Section A
Approaches in Psychology

Answer all questions in this section.

For each multiple-choice question, completely fill in the circle alongside the appropriate answer.

CORRECT METHOD  ❌  WRONG METHODS  ❌  ❌  ❌  ❌

If you want to change your answer you must cross out your original answer as shown. ❌

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown. ❌

Which two of the following statements about the divisions of the nervous system are correct?

Shade two boxes only.

In the human nervous system...

A  the fight or flight response occurs when the parasympathetic division controls functioning.

B  the central nervous system consists of the brain and spinal cord.

C  sensory, relay and motor neurons are all controlled by the somatic nervous system.

D  sensory neurons carry messages from the central nervous system.

E  the somatic nervous system controls voluntary movements.

[2 marks]
Briefly outline how excitation and inhibition are involved in synaptic transmission. [4 marks]

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Turn over for the next question
Read the following descriptions of behaviour:

A Sarah is terrified of lifts because she was trapped in one for 5 hours. She cannot go in a lift now.

B Jerry watches as his brother James is given sweets for cleaning their pet hamster’s cage. The next day, Jerry’s mum finds Jerry cleaning out the hamster cage.

How can the behaviours described in A and B above be explained by learning theories?

[6 marks]
In a study of tooth decay, researchers checked the dental records of 100 pairs of identical twins. They recorded the number of fillings for each twin and found the following data:

Table 1

<table>
<thead>
<tr>
<th>Twin pairs with the same number of fillings</th>
<th>Twin pairs with different number of fillings</th>
</tr>
</thead>
<tbody>
<tr>
<td>48</td>
<td>52</td>
</tr>
</tbody>
</table>

Use your knowledge of genotype and phenotype to explain the data in Table 1.

[4 marks]
Outline **two** features of the cognitive approach. Explain **two** limitations of the cognitive approach. [8 marks]
Section B
Psychopathology

Answer all questions in this section.

For each multiple-choice question, completely fill in the circle alongside the appropriate answer. 

CORRECT METHOD   [ ] WRONG METHODS   [ X ] [ O ] [ ◐ ] [ ◐ ]

If you want to change your answer you must cross out your original answer as shown. [ X ]

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown. [ O ]

0 6

Read the four definitions of abnormality below (A-D).

A  Failure to function adequately
B  Deviation from social norms
C  Statistical infrequency
D  Deviation from ideal mental health

In the table below, are descriptions of abnormal behaviour. Choose the definition that best matches each description and complete the table by writing A or B or C or D in the box at the end of the statement. Use any letter only once.

[3 marks]

<table>
<thead>
<tr>
<th>Description</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behaviour which is rare and not exhibited by many people</td>
<td></td>
</tr>
<tr>
<td>Behaviour which does not fit the rules of expected behaviour</td>
<td></td>
</tr>
<tr>
<td>Behaviour which shows an inability to cope with everyday life</td>
<td></td>
</tr>
</tbody>
</table>
Describe at least one strategy that might be used in cognitive behaviour therapy for depression. [4 marks]

Below are four evaluative statements about cognitive behaviour therapy. Which statement is correct?

Shade one box only.

Cognitive behaviour therapy…

A can only be used in group situations.

B allows the client some control over the therapy.

C has many side effects.

D does not need a trained therapist. [1 mark]
Saira has a fear of cats. Her fear stops her from going anywhere she thinks she might see a cat.

Explain how Saira's phobia could be treated using systematic desensitisation. [4 marks]
Two students were discussing their friend David who has recently been diagnosed with obsessive-compulsive disorder (OCD).

Melanie says, “It wasn’t a surprise to me that David has OCD because his mum is always tidying things, putting them in order and checking switches”.

Emma says, “Really, I didn’t know that. I always thought that people with OCD have something in their brains that makes them behave in that way”.

Outline and evaluate neural and genetic explanations for obsessive-compulsive disorder. Refer to the conversation above in your answer.

[12 marks]

You may use this space to plan your answer.
A researcher wanted to compare the effectiveness of two therapies for young offenders who had been identified as having anger management issues. Offenders, who were all sentenced to two years in a Young Offenders' Institution, were asked to volunteer to take part in an anger management programme. Fifty volunteers were randomly allocated to Group 1 (Therapy A) or Group 2 (Therapy B).

Each participant’s anger was assessed before and after therapy. For the pre-therapy anger score they completed an Anger Scale questionnaire and their responses were scored. A high score indicated extreme anger and a low score indicated mild anger.

For the next eight weeks, participants attended weekly sessions for either Therapy A or Therapy B.

For the post-therapy anger score, at the end of the treatment period, participants completed the same Anger Scale questionnaire.

The data obtained are shown in Figure 1 below.

**Figure 1** Median anger scores before and after therapy for Group 1 (Therapy A) and Group 2 (Therapy B)

![Bar chart showing median anger scores for Group 1 and Group 2 before and after therapy.]

Key:
- Pre-therapy anger score
- Post-therapy anger score

Question 11 continues on the next page
11.1 The researcher used volunteers for this study. Outline one disadvantage of using volunteers to take part in this study. [2 marks]

11.2 Explain how the researcher could allocate the volunteers randomly to the conditions of the experiment. [3 marks]
11.3 Write a suitable hypothesis for this study. [3 marks]

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11.4 What do the data in Figure 1 seem to suggest? [3 marks]

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Question 11 continues on the next page
11.5 Explain how the study might be improved by using a matched pairs design. [4 marks]

11.6 Outline one ethical issue that might have occurred in this study and explain how the researcher could have dealt with this issue. [4 marks]
Give one disadvantage of using median values as seen in Figure 1 to represent the anger scores of participants. [1 mark]

Explain how demand characteristics might have occurred in this study. [2 marks]

The researcher used a questionnaire to assess the anger scores of the offenders. Briefly discuss one strength of using questionnaires in research. [2 marks]

END OF QUESTIONS