lateness or tiredness at work due to insomnia. Cognitive 1: poor concentration, e.g. making mistakes on reports or missing deadlines. Cognitive 2: negative self-view or absolutist thinking, e.g. believing 'I am useless' and not applying for promotion or assuming one minor error means total failure.

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