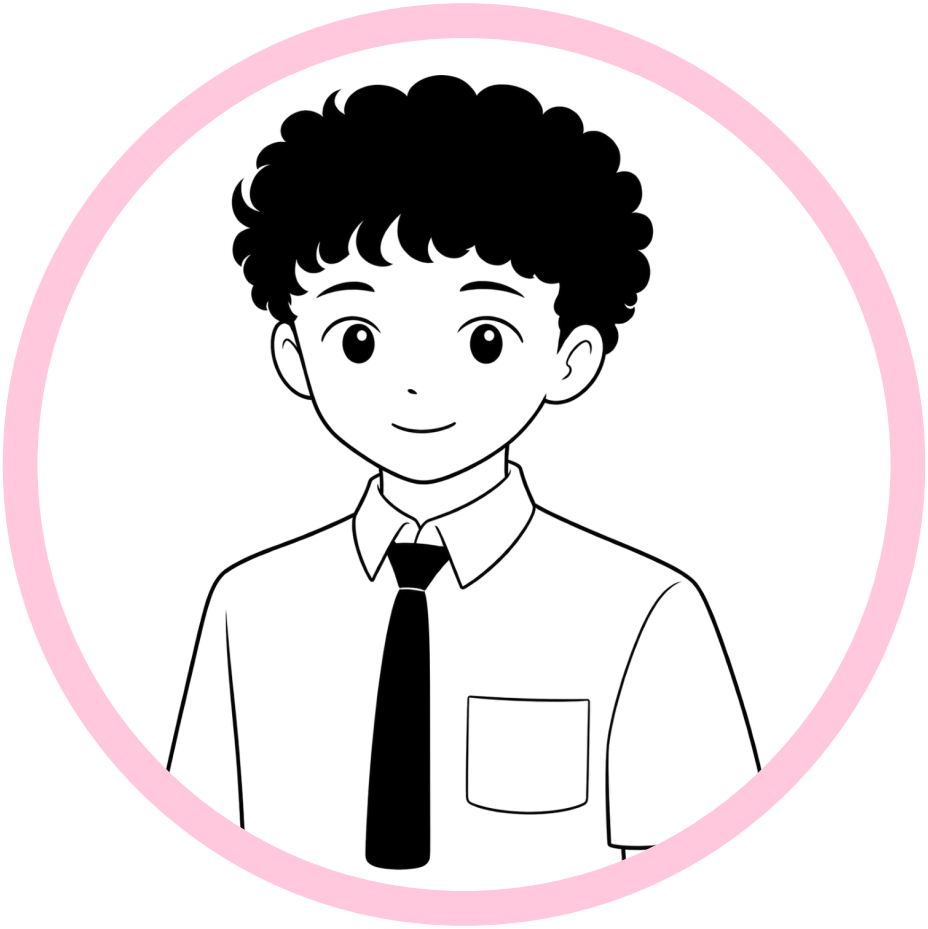
AQA A-LEVEL PSYCHOLOGY · 7182

PSYCHOLOGY



EXAM QUESTION PACK

3.3.10 THEORIES OF BEHAVIOUR CHANGE

SCORE	PERCENTAGE
/26	%

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Q1.

Evaluate Prochaska's model of behaviour change.

(Total 6 marks)

Q2.

Briefly outline the theory of planned behaviour.

(2)

Explain **one** limitation of this theory.

(2)

(Total 4 marks)

Q3.

Outline and evaluate the Prochaska model of behaviour change.

(Total 8 marks)

Q4.

Outline the theory of planned behaviour as a model for addiction prevention.

(Total 4 marks)

Q5.

Nadine says that she would like to give up smoking. She tells her friend that she will buy only one packet of cigarettes this week instead of her usual two packets.

Outline the Prochaska model of behaviour change. Refer to Nadine in your answer.

(Total 4 marks)