

Classification of schizophrenia	1	When are Symptoms likely to appear, and who gets them first?	
	2	Name the two documents that can be used for diagnosis	
	3	What are the two types of symptoms and how many do you need for a month	
	4	Name all the symptoms you are expected to know.	
	5	If two doctors agree an a diagnosis of schizophrenia we would say it has what?	
	6	If the same doctor agrees over time on a diagnosis what is it called?	
	7	What is the statistical measure of rate of similarity (or agreement between two variables), & what measurement did Beck find in agreement of doctors diagnosis?	
	8	A problem with validity is when it is diagnosed with other symptoms, name of problem plus the most common two MH issues to be diagnosed with Schizophrenia	
	9	Why do we worry that schizophrenia may not be a distinct disorder? Give two examples of similarities with Bio-polar	
	10	Who suggests women may be being under-diagnosed and what is the reason	
	11	What is the rate of diagnosis of schizophrenia in 1) UK, 2) the west indies 3) Immigrants from the west indies to the UK. & what may this be an example of	
	12	What is the reason given by Fernando for this difference between the general population and west indies immigrants?	
	13	What was the name of the researcher who tested the validity of diagnosis in American psychiatric hospitals in 1973?	
	14	How many confederates and what were they also known as? Also how many hospitals were visited and what was the longest stay?	
	15	What type of error did the doctors make in diagnosing Schizophrenia?	
Biological explanations	16	It is suggested that schizophrenia has a genetic link, family studies show the more closely related two people are the higher the concordance rate, problem is?	
	17	Gottesman reviewed cases of schizophrenia and found what rates of correlations between Monozygotic and Dizygotic twins? What does this show?	
	18	From these results why is it likely that genetics are not the full cause for schizophrenia?	
	19	What is the primary neurotransmitter implicated in the development of schizophrenia, and what may too much in Brocas area lead to?	
	20	Low levels of this neurotransmitter in what area of the brain, leads to what?	
	21	What drug causes schizophrenia like symptoms in healthy patients and why does it?	
	22	What are the other two neuro-transmitters implicated in the development of schizophrenia?	
	23	What did Leucht (2013) find out about anti-psychotic (neuroleptic) drugs?	
	24	What is the term for when we find an area of the brain is structurally different in people with schizophrenia, and give an area is?	
	25	What are these structures for?	
	26	What is a problem with this explanation for schizophrenia	
	27	Tienari (2004) studied what type of children born from schizophrenic mothers? And give the % rate of schizophrenia development for both types	
	28	What do Tienari’s results suggest?	
	29	This approach to explaining schizophrenia as due to the basic cellular and neurochemical systems in the brain ignores complex explanations like expressed emotion. Evaluation?	
	30	This approach to explaining schizophrenia suggests that individuals have no control over their symptoms. While CBT suggests we may be able to choose to control them. Evaluation?	
Psychological explanations	31	The theory that schizophrenia is caused by a cold rejecting and controlling mother and distant father is called what, and what approach to psychology is this from?	
	32	What is it called when the patient gets mixed messages about correct behaviour, and what does Bateson suggest this results in?	
	33	What are poor communication styles called, and give two examples.	
	34	What is more than twice as likely in families that show those communication styles?	
	35	5) What researcher shows that children adopted into dysfunctional families have an increased risk of schizophrenia. What is the % increase.	
	36	Firth suggests schizophrenia is due to a faulty what? And what is it unable to filter?	
	37	What does this result in and how is this expressed in symptoms?	
	38	Faulty central control is the inability to do what?	
	39	The ability to identify your own thoughts and actions as your own by paying attention to them is called what and results in what?	
	40	Hemsleys explanation for schizophrenia suggests there is a break down in what? And what are not activated?	
	41	What did Firth do with 30 schizophrenic patients?	
	42	Where did Firth find increased activity, where decreased activity? And what were the associated symptoms	
	43	What test did Stirling conduct with 30 schizophrenic patients? How much longer did the schizophrenic patients take to name the colour compared to controls	
	44	What has been shown to improve communication in families and reduce relapse	
	45	The success of what treatment suggests cognitive factors are involved in schizophrenia.	

Drug therapy	46	What are anti-psychotic drug therapies also called? And what system do they work on?	
	47	What are the first generation anti-psychotic drugs called? Give an example	
	48	Why are they now a less popular treatment than the second generation? (two reasons)	
	49	What do they block and where? Drugs that block these are called what	
	50	Name three side effects of the first generation anti-psychotics.	
	51	What are the second generation drugs called and what systems do they work on?	
	52	Give two examples of the second generation anti-psychotics	
	53	Give two reasons why second generation drugs may be a better treatment than first generation.	
	54	Give two side effects of second generation anti-psychotics	
	55	When did the first and second generations of anti-psychotics start to be used?	
	56	What did Luchet compare the effectiveness of anti- antipsychotic against? And what did he find?	
	57	How many studies did Luchet compare, and what is the research method by which large numbers of studies are compared to find an overall effect.	
	58	What did Bagnall find was the most effective anti-psychotic in a review of 232 studies?	
	59	Why are drug therapies more likely to be prescribed than psychological therapies?	
Cognitive behaviour therapy	60	How many people stop taking the drugs early? And why?	
	61	What does CBT stand for, and what are identified and changed during it?	
	62	What is the therapists role in CBT, and how do they do it?	
	63	Name a CBT model and the theorist who created it	
	64	What do the first three letters of the model stand for?	
	65	What do the last two letters of the model stand for?	
	66	What two things did Senskys study on drug resistant schizophrenic patients show?	
	67	Why is ending treatment too early common in CBT?	
	68	What psychological issue makes the relapse into schizophrenia more common, and what is the targeted treatment?	
	69	When working with the entire family part of the process is to educate them on the symptoms of schizophrenia, What is this called and why is it important?	
	70	Name 3 other priorities of family therapy	
	71	According to Leff, what % of those patients who received standard outpatient care relapsed within 9 months, and what % of those who received family therapy?	
	72	What is the treatment in which schizophrenia patients are given counters for targeted good behaviour, which they can later trade in for rewards?	
	73	What principles is this treatment based on?	
interactionist approach	74	Some desired behaviours may need to be worked towards, so rewards are given for behaviour that is close to the desired behaviour. What is this called?	
	75	How many psychiatric hospitals did Dickerson find this treatment was useful in?	
	76	What is a diathesis?	
	77	What is a Stressor	
	78	What is a Diathesis Stress model for mental health disorders?	
	79	What is the main diathesis	
	80	Name two other potential Diathesis for schizophrenia	
	81	Give three examples of stressors/ environmental experiences that may trigger schizo-phrenia.	
	82	What drug in particular is linked to the triggering of schizophrenia and why?	
	83	What is suggested as a interactionalist treatment for schizophrenia?	
	84	Name the researcher who looked at adopted children of schizophrenic mothers	
	85	What results did this researcher find?	
	86	What do these results suggest in relation to the diathesis stress response?	
	87	What concordance rates did Gottesman find with twins?	
	88	What two things do the results for MZ twins this suggest?	
	89	This approach to explaining schizophrenia suggests a combination of the basic cellular and neurochemical systems in the brain and includes complex explanations like ex-pressed emotion. Evaluation?	
	90	Why could we criticise the mechanism by which a stressor actually triggers the diathe-sis then causing schizophrenia?	

Classification of schizophrenia	1	When are Symptoms likely to appear, and who gets them first?	Ages between 15-45 years, Males
	2	Name the two documents that can be used for diagnosis	DCM (Diagnostic and statistical manual), ICD – International classification of diseases
	3	What are the two types of symptoms and how many do you need for a month	Positive & negative, 2 symptoms (one being positive)
	4	Name all the symptoms you are expected to know.	Hallucinations, Delusions, Avolition, Speech poverty
	5	If two doctors agree an a diagnosis of schizophrenia we would say it has what?	Inter-rater Reliability
	6	If the same doctor agrees over time on a diagnosis what is it called?	Test- Retest Reliability
	7	What is the statistical measure of rate of similarity (or agreement between two variables), & what measurement did Beck find in agreement of doctors diagnosis?	Concordance Rate – Beck found only 54%
	8	A problem with validity is when it is diagnosed with other symptoms, name of problem plus the most common two MH issues to be diagnosed with Schizophrenia	Co-morbidity, Depression 50%, Drug abuse 47%
	9	Why do we worry that schizophrenia may not be a distinct disorder? Give two examples of similarities with Bio-polar	Symptom Overlap, Shares Hallucinations and Delusions
	10	Who suggests women may be being under-diagnosed and what is the reason	Cotton, Coping Strategies
	11	What is the rate of diagnosis of schizophrenia in 1) UK, 2) the west indies 3) Immigrants from the west indies to the UK. & what may this be an example of	1%, 1%, 7%, Culture Bias
	12	What is the reason given by Fernando for this difference between the general population and west indies immigrants?	Cultural acceptability of hearing voices, for example in spiritual practices
	13	What was the name of the researcher who tested the validity of diagnosis in American psychiatric hospitals in 1973?	Rosenhan
	14	How many confederates and what were they also known as? Also how many hospitals were visited and what was the longest stay?	8, Pseudopatients, 12, 52 days
	15	What type of error did the doctors make in diagnosing Schizophrenia?	A type 1 or false positive
Biological explanations	16	It is suggested that schizophrenia has a genetic link, family studies show the more closely related two people are the higher the concordance rate, problem is?	The closer two people are in a family the greater the environmental similarity
	17	Gottesman reviewed cases of schizophrenia and found what rates of correlations between Monozygotic and Dizygotic twins? What does this show?	MZ 48%, DZ 17%, Genetic link, even when environment is controlled for
	18	From these results why is it likely that genetics are not the full cause for schizophrenia?	MZ twins don’t have 100% concordance rate in the expression of Schizophrenia
	19	What is the primary neurotransmitter implicated in the development of schizophrenia, and what may too much in Brocas area lead to?	Dopamine, Auditory Hallucinations
	20	Low levels of this neurotransmitter in what area of the brain, leads to what?	Frontal cortex, negative symptoms, Avolition and speech poverty
	21	What drug causes schizophrenia like symptoms in healthy patients and why does it?	L-Dopa, dopamine releasing
	22	What are the other two neuro-transmitters implicated in the development of schizophrenia?	Glutamate, Serotonin.
	23	What did Leucht (2013) find out about anti-psychotic (neuroleptic) drugs?	More effective at treating symptoms than a placebo
	24	What is the term for when we find an area of the brain is structurally different in people with schizophrenia, and give an area is?	Neural Correlates, ventricles
	25	What are these structures for?	Spaces deep in the brain, contain CSF and protect the brain from physical damage
	26	What is a problem with this explanation for schizophrenia	Correlational, changes may be a result not a cause of the disorder
	27	Tienari (2004) studied what type of children born from schizophrenic mothers? And give the % rate of schizophrenia development for both types	Adopted into healthy 5.8% or adopted into dysfunctional families 36.8%
	28	What do Tienari’s results suggest?	Genetics is a factor, however family environment is important (diathesis stress)
	29	This approach to explaining schizophrenia as due to the basic cellular and neurochemical systems in the brain ignores complex explanations like expressed emotion. Evaluation?	Biological Reductionism
	30	This approach to explaining schizophrenia suggests that individuals have no control over their symptoms. While CBT suggests we may be able to choose to control them. Evaluation?	Biological Determinism (Cognitive psych = Soft determinism)
Psychological explanations	31	The theory that schizophrenia is caused by a cold rejecting and controlling mother and distant father is called what, and what approach to psychology is this from?	Schizophrenogenic mother, Psychodynamic.
	32	What is it called when the patient gets mixed messages about correct behaviour, and what does Bateson suggest this results in?	Double blind theory, disorganised thinking and paranoia.
	33	What are poor communication styles called, and give two examples.	Expressed emotion, Exaggerated involvement (self sacrifice), Criticism & Control, Hostility
	34	What is more than twice as likely in families that show those communication styles?	Relapse into schizophrenia
	35	5) What researcher shows that children adopted into dysfunctional families have an increased risk of schizophrenia. What is the % increase.	Tienari 5.8% to 36.8% (31%)
	36	Firth suggests schizophrenia is due to a faulty what? And what is it unable to filter?	Attention System, preconscious thought
	37	What does this result in and how is this expressed in symptoms?	Overloads the mind, Hallucinations and delusions.
	38	Faulty central control is the inability to do what?	Suppress automatic speech and actions
	39	The ability to identify your own thoughts and actions as your own by paying attention to them is called what and results in what?	Meta-representation, delusions of control
	40	Hemsleys explanation for schizophrenia suggests there is a break down in what? And what are not activated?	New information and information stored in memories. Schema.
	41	What did Firth do with 30 schizophrenic patients?	Pet scans
	42	Where did Firth find increased activity, where decreased activity? And what were the associated symptoms	Decreased, frontal lobe (avolition). Increased, Temporal lobe, reality distortion
	43	What test did Stirling conduct with 30 schizophrenic patients? How much longer did the schizophrenic patients take to name the colour compared to controls	Stroop, twice
	44	What has been shown to improve communication in families and reduce relapse	Family therapy
	45	The success of what treatment suggests cognitive factors are involved in schizophrenia.	CBT

Drug therapy	46	What are anti-psychotic drug therapies also called? And what system do they work on?	Neuroleptics, Dopamine
	47	What are the first generation anti-psychotic drugs called? Give an example	Typical, Chlorpromazine
	48	Why are they now a less popular treatment than the second generation? (two reasons)	Severe side effects, only treat positive symptoms.
	49	What do they block and where? Drugs that block these are called what	Dopamine receptors, the synapse, antagonist.
	50	Name three side effects of the first generation anti-psychotics.	Dry mouth, constipation, lethargy and confusion, tardive dyskinesia (involuntary muscle movement)
	51	What are the second generation drugs called and what systems do they work on?	A-Typical - Dopamine, but also other neurotransmitters ie acetylcholine and serotonin
	52	Give two examples of the second generation anti-psychotics	clozapine and risperidone
	53	Give two reasons why second generation drugs may be a better treatment than first generation.	Less severe side effects and also reduce negative symptoms
	54	Give two side effects of second generation anti-psychotics	weight gain, cardiovascular problems, agranulocytosis. movement side effects (fewer than typical)
	55	When did the first and second generations of anti-psychotics start to be used?	1950’s, 1970’s
	56	What did Luchet compare the effectiveness of anti- antipsychotic against? And what did he find?	Placebo, More effective than placebo
	57	How many studies did Luchet compare, and what is the research method by which large numbers of studies are compared to find an overall effect.	212, meta-analysis
Cognitive behaviour therapy	58	What did Bagnall find was the most effective anti-psychotic in a review of 232 studies?	Genetics is a factor, however family environment is important (diathesis stress)
	59	Why are drug therapies more likely to be prescribed than psychological therapies?	Reduced cost of prescribing drugs
	60	How many people stop taking the drugs early? And why?	2/3rds – Severe side effects
	61	What does CBT stand for, and what are identified and changed during it?	Cognitive behavioural therapy, Faulty cognitions.
	62	What is the therapists role in CBT, and how do they do it?	Challenge irrational beliefs, Logical or empirical disputation
	63	Name a CBT model and the theorist who created it	ABC(DE) Ellis.
	64	What do the first three letters of the model stand for?	A= activating event, B = Belief , C = Consequence.
	65	What do the last two letters of the model stand for?	D = Disputation E = effect (Restructured belief)
	66	What two things did Senskys study on drug resistant schizophrenic patients show?	Reduction in positive and negative symptoms, Improvements after 9 months.
	67	Why is ending treatment too early common in CBT?	Return of severe symptoms
	68	What psychological issue makes the relapse into schizophrenia more common, and what is the targeted treatment?	Family dysfunction, family therapy.
	69	When working with the entire family part of the process is to educate them on the symptoms of schizophrenia, What is this called and why is it important?	Psychoeducation, become more understanding of the sufferers behaviour
interactionist approach	70	Name 3 other priorities of family therapy	Reduce conflict, Reduce Stress,, Reduce self sacrifice, Improve communication, Improve problem solving skills
	71	According to Leff, what % of those patients who received standard outpatient care relapsed within 9 months, and what % of those who received family therapy?	50%, 8%
	72	What is the treatment in which schizophrenia patients are given counters for targeted good behaviour, which they can later trade in for rewards?	Token Economies
	73	What principles is this treatment based on?	Skinner's operant conditioning
	74	Some desired behaviours may need to be worked towards, so rewards are given for behaviour that is close to the desired behaviour. What is this called?	Behaviour shaping
	75	How many psychiatric hospitals did Dickerson find this treatment was useful in?	11 of 13
	76	What is a diathesis?	A pre-existing weakness/ vulnerability
	77	What is a Stressor	An environmental event that acts as a trigger
	78	What is a Diathesis Stress model for mental health disorders?	MH disorders are due to the interaction of Diathesis and stressors
	79	What is the main diathesis	Inheritance of a genetic vulnerability, expressed as a dopamine imbalance
	80	Name two other potential Diathesis for schizophrenia	Flu of mother in pregnancy, birth complications, Child abuse
	81	Give three examples of stressors/ environmental experiences that may trigger schizophrenia.	Family Dysfunction, Drug abuse, Negative life event
	82	What drug in particular is linked to the triggering of schizophrenia and why?	Cannabis, interferes with dopamine system
	83	What is suggested as a interactionalist treatment for schizophrenia?	Combination of CBT and Drug Therapies
	84	Name the researcher who looked at adopted children of schizophrenic mothers	Tienari
	85	What results did this researcher find?	Adopted into healthy 5.8% or adopted into dysfunctional families 36.8%
	86	What do these results suggest in relation to the diathesis stress response?	Genetics is a pre-existing vulnerability, however family environment works as a trigger
	87	What concordance rates did Gottesman find with twins?	48% in MZ twins. 17% in DZ twins.
	88	What two things do the results for MZ twins this suggest?	As 48% is much higher than 1% genetic vulnerability, as lower than 100% must be environmental effects.
	89	This approach to explaining schizophrenia suggests a combination of the basic cellular and neurochemical systems in the brain and includes complex explanations like expressed emotion. Evaluation?	Holistic approach
	90	Why could we criticise the mechanism by which a stressor actually triggers the diathesis then causing schizophrenia?	We don’t know how it works!