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| Psya2 Revision Questions | January 29  2014 | |
| These are all the past paper questions for the last few years. You need to practise how to answer these style of questions | | The paper is 1/12 hours |

**Types of questions**

1. The **Outline** question e.g.

Outline the sympathomedullary pathway. (3)

1. The **describe** question

The patient decides not to have ECT and asks Dr Francis what other therapies are available. He suggests Cognitive Behavioural Therapy (CBT). Describe how CBT would be used to treat her. (4)

1. The **Explain** question

Explain one weakness of systematic de-sensitisation. (2)

1. The **Discuss** question

‘There are several methods used to manage the negative effects of stress. These methods can be biological or psychological.’ Discuss two or more methods of stress management. (6)

1. The **using your knowledge** question

A small environmental group wants to encourage people to use public transport or bikes instead of their cars. Using your knowledge of the role of minority influence in social change what advice would you give to the environmental group (6)

1. The **suggest** questions



What do these results **suggest** about the power of the confederates in variations of Milgram’s study? (4)

1. **The paragraph question**

Sandy and Vandita play for the same netball team. Two weeks ago, while playing in a

competition, they both grazed their elbows. Vandita’s wound is healing well, but Sandy’s

wound is taking much longer to heal. Sandy is very worried about the plans for her wedding

and her forthcoming house move.

Using your knowledge of psychology, explain why Sandy’s wound is taking longer to heal than Vandita’s. (6)

1. The **evaluate** question (8 or 12 marks)

Outline and evaluate explanations of conformity. (12)

**Questions on the body’s response to stress, including the pituitary-adrenal system and the sympathomedullary pathway**

1. Outline the main features of the pituitary-adrenal system. (3)
2. Outline the sympathomedullary pathway. (3)
3. The body’s response to stress includes the pituitary-adrenal system and the

sympathomedullary pathway. The following are all features of this stress response.

**A** Adrenal medulla

**B** Noradrenaline

**C** Adrenal cortex

**D** Adrenaline

**E** Cortisol/Corticosteroids

**F** Adrenocorticotrophic hormone (ACTH)

Select **two** from the above list that are linked to the pituitary-adrenal system and **two**

from the list that are linked to the sympathomedullary pathway. (4)

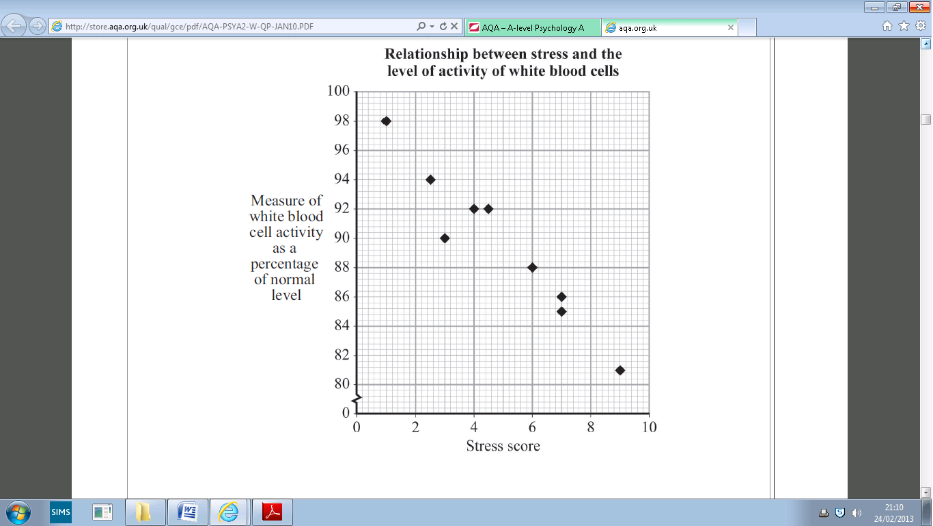
1. Psychologists sometimes use questionnaires to find out about stress. Explain **two** strengths of using questionnaires in research. (4)

**Questions on stress and the immune system**

1. Outline and evaluate research into the relationship between the immune system and stress-related illness. (12)
2. Sandy and Vandita play for the same netball team. Two weeks ago, while playing in a competition, they both grazed their elbows. Vandita’s wound is healing well, but Sandy’s wound is taking much longer to heal. Sandy is very worried about the plans for her wedding and her forthcoming house move.

**Using your knowledge of psychology, explain why Sandy’s wound is taking longer to heal than Vandita’s. (4)**

1. One measure of the functioning of the immune system is the level of activity of white blood cells. What does the graph below tell you about the relationship between stress and the level of activity of white blood cells?



1. Outline **one** strength **and one** weakness of using correlations in stress research. (4)

**Questions about Life changes and daily hassles as sources of stress**

1. Lee and Denis were talking in the doctor’s waiting room. Denis remarked that his

new neighbours were very noisy and that whenever he drove into town it was getting

increasingly difficult to find anywhere to park. Lee said that his wife had died recently

and that he was just about to retire.

Using examples from the conversation above, discuss the difference between life changes and daily hassles. (4)

1. Explain what psychological research has shown about the stressful impact of **either** life changes **or** daily hassles. (8)

10 Both life changes and daily hassles are often measured using questionnaires.

Give **two** limitations of using questionnaires. (4)

1. Outline **and** evaluate research into life changes as sources of stress. (8)
2. Outline **and** evaluate research into life changes/ and/ or daily hassles as sources of stress. (12)

12. The following are examples of stress in everyday life, some are life changes and some are daily hassles. From the list, select **two** examples of life changes and **two** examples

of daily hassles. (4)

**A** Divorce

**B** Household chores

**C** Room temperature

**D** Retirement from work

**E** Traffic jams

**F** Getting married

**G** Changing school

**H** Missing the bus

13. Sandy and Vandita play for the same netball team. Two weeks ago, while playing in a

competition, they both grazed their elbows. Vandita’s wound is healing well, but Sandy’s

wound is taking much longer to heal. Sandy is very worried about the plans for her wedding

and her forthcoming house move.

Using your knowledge of psychology, explain why Sandy’s wound is taking longer to heal than Vandita’s. (6)

**Questions on stress in the workplace**

14. Describe **one** research study that has investigated stress in the workplace. In your answer you should include details of what was done and what was found. (12)

15. Describe **one or more** studies of workplace stress.(5)

16 Brett and Sahil both work for the same company and have been talking about recent changes at work. Brett said that his pay is now dependent on other people’s performance and that his department has introduced tighter deadlines and more rigid working hours. Since these changes were made, he has had more days off sick and is concerned that his health is beginning to suffer. There have been no changes in Sahil’s department and he said that he hardly ever takes days off sick. Explain why Brett might have been affected by the changes in his department. Refer to psychological research into workplace stress in your answer. (6)

17 Mr Harris is about to move his business into a brand new building. He is very keen to

create a healthy working environment and reduce workplace stress. In this way, he hopes to

improve productivity and reduce absenteeism. What advice would you give Mr Harris? Use your knowledge of psychological research in this area. (5)

**Questions on Personality factors, including Type A and Type B behaviour and hardiness**

18. Mark is very competitive and he hates losing any game he plays. At work, he is often

impatient and likes working to tight deadlines. He can become quite hostile when

challenged.

1. What personality type is Mark likely to have? (1)
2. Using your knowledge of how personality factors can affect the body’s response to

stress, explain how Mark might respond to the effects of stress.(4)

19. Harry always meets deadlines. He hates being late and always likes to keep himself

busy with plenty to do. Alex does not mind being late for anything and although he tries

to meet deadlines, he is not worried if he misses some of them.

1. Is Harry or Alex more likely to have Type A personality? (1)
2. Explain why having Type A personality makes him more likely to suffer the negative

effects of stress. (3)

20. Outline **one** way in which psychologists measure Type A personality. (2)

21. A researcher used a questionnaire and an in-depth interview to assess Georgia’s personality. After completing the questionnaire Georgia was found to be Type A. However, after the in-depth interview she was found to be Type B. Explain why these methods might produce such different results. (4)

22. Type A personality can be measure by using a questionnaire. Explain two strengths of using a questionnaire. (4)

**Questions on psychological and biological methods of stress management**

23. ‘There are several methods used to manage the negative effects of stress. These

methods can be biological or psychological.’ Discuss **two or more** methods of stress management. (6)

24. a. Name **one** psychological method of stress management. (1)

**b.** Explain strengths of this psychological method of stress management.(5)

25. a. Name **one** biological method of stress management. (1)

**b.** Explain strengths and weaknesses of this biological method of stress management.(6)

26. Karen has been feeling extremely stressed for several months. She has recently been promoted at work and is worried that she is not able to do the job properly in spite of praise from her managers. She also finds it very difficult to say “no” when colleagues ask for assistance. Her health is suffering and she decides to try Stress Inoculation Therapy (SIT) to help manage her stress.

27. Explain what is involved in Stress Inoculation Therapy (SIT) and how it could be used to help Karen. (6)

28. Kerry is a talented badminton player who has just been promoted to the first division. However, she finds these top league games very stressful as she thinks she is not as good as the other players and she believes that she is going to lose every game. Her game is beginning to suffer.

Explain how Stress Inoculation Therapy (SIT) could be used to help Kerry. (6)

**Abnormality questions**

**Questions about definitions of abnormality**

1. A. One definition of abnormality is deviation from social norms. Identify and explain one other definition of abnormality (3)

B. Evaluate the definition of abnormality that you identified in your answer to 1. (4)

1. A. Case studies are a commonly used method of investigating abnormality. What is meant by a case study? (2)
2. Outline one weakness of using a case study as a method of investigation. (2)
3. Abnormality can be defined as ‘the failure to function adequately’. Outline and evaluate this definition of abnormality. (6)
4. A. Diane is a 30-year-old business woman and if she does not get her own way she sometimes has a temper tantrum. Recently, she attended her grandmother’s funeral and laughed during the prayers. When she talks to people she often stands very close to them, making them feel uncomfortable. Identify one definition of abnormality that could describe Diane’s behaviour. Explain your choice. (3)

B. Explain one limitation of this way of defining abnormal behaviour (3)

1. Identify one definition of abnormality and explain one limitation associated with this definition. (4)
2. A Outline two definitions of abnormality.(6)

B Choose one of these definitions and describe a limitation associated with it.(2)

**Questions about the biological approach to psychopathology**

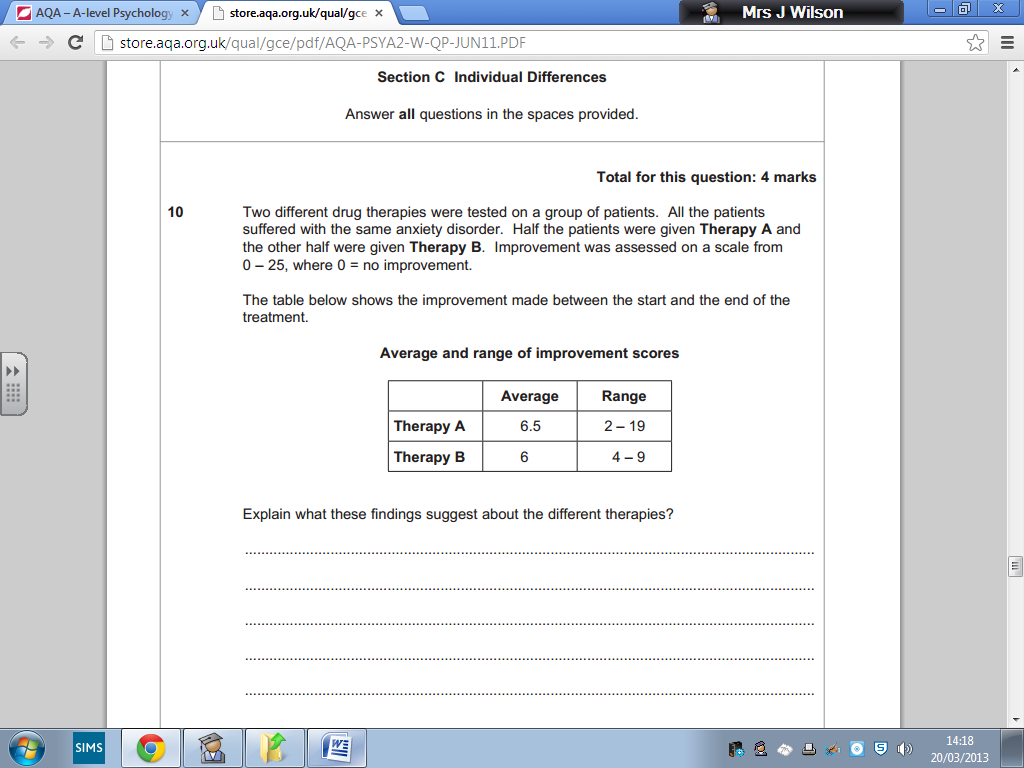
1. Outline the biological approach to psychopathology (6)
2. Outline and evaluate the biological approach to explaining psychopathology (12)

**Questions about biological treatments : drugs and ECT**

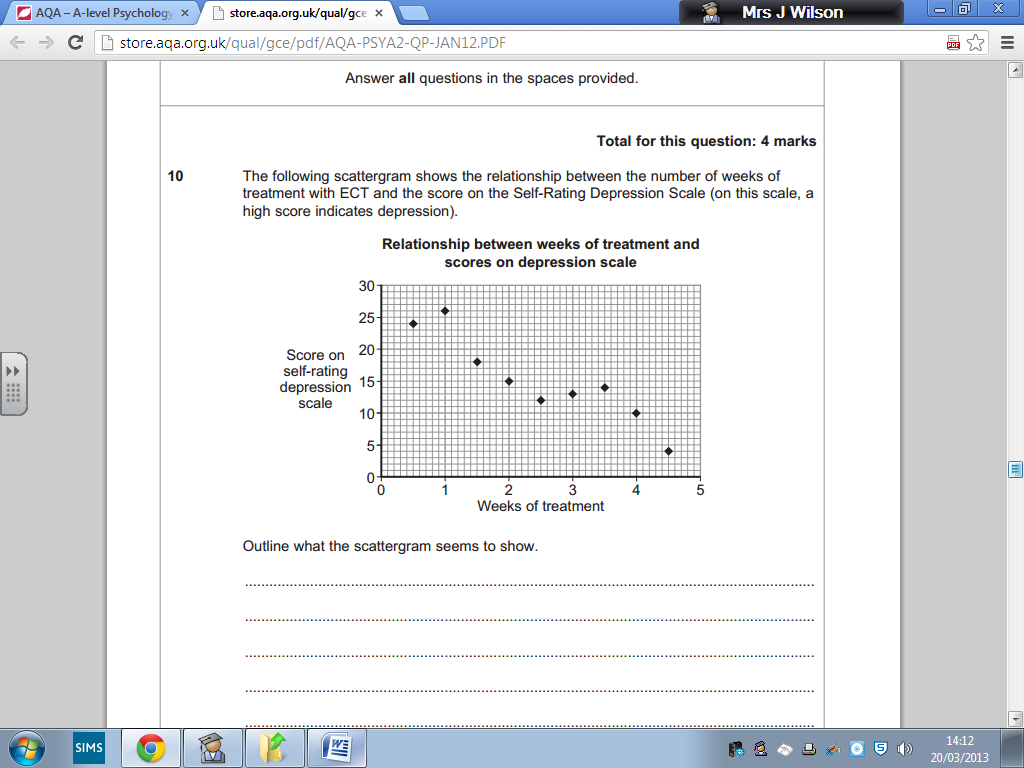
1. A. Hugh has a phobia of the dark. Because of this phobia, he has problems sleeping and

has difficulty getting to and from work in the dark winter months. His doctor suggests a

biological therapy might be the solution and prescribes a short course of drugs. What advice should the doctor give concerning the disadvantages of this type of drug therapy? (4)

B. Identify one psychological therapy that Hugh could consider and explain why it might help him. (3)

9.

10.

1. Dr Francis has been treating a patient with severe depression. He has been

prescribing anti-depressant drugs and although, initially, the patient appeared to show

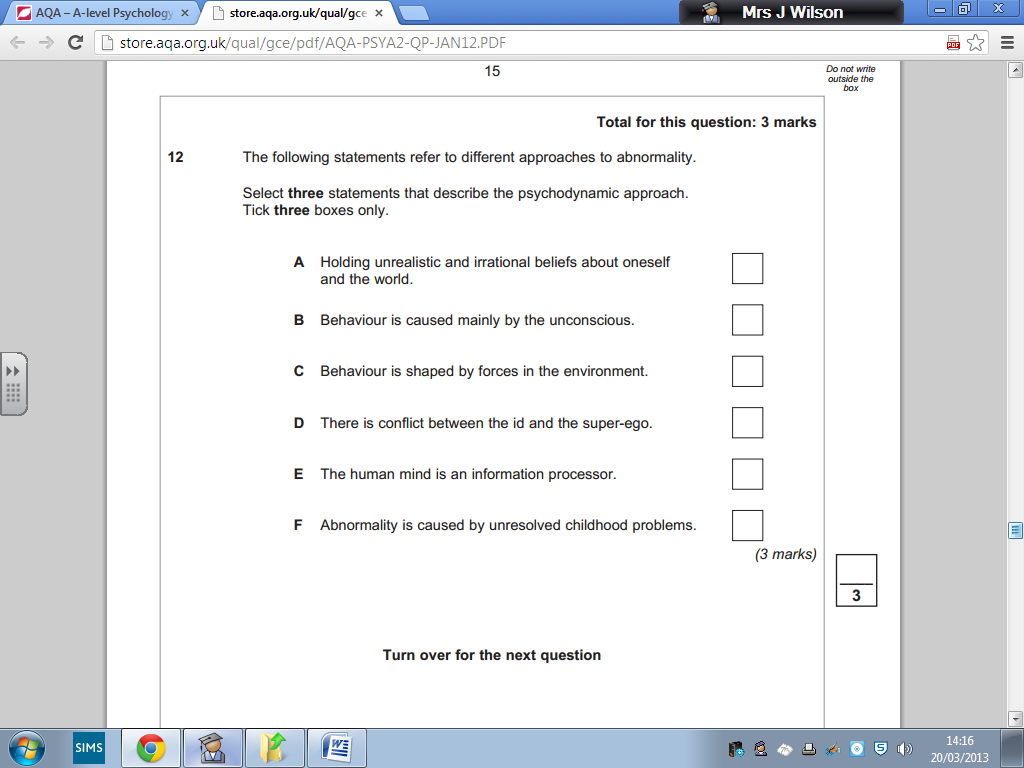
some improvement, it was only temporary. Dr Francis has offered her ECT but she

knows very little about it. What information could Dr Francis give to the patient about this therapy? (4)

1. The patient decides not to have ECT and asks Dr Francis what other therapies are

available. He suggests Cognitive Behavioural Therapy (CBT). Describe how CBT would be used to treat her. (4)

**Questions about psychological approaches to psychopathology : Psychodynamic approach**

1. Freud’s views on the origins of abnormal behaviour and ways of treating it had a great impact on psychology.’ Outline and evaluate the psychodynamic approach to abnormality. (12)
2. Outline key features of the psychodynamic approach to psychopathology. (4)
3. 

**Questions about psychological therapies : Psychoanalysis**

1. Psychoanalysis is a beneficial therapy for some people. However, as with all therapies, it has limitations. Evaluate psychoanalysis as a therapy (6)
2. There are various types of psychological therapy for treating abnormality. Outline what is involved in psychoanalysis. (3)
3. Outline two techniques used in psychoanalysis (4)

**Questions about psychological approaches to psychopathology : behavioural**

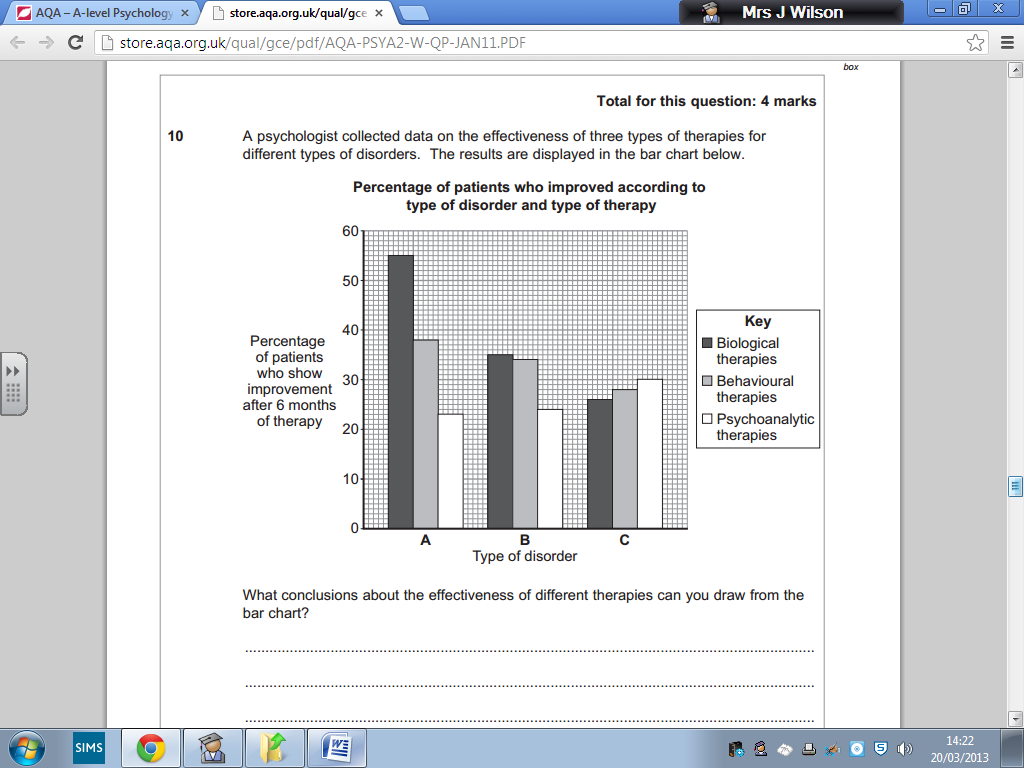
1. The behavioural approach assumes that abnormal behaviour is learnt through classical conditioning, operant conditioning and imitation. Evaluate the behavioural approach to psychopathology. (4)
2. Outline and evaluate the behavioural approach to explaining psychopathology (8)

**Questions about psychological therapies : systematic desensitisation**

1. Outline what is involved in systematic de-sensitisation. (3)
2. Explain one weakness of systematic de-sensitisation. (2)
3. Mia has a phobia of eating in public. She is about to go to university where she knows that she will have to eat all her meals in a large dining hall surrounded by other students. Describe how a therapist might use systematic desensitisation to help Mia overcome her phobia of eating in social situations (4)

**Questions about psychological approaches to psychopathology : cognitive**

1. Outline and evaluate the cognitive approach to explaining psychopathology (8)



**Random !!**

**Questions on types of conformity**

1. Jan and Norah have just finished their first year at university where they lived in a house with six other students. All the other students were very health conscious and ate only organic food. Jan had listened to their point of view and now she also eats only organic food. Norah was happy to eat organic food while in the house, but when she went home for the holidays she ate whatever her mother cooked. Both girls conformed, but for different reasons. **Explain which type of conformity each girl was showing. (4)**

2a. Explain what is meant by *internalisation* in the context of conformity.(2)

2b. Explain what is meant by *compliance* in the context of conformity. (2)

**3. It is Ani’s first day in a new job and he spends a lot of time watching to see what his colleagues are doing, so that he will fit in with them and be liked. Explain Ani’s behaviour in terms of compliance. (4)**

**4.** Outline **and** evaluate research into conformity.(12)

**Questions on explanations of conformity**

5.Josie, Hana and Caitlyn have just started new jobs and all three are keen to do well. Josie laughs a lot at the jokes her colleagues tell, even though she does not always find them very funny. Hana observes her colleagues closely and makes sure that she completes the work in the same way that they do, so that she does not make any mistakes. Caitlyn prefers to learn through trial and error. She believes that by trying and by making mistakes, she will really understand what she is doing.

Which girl’s behaviour is being influenced by normative social influence and which girl’s behaviour is being influenced by informational social influence? Justify both choices. (6)

6a Explain what is meant by informational social influence.(3)

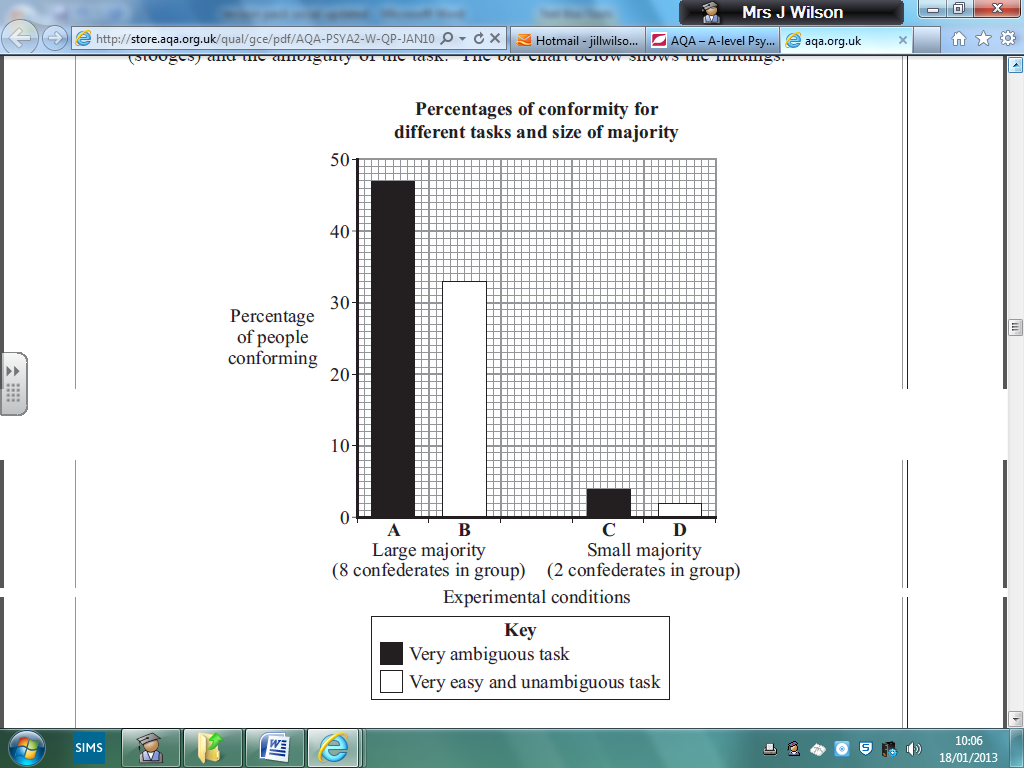
6b Explain what is meant by Normative social influence. (3)

**Exam questions on conformity research**

1. A. Outline **one** method that psychologists have used to study conformity.(2)

B Name one limitation of the method (2)

1. Suggest an appropriate way of overcoming this limitation.(2)
2. Most research into conformity takes place in a laboratory. Outline **one** strength of conducting research into conformity in a laboratory. (2)
3. Outline and evaluate explanations of conformity. (12)
4. In an experiment into conformity, an experimenter varied both the number of confederates (stooges) and the ambiguity of the task. The bar chart below shows the findings.



What does the bar chart show about conformity? (4)

**Exam questions on obedience research**

1. Describe **two** ethical issues that can be illustrated by Milgram’s research into obedience

to authority.(4)

1. A. Explain why it is sometimes necessary to deceive participants in social influence

research. (2)

B. Describe **one** way in which deception has been dealt with in social influence research. (2)

1. Some research into obedience has been carried out in laboratories. Other studies into obedience have been carried out in the real world, including field experiments and observations.
2. Suggest one strength of doing research in a laboratory (2)
3. Suggest one limitation of doing research in a laboratory (2)
4. A. Milgram’s experiments into obedience can be criticised as being unethical.

Describe **two** ethical issues that can be illustrated by Milgram’s research. (4)

B Choose **one** of the ethical issues identified in your answer to 4(a) and explain a way of

dealing with it. (2)

**Exam questions on why people obey**

1. Explain **one or more** reasons why people obey authority.(6)
2. Outline **two** explanations of why people obey. (4)

**Exam questions on independent behaviour : how people resist pressures to conform**

1. Using your knowledge of psychology, explain one or more reasons why some people might resist pressures to conform. (8)

18. “Not everyone conforms; some people resist these pressures and

remain independent (12)

19. Discuss one or more explanations of independent behaviour, for example, how people

resist pressures to conform (8)

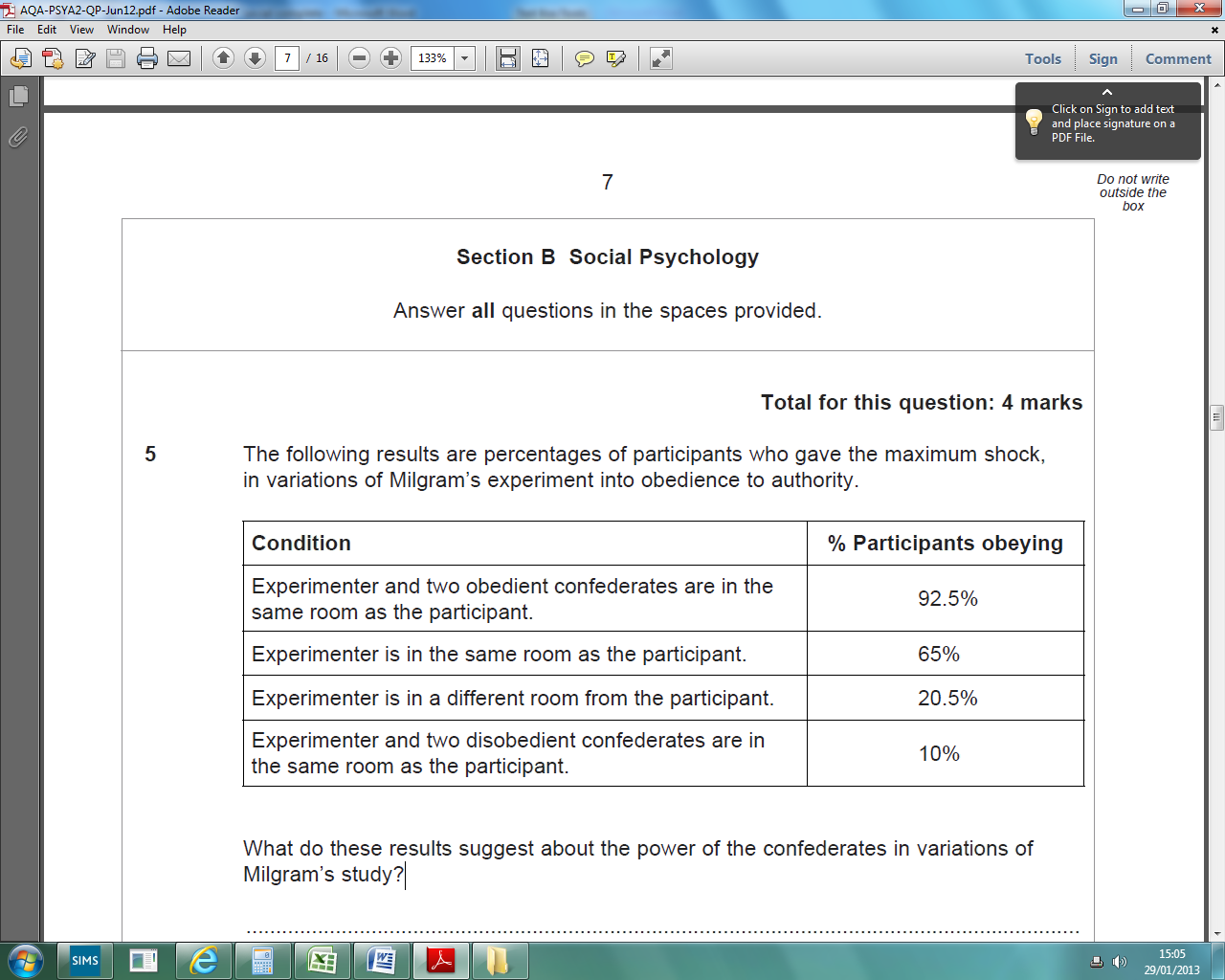
**Exam questions on independent behaviour : how people resist pressures to obey**

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1. “Not everyone obeys authority; some people resist these pressures and remain independent (12)
2. Discuss **one or more** explanations of independent behaviour, for example, how people

resist pressures to obey.(8



What do these results suggest about the power of the confederates in variations of Milgram’s study? (4)

**Exam questions on independent behaviour : locus of control**

1. Explain what is meant by locus of control.(4)
2. Explain how locus of control influences independent behaviour.(4)
3. Three students, George, Petra and Dan, have just started in the sixth form. Dan is a confident person who thinks that his fate lies firmly in his hands. By the end of the first week, Dan has put himself forward to be nominated as the class representative. Petra has also put her name forward to be nominated. She believes it is just luck whether or not she will be selected and feels that there is not much she can do about it. George did not put his name forward because his father told him not to.

27 (a) (i) What type of locus of control does Petra’s behaviour show? (1)

27 (a) (ii) What type of locus of control does Dan’s behaviour show? (1)

27) (iii) George did not put his name forward as the class representative. Use yourknowledge of social influence research to explain this. (2)

27 (iv) Which one of the three students is most likely to resist pressures to conform? Use your knowledge of psychology to explain your choice.(3)

**Exam questions on how social influence research helps us understand social change**

1. How has social influence research helped our understanding of social change? (4)
2. Mike and his grandfather were having a conversation about recycling. Mike explained that he always puts empty cans and plastic bottles in one box and newspapers and cardboard in another box and that his mum takes these to be recycled once a week. His grandfather said that when he was Mike’s age, people did not recycle. Mike said that everyone in his street recycles and that they have a big box at school especially for recycling.

Using your knowledge of the psychology of social change, explain why recycling is now behaviour carried out by a majority of people in this country. (6)

1. For many years, smoking in public places such as trains, pubs and restaurants was quite acceptable. People could smoke wherever they wanted and non-smokers had to put up with smoky atmospheres. However, in 2007, the Government finally introduced a law banning smoking in public places and those who smoke are limited in where they can smoke.

Using your knowledge of the psychology of social change, explain how this social change has occurred. (6)

1. Explain how a minority can bring about social change. (4)
2. A small environmental group wants to encourage people to use public transport or bikes instead of their cars. Using your knowledge of the role of minority influence in social change what advice would you give to the environmental group (6)