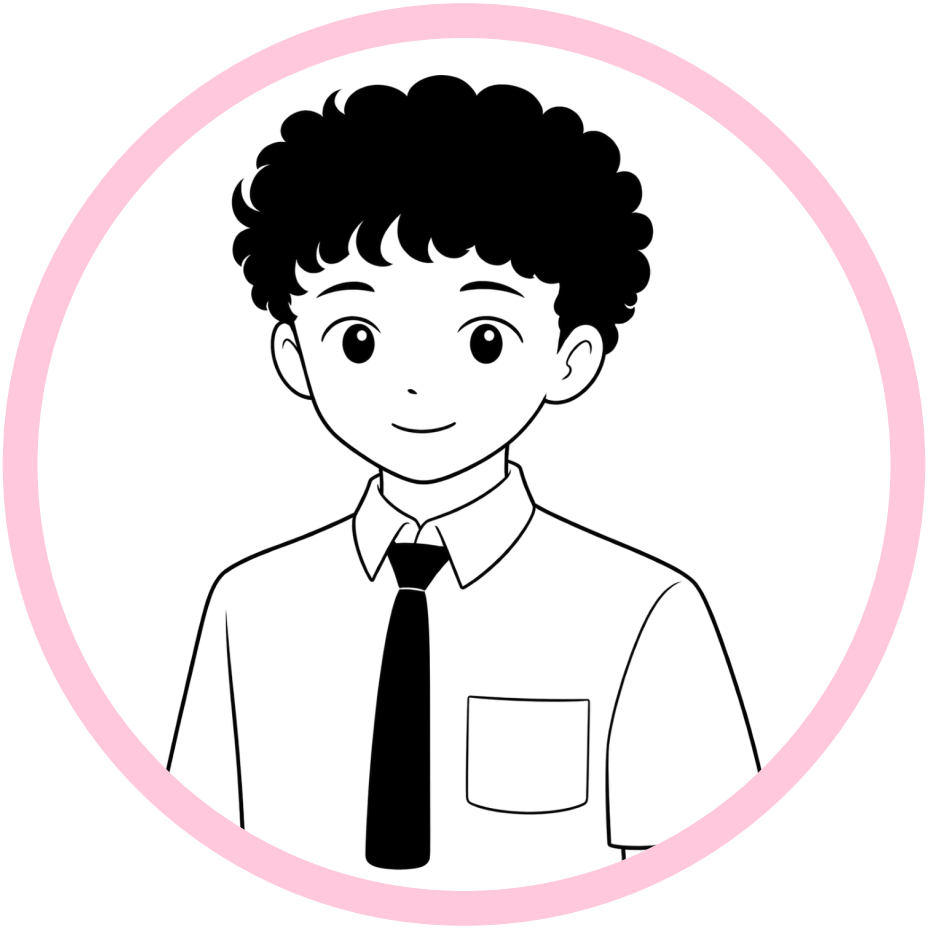
AQA A-LEVEL PSYCHOLOGY · 7182

PSYCHOLOGY



EXAM QUESTION PACK

3.2.2 THE FIGHT OR FLIGHT RESPONSE

SCORE	PERCENTAGE
/32	%

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Q1.

The fight or flight response enabled our ancestors to survive but can be less helpful in response to more modern stressors.

Explain how the body responds during fight or flight and why this could be unhelpful in a driving test situation.

(Total 4 marks)

Q2.

Outline the fight or flight response.

(Total 3 marks)

Q3.

Which **two** of the following statements about the fight or flight response are correct?

Shade **two** boxes only.

During the fight or flight response:

A there is a decrease in the release of adrenaline ⬭

B the flow of blood is diverted from the surface of the skin ⬭

C the process of digestion is inhibited ⬭

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D the parasympathetic division is in control of functioning ⬭

E there is a reduction in the rate of respiration ⬭

(Total 2 marks)

Q4.

Outline the role of adrenaline in the fight or flight response.

(Total 4 marks)

Q5.

You are just about to cross the road when a car comes speeding round the corner and narrowly misses you. Afterwards, standing safely on the pavement, you notice that your mouth is very dry, your breathing is very fast and your heart is thumping.

Using your knowledge of the body's response to stress, explain why you are likely to have experienced these changes.

Extra space

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(Total 4 marks)

Q6.

You are walking home at night. It is dark and you hear someone running behind you. Your breathing quickens, your mouth dries and your heart pounds. Then you hear your friend call out, “Hey, wait for me! We can walk back together.” Your breathing slows down and after a couple of minutes you are walking home calmly with your friend.

Explain the actions of the autonomic nervous system. Refer to the description above in your answer.

Extra space

(Total 4 marks)

Q7.

Martha was telling her friend Sanya about her recent frightening experience.

’I was walking home by myself in the dark. Suddenly, I heard footsteps behind me and I realised that someone was getting closer to me. I saw a bus at the bus stop and decided to run. I don’t think I have ever moved with such speed. I leapt on the bus – shaking, sweating and my heart was beating so fast I nearly collapsed.’

Outline the role of the central nervous system **and** autonomic nervous system in behaviour. Refer to Martha’s frightening experience in your answer.

(Total 4 marks)

Q8.

Using an example, explain what is meant by the *fight or flight response*.

(Total 3 marks)

Q9.

You are a passenger in a car that has suddenly slammed on its brakes to avoid hitting a dog. Your breathing quickens, your mouth is dry and you have a feeling of 'butterflies' in your stomach. But after a few minutes these physical changes start to disappear. Using your knowledge of the body's response to stress, explain why you are likely to have experienced:

(a) the changes that occurred in the first 30 seconds;

(2)

(b) the changes that occurred after a few minutes.

(2)

(Total 4 marks)

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