



9. How would a social learning theorist account for a phobic fear of lizards/cockroaches? How would a psychoanalyst account for the same phobia? (CBSE 2013)

Ans: Social learning theories work on the principle that our experience—be it positive or negative—such as phobia of lizards/cockroaches are the result of learning process which start early in life. Small children can play with snakes, they are not aware of the danger involved. For them it is just another play object, as they grow up the fear of these things are instilled by their parents and society which is reinforced and accounts for reactions like phobia.

A psychoanalytical account for the same could involve attribution to some unconscious or/and repressed experiences. For example, suppose in your childhood you watched a group of roudy boys brutally torturing a cockroach/snake, which eventually died, although you going about the incidence after some days, but it might remain in back of your mind forever, which might explain your phobia to cockroaches which might remind you of the incidence and disturbs you emotionally.

10. Should Electro-convulsive Therapy (ECT) be used in the treatment of mental disorders?

Ans: Electro-convulsive Therapy (ECT):

- It is used to alleviate sudden and severe depression.
- In this method one electrode is placed on each side of the person's temples and a mild current is turned on for a very short period.
- In the beginning, it was done by injecting metrazol and other drugs in mental patients. These shocks are continued until the patient has a seizure, a muscle contraction of the entire body, lasting at least twenty to twenty-five seconds. ECT seems to work at least for some disorders.
- Unfortunately, there are hazardous risk connected with it. There is amnesia for the whole treatment and after several treatments. There is memory impairment, which may last for several weeks. However, no permanent loss of memory occurs. ECT use has declined since 1950.
- ECT is still used in various hospitals in India because it is economical and effective. In my opinion as a last resort this therapy should continue to be used in India.

Drug Therapy:

- It has been used mainly with four types of disorders—schizophrenia, mania, depression and anxiety.
- These drugs are referred as 'psychotropic drugs' because their main effect is on psychological behaviour.
- They are also called as 'antipsychotic drugs'.
- They are used for the treatment of schizophrenia. 'Antimanic drugs' are used to treat patients who are highly agitated, excited and at times unmanageable. 'Antidepressant drugs' are used for patients having depression and suicidal risk. 'Anxiety drugs' are known to be minor tranquillisers.

11. What kind of problems is cognitive behaviour therapy best suited

for?

Ans: CBT is a short and effective treatment for a wide range of psychological disorders such as anxiety, depression, panic attacks and borderline personality, etc.

- It combines cognitive therapy and behavioural technique.
- According to CBT, the cause of client's distress is biological, psychological and social relations in combination.
- CBT focuses on the biological aspects through relaxation procedures and the psychological ones through behaviour therapy. Social aspects are dealt with environmental manipulations.
- This multi-axial approach makes CBT a comprehensive technique, which is easy to use, applicable to a variety of disorders and has full potential to deal effectively with psychological disorders.

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