

Please write clearly in block capitals.

Centre Number

Candidate Number

Surname _____

Forename(s) _____

Candidate signature _____

A-level

PSYCHOLOGY

Paper 1 · Section D focus paper
· Clinical Psychology and Mental
Health

**A-level topic mock · Based on AQA
Psychology**

2026

Time allowed: 1 hour

Materials

For this paper you must have:

- a black ink or black ball-point pen.

Instructions

- This paper is for **A-level only** — Clinical Psychology and Mental Health is not assessed at AS.
- Use black ink or black ball-point pen. Fill in the boxes above.
- Answer **all** questions in the spaces provided. If you need extra space, use the lined pages at the end.
- Cross through any rough work you do not want marked.

Information

- The marks for questions are shown in brackets. This paper covers **Clinical Psychology and Mental Health** only (AQA spec 4.1.4).
- **Maximum mark:** 48. The paper includes an 8-mark essay (Q10) and a 16-mark essay (Q11).
- Answer in continuous prose. You will be assessed on use of good English, clear organisation and specialist vocabulary.

| For Examiner's Use | |
|--------------------|------|
| Question | Mark |
| 01 | |
| 02 | |
| 03 | |
| 04 | |
| 05 | |
| 06 | |
| 07 | |
| 08 | |
| 09 | |
| 10 | |
| 11 | |
| TOTAL | |

Section D

Clinical Psychology and Mental Health

Answer all questions in this section.

0 1

Which one of the following best describes **statistical infrequency** as a definition of abnormality? Write A, B, C or D in your answer book.

- A Behaviour that violates the moral rules of a society.
- B Behaviour that prevents a person from coping with everyday life.
- C Behaviour that occurs very rarely in the general population.
- D Behaviour that falls short of an ideal standard of mental health.

[1 mark]

0 2

Which one of the following is a **cognitive** characteristic of depression? Write A, B, C or D in your answer book.

- A Reduced energy and tiredness.
- B Persistent low mood.
- C Selective attention to negative information.
- D Insomnia or hypersomnia.

[1 mark]

0 3

Which one of the following best describes **Beck's negative triad**? Write A, B, C or D in your answer book.

- A Three irrational beliefs: "I must succeed", "Others must treat me well", "Life must be fair".
- B Three negative thoughts about: the self, the world and the future.
- C Three biological causes of depression: serotonin, dopamine and noradrenaline.
- D Three stages of therapy: assessment, intervention and follow-up.

[1 mark]

0 4

Outline **deviation from ideal mental health** as a definition of abnormality. Refer to at least one of **Jahoda's (1958) criteria** in your answer.

[3 marks]

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0 5

Marcus spends two hours every morning washing his hands until they are red and sore. He repeatedly worries that he might have touched something dirty, and his anxiety only fades after he has washed his hands several times in a row. Marcus says he knows his fears about contamination are exaggerated, but he cannot stop himself from carrying out the washing routine.

Identify **three characteristics** of obsessive-compulsive disorder (OCD) shown by Marcus. State whether each characteristic is **behavioural, emotional or cognitive**.

[4 marks]

0 6

When Hannah was 6 years old, she was bitten by her neighbour's dog. She remembers crying for hours afterwards. Now, 19 years later, Hannah crosses the road whenever she sees a dog, and she refuses to visit homes where dogs are kept. Whenever she successfully avoids a dog she feels a sense of relief, which lasts for several hours.

Use the **two-process model** to explain how Hannah's phobia of dogs was acquired and how it is being maintained.

[4 marks]

0 8

Outline the **neural explanation** of obsessive-compulsive disorder (OCD). Refer to brain structures **and/or** neurotransmitters in your answer.

[3 marks]

0 9

Briefly outline **drug therapy** as a treatment for OCD. Refer to **SSRIs** in your answer.

[3 marks]
