4.7 The Cognitive Approach to Depression: Beck, Ellis and CBT: Test Pack

AQA 7182 · about 20 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions.

1 Outline Beck's cognitive triad as it is used to explain depression, naming the three elements of the triad and stating how they interact in maintaining depression.

(Total for Question 1 is 2 marks)

2 Outline what is meant by behavioural activation within CBT for depression and give one specific example of a behavioural activation task a therapist might set for a client.

(Total for Question 2 is 4 marks)

© Revision Library | revisionlibrary.co.uk

3 Explain how the cognitive approach to depression may neglect biological factors, and describe one piece of evidence that supports a biological contribution to depression which the cognitive approach must integrate or accommodate.

(Total for Question 3 is 4 marks)

4 Explain two practical advantages of CBT as a treatment for depression compared with drug therapy.

(Total for Question 4 is 4 marks)

© Revision Library | revisionlibrary.co.uk

Mark scheme · 4.7 The Cognitive Approach to Depression: Beck, Ellis and CBT: Test Pack

Question 1

names the three elements: negative view of the self, the world, and the future oe	**B1**
states that these negative views interact to reinforce each other and help maintain depressed mood oe	**B1**

Answer: The cognitive triad comprises negative views of the self, the world, and the future; these interact so each negative belief reinforces the others and helps maintain depression.

Question 2

defines behavioural activation as encouraging patients to engage in activities to increase contact with positive reinforcement and reduce avoidance oe	**M1**
explains why this helps, e.g. breaks the cycle of withdrawal and improves mood through activity and mastery oe	**A1**
gives a specific example of a task, e.g. activity scheduling such as arranging daily walks, meeting a friend once a week, or graded homework to re-engage with hobbies oe	**M1**
links the example to outcome, e.g. increasing pleasant activities to improve mood and provide evidence against negative beliefs oe	**A1**

Answer: Behavioural activation means encouraging clients to re-engage in rewarding activities to counter withdrawal. Example task: an activity schedule with graded goals, such as starting with a 10-minute walk three times a week, increasing social contact and providing mastery experiences to improve mood.

Question 3

explains the neglect: cognitive models focus on thoughts and beliefs and may underplay genetic, neurochemical or neurobiological influences on mood oe	**M1**
explains why this is a problem, e.g. treatments addressing cognition alone may be less effective for cases with strong biological drivers oe	**A1**
gives supporting biological evidence, e.g. family and twin studies showing heritability of depression or findings that antidepressant drugs alter serotonin levels and reduce symptoms oe	**M1**
links the evidence back, e.g. such findings suggest cognitive models should consider biological vulnerabilities and that combined treatments may be needed oe	**A1**

Answer: The cognitive approach can underplay genetic and neurochemical factors by concentrating on thoughts. Twin studies showing heritability and research showing antidepressants altering neurotransmitter function and reducing symptoms indicate biological contributions. Cognitive models should therefore accommodate biological vulnerabilities and support combined treatments when appropriate.

Question 4

identifies one practical advantage, e.g. CBT provides patients with coping skills and techniques that can reduce relapse risk oe	**M1**
explains why this matters, e.g. skills learned can be used after therapy ends, giving longer-term benefits beyond symptom suppression oe	**A1**
identifies a second practical advantage, e.g. CBT has no pharmacological side effects and may be preferred when medication is contraindicated oe	**M1**
explains the consequence, e.g. avoids issues of drug interactions, side effects and patient non-adherence to medication regimes oe	**A1**

Answer: CBT teaches coping skills that reduce relapse risk and can be used after therapy ends, providing longer-term benefit. CBT also avoids drug side effects and interaction problems, making it suitable when medication is contraindicated or not preferred.

© Revision Library | revisionlibrary.co.uk