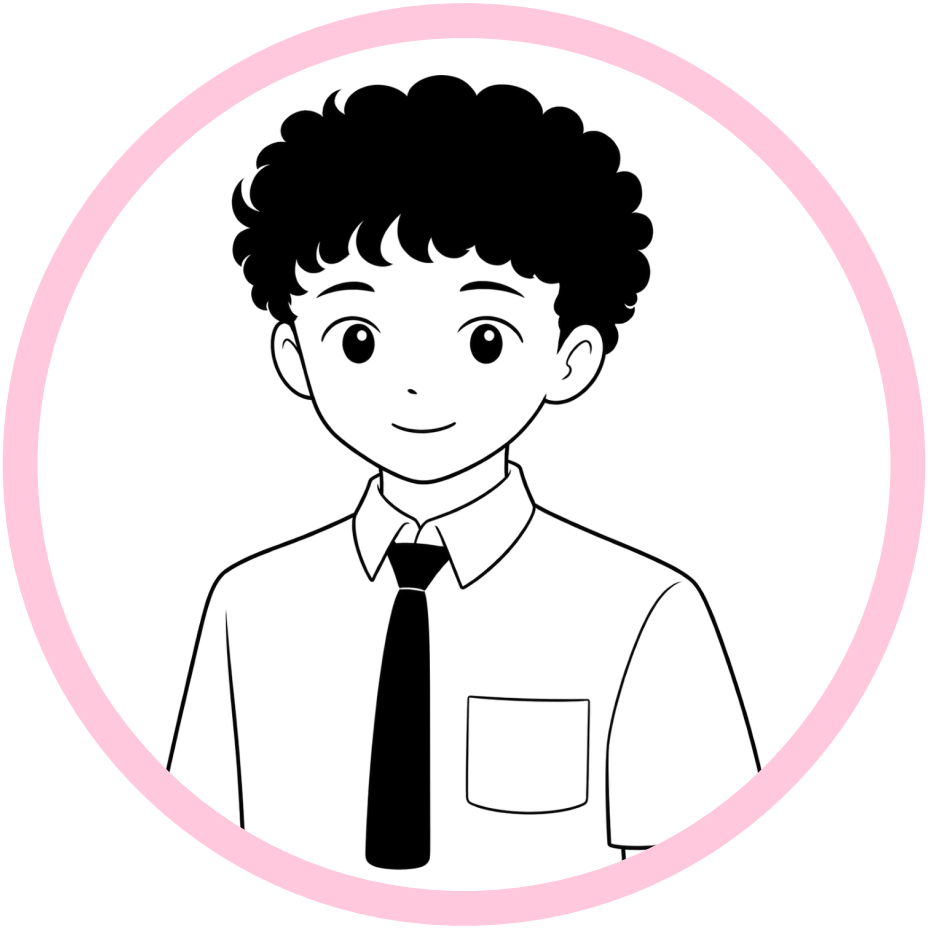
AQA A-LEVEL PSYCHOLOGY · 7182

PSYCHOLOGY



EXAM QUESTION PACK

3.1.4 PHOBIAS: EXPLANATION AND TREATMENT

SCORE	PERCENTAGE
/145	%

STEMUP

These questions belong to AQA, not to us.

The examination questions, mark schemes and examiner reports in this pack were written and published by AQA. They are past assessment materials, reproduced here so that students can revise from them.

What we do not own

STEMUP is not affiliated with AQA and does not own, and makes no claim to own, any of the question, mark scheme or examiner report material in this pack. AQA has not endorsed, approved or been involved in the production of it. AQA and the qualification titles used here belong to their respective owners and appear for identification only.

Where to find the originals

AQA publishes its past papers, mark schemes and examiner reports free of charge. Always check the current specification at aqa.org.uk before you revise, because content and wording can change between series.

If you hold the rights to any material in this pack and would like it amended or removed, contact admin@stemup.co.uk and we will act on it.

Q1.

Describe **one** behavioural characteristic that might be seen in a person who has been diagnosed with a phobia of wasps.

(Total 2 marks)

Q2.

Describe **one** emotional characteristic that might be seen in a person who has been diagnosed with a phobia of wasps.

(Total 2 marks)

Q3.

Explain how a hierarchy **and** relaxation might be used in the treatment of someone who has a phobia of wasps.

(Total 4 marks)

Q4.

Briefly outline how flooding might be used to treat a phobia.

(Total 2 marks)

Q5.

Briefly outline how systematic desensitisation might be used to treat a phobia.

(Total 2 marks)

Q6.

Briefly discuss **one** reason why systematic desensitisation might be a more successful treatment for phobias than flooding.

(Total 2 marks)

Q7.

Outline **one or more** ways in which behaviourists treat phobias.

STEMUP.CO.UK

(Total 6 marks)

Q8.

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.

(Total 4 marks)

Q9.

Outline **and** evaluate the behavioural approach to treating phobias.

(Total 12 marks)

Q10.

Read the item and then answer the question that follows.

> Tommy is six years old and has a phobia about birds. His mother is worried because he now refuses to go outside. She says, 'Tommy used to love playing in the garden and going to the park to play football with his friends, but he is spending more and more time watching TV and on the computer'.

(a) A psychologist has suggested treating Tommy's fear of birds using systematic desensitisation. Explain how this procedure could be used to help Tommy overcome his phobia.

STEMUP.CO.UK

(4)

(b) Explain why systematic desensitisation might be more ethical than using flooding to treat Tommy's phobia.

(2)

(Total 6 marks)

Q11.

Read the item and then answer the question that follows.

Kirsty is in her twenties and has had a phobia of balloons since one burst near her face when she was a little girl. Loud noises such as 'banging' and 'popping' cause Kirsty extreme anxiety, and she avoids situations such as birthday parties and weddings, where there might be balloons.

Suggest how the behavioural approach might be used to explain Kirsty's phobia of balloons.

(Total 4 marks)

Q12.

A mother and father are discussing their 10-year-old son's reluctance to go to a friend's birthday party at the local swimming pool. 'I really think he might have a fear of water', says his mum. 'I thought I might just sit with him in the car at the swimming pool car

STEMUP.CO.UK

park until he calms down. Then we might go into the viewing area and watch the others. Perhaps then he might be ready to go in the pool'.

'Nonsense', replies his dad. 'The only way to deal with fear is to face it; we should literally throw him in at the deep end!'

Discuss **two** behavioural treatments for phobias. Refer to the conversation above in your answer.

You may use this space to plan your answer.

(Total 16 marks)

Q13.

Mia has a phobia of eating in public. She is about to go to university where she knows that she will have to eat her meals in a large dining hall surrounded by other students.

Describe how a therapist might use systematic de-sensitisation to help Mia overcome her phobia of eating in social situations.

Extra space

(Total 4 marks)

STEMUP.CO.UK

Q14.

'Behaviourists believe that all behaviour, both normal and abnormal, is learned through processes such as classical conditioning, operant conditioning and social learning.'

Discuss the behavioural approach to explaining phobias.

(Total 16 marks)

Q15.

'Behaviourists believe that all behaviour, both normal and abnormal, is learned through processes such as classical conditioning, operant conditioning and social learning.'

Discuss the behavioural approach to explaining phobias.

(Total 12 marks)

Q16.

(a) Outline a behavioural explanation of phobias.

(2)

(b) Briefly discuss **one** limitation of the behavioural explanation of phobias that you have outlined in your answer to part (a).

(3)

(Total 5 marks)

Q17.

Sammy has a phobia of birds. This started when he was three years old. A seagull frightened him when it swooped down and stole his sandwich as he was eating it.

Sammy is now eight years old. He is scared when walking to school and is so afraid of birds that he will not play outside.

(a) Use your knowledge of the behavioural explanation of phobias to outline how Sammy's phobia might have developed.

(2)

(b) Describe and evaluate systematic desensitisation as a treatment for phobias. Refer to Sammy in your answer.

(16)

(Total 18 marks)

Q18.

Sammy has a phobia of birds. This started when he was three years old. A seagull frightened him when it swooped down and stole his sandwich as he was eating it.

Sammy is now eight years old. He is scared when walking to school and is so afraid of birds that he will not play outside.

(a) Use your knowledge of the behavioural explanation of phobias to outline how Sammy's phobia might have developed.

(2)

(b) Describe and evaluate systematic desensitisation as a treatment for phobias. Refer

STEMUP.CO.UK

to Sammy in your answer.

(12)

(Total 14 marks)

Q19.

Outline what is involved in systematic de-sensitisation.

(Total 3 marks)

Q20.

Describe systematic de-sensitisation as a method of treating abnormality.

(Total 3 marks)

Q21.

Explain **one** weakness of systematic de-sensitisation.

(Total 2 marks)

Q22.

Hamish has a phobia of heights. This phobia has now become so bad that he has difficulty in going to his office on the third floor, and he cannot even sit on the top deck of a bus any more. He has decided to try systematic de–sensitisation to help him with his problem.

STEMUP.CO.UK

Explain how the therapist might use systematic de-sensitisation to help Hamish to overcome his phobia.

Extra space

(Total 6 marks)

STEMUP.CO.UK