4.4 Characteristics of OCD: Behavioural, Emotional and Cognitive: Test Pack

AQA 7182 · about 15 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

At least four answers should be written in full sentences. Time guidance: 15 minutes for the whole pack.

1 Outline two behavioural characteristics of obsessive compulsive disorder (OCD) as described on the AQA specification, naming each characteristic.

(Total for Question 1 is 2 marks)

2 Outline one way in which someone with OCD might show poor insight into their obsessions and one way they might show good insight, referring to cognitive characteristics.

(Total for Question 2 is 3 marks)

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3 Vignette: Callum experiences intrusive thoughts that he might accidentally harm his young niece. He spends hours imagining rituals that would prevent harm and rates his distress as very high. Which two characteristics (from behavioural, emotional or cognitive) does this vignette show? Name each and justify with a phrase from the vignette.

(Total for Question 3 is 4 marks)

4 Vignette: Kwame is constantly preoccupied by intrusive thoughts that his stove is on and fears he will cause a fire. Even though he knows this is unlikely, the thoughts keep returning and he mentally rehearses checking scenarios to calm himself. Identify two cognitive characteristics this shows and explain how each is shown in the vignette.

(Total for Question 4 is 4 marks)

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Mark scheme · 4.4 Characteristics of OCD: Behavioural, Emotional and Cognitive: Test Pack

Question 1

identifies compulsive, repetitive behaviours performed to reduce anxiety or prevent a feared event, e.g. repeated hand washing or checking	**B1**
identifies avoidance of situations that trigger obsessions, e.g. avoiding public toilets or avoiding leaving the house	**B1**

Answer: Compulsive, repetitive behaviours performed to reduce anxiety; avoidance of situations that trigger obsessions.

Question 2

states poor insight example, e.g. believing obsessions are realistic and acting on them as if true	**M1**
explains consequence, e.g. leads to more extreme compulsive behaviour and distress	**A1**
states good insight example, e.g. recognising thoughts are irrational or excessive even though they are intrusive	**B1**

Answer: Poor insight: believing obsessions are realistic and acting on them as if true, which can increase distress and compulsions. Good insight: recognising intrusive thoughts are irrational or excessive, even while they persist.

Question 3

identifies cognitive characteristic: intrusive obsessive thoughts about harming niece	**B1**
identifies a second characteristic: emotional (very high distress or anxiety), or behavioural (ritualistic mental rehearsal of rituals to prevent harm)	**B1**
justifies cognitive identification with the phrase 'intrusive thoughts'	**A1**
justifies the second characteristic with a matching phrase: 'rates his distress as very high' (emotional) or 'spends hours imagining rituals' (behavioural)	**A1**

Answer: Cognitive: intrusive obsessive thoughts about harming his niece. Emotional: very high distress, shown by 'rates his distress as very high' (or behavioural: mental rehearsal of rituals, shown by 'spends hours imagining rituals').

Question 4

identifies intrusive, obsessive thoughts about causing a fire as the cognitive characteristic	**B1**
identifies cognitive coping strategies or mental rehearsal of checking as part of the response to obsessions	**B1**
explains that Kwame still has insight, since he knows the thoughts are unlikely yet they persist	**A1**
explains that the repetitive mental checking is an attempt to reduce anxiety produced by intrusive thoughts, linking cognition to behaviour	**A1**

Answer: Intrusive obsessive thoughts with cognitive coping strategies: Kwame experiences recurring intrusive worries about a fire (obsessions), yet retains insight that it is unlikely, and uses mental rehearsal of checking to try to reduce anxiety.

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