

### Year 9 A-F PSYCHOLOGY

<b>Subject</b>	<b>Psychology</b>
<b>Class/ Division</b>	<b>Year 9 A-F</b>
<b>Week</b>	<b>Term 2 Week 9(18<sup>th</sup> Apr to 22<sup>nd</sup> Apr )</b>
<b>Work sent to students via</b>	<b>Zoom Meeting and Google Classroom</b>
<b>Total number of lessons per week</b>	<b>3 Zoom Classes( Synchronous) 1 Google Classroom</b>
<b>Topic (Term 2 Lesson)</b>	<b>Psychological Problems</b>

**Lesson Topic**

**Cognitive Behavioral Therapy as a Treatment for Addiction**

**Content in Psychological problems**

**Learning Objectives:**

- a. Describe how CBT is used to treat people with addiction.
- b. Assess the effectiveness of using CBT to treat addiction.

**Learning Outcomes:**

- a. Explain what is functional analysis and skills training.
- b. Study the background of cognitive behavioral therapy.
- c. Describe the procedure of CBT when it is used with people who have got addiction.
- d. State the strengths and weaknesses of the therapy as used to treat addiction.

**Task**

**Task 1**

A. Application

A researcher is interested in whether CBT can be used to treat people with gambling addiction. The participants took part in a series of 12 sessions of CBT over a 12-week period with one session per week. The results were compared to a group of gambling addicts who were receiving no treatment over the same 12 weeks. The researchers asked participants to rate their symptoms each week on a scale of 1-10 (1=no symptoms of addiction; 10=severe symptoms of addiction). The researchers compared the participants' ratings on weeks 1, 6 and 12. The results are shown in the table below.

	Week 1	Week 6	Week 12
CBT	8.5	6.2	4.7
No treatment Group	8.7	8.8	8.9

The mean average ratings of participants' symptoms of addiction over a 12-week period

Explain what conclusions the researcher can make using the data presented in the table.

Write the answers on a word Doc, submit on GC.  
(Google Classroom Session)

Task 2:

1. Explain what is functional analysis and skills training.
2. Study the background of cognitive behavioural therapy.
3. Describe the procedure of CBT when it is used with people who have got addiction.
4. State the strengths and weaknesses of the therapy as used to treat addiction.

Write the answers on a word Doc, submit on GC.  
(Google Classroom Session)

**Resources**

TB. Psychology Book Edexcel GCSE (9-1) 1 pp. 68– 69  
Ppts