4.4 Characteristics of OCD: Behavioural, Emotional and Cognitive: 10-minute Pack

AQA 7182 · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

At least four answers should be written in full sentences. Time guidance: 10 minutes for the whole pack.

1 Outline two emotional characteristics of OCD, giving a brief example for each in the context of a person with contamination fears.

(Total for Question 1 is 2 marks)

2 Vignette: Yusuf checks the locks on his front door five times every evening, often returning from bed to check again. His partner calls it excessive but Yusuf feels enormous relief after checking. Which behavioural characteristic is illustrated and how does it function to reduce anxiety? Give two marks.

(Total for Question 2 is 3 marks)

3 Vignette: Amelia refuses to touch doorknobs at work and asks a colleague to open doors for her. She spends at least 30 minutes each day cleaning her hands until they bleed. Identify the two behavioural characteristics of OCD shown and justify your answer using evidence from the vignette.

(Total for Question 3 is 3 marks)

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Mark scheme · 4.4 Characteristics of OCD: Behavioural, Emotional and Cognitive: 10-minute Pack

Question 1

identifies high anxiety and distress, e.g. intense fear or panic when touching perceived contaminants **B1**

identifies feelings of disgust or excessive guilt, e.g. feeling dirty or morally responsible even after cleaning **B1**

Answer: High anxiety and distress when exposed to perceived contamination; feelings of disgust or excessive guilt even after cleaning.

Question 2

identifies repetitive checking compulsion as the behavioural characteristic **B1**

explains that the checking reduces Yusuf's anxiety temporarily by providing reassurance **A1**

explains that this reduction is short lived, maintaining the cycle of compulsion and obsession **A1**

Answer: Repetitive checking compulsion: Yusuf repeatedly checks locks and feels temporary relief; this relief reduces anxiety short term but maintains the compulsion cycle.

Question 3

identifies compulsive, repetitive behaviours (compulsions) such as excessive hand washing **B1**

identifies avoidance behaviour, refusing to touch doorknobs and relying on others **B1**

justifies with reference to time spent cleaning and physical harm (hands bleeding) and the explicit avoidance of triggers in the vignette **A1**

Answer: Compulsive repetitive behaviours and avoidance: Amelia repeatedly washes her hands for long periods (compulsion) and avoids touching doorknobs (avoidance), shown by asking a colleague to open doors and by washing until her hands bleed.

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