

# LET'S GET CURIOUS ABOUT A Level Psychology

## THE ARTICLES to read...



**Read all about OCD  
and the impact on  
a patient's life:**

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/about-ocd/>



**Read about a  
specific phobia  
and treatment  
options:**

<https://psychcentral.com/anxiety/tryophobia#signs>



**Read about a  
cognitive  
treatment of  
depression:**

<https://www.psychologytoday.com/gb/blog/the-minute-therapist/202206/the-abcs-emotions>



## THE VIDEOS to watch...



**Watch this clip to  
learn more about  
how OCD can  
affect people:**

<https://www.ocduk.org/ocd/introduction-to-ocd/>



**Watch this clip to  
learn more about  
new ways to treat  
phobias:**

<https://www.youtube.com/watch?v=r7tY07QY66A>



**Watch this clip to  
learn more about  
how social media  
may affect mental  
health:**

[https://www.youtube.com/watch?v=Czg\\_9C7gw0o](https://www.youtube.com/watch?v=Czg_9C7gw0o)



## THE ACCOUNTS to follow...



@PsychToday



@psychmag



@ResearchDigest



@psychologypedia

Engaging in the above activities will prepare you for our first week of activities and discussions. Get curious and see you in September!