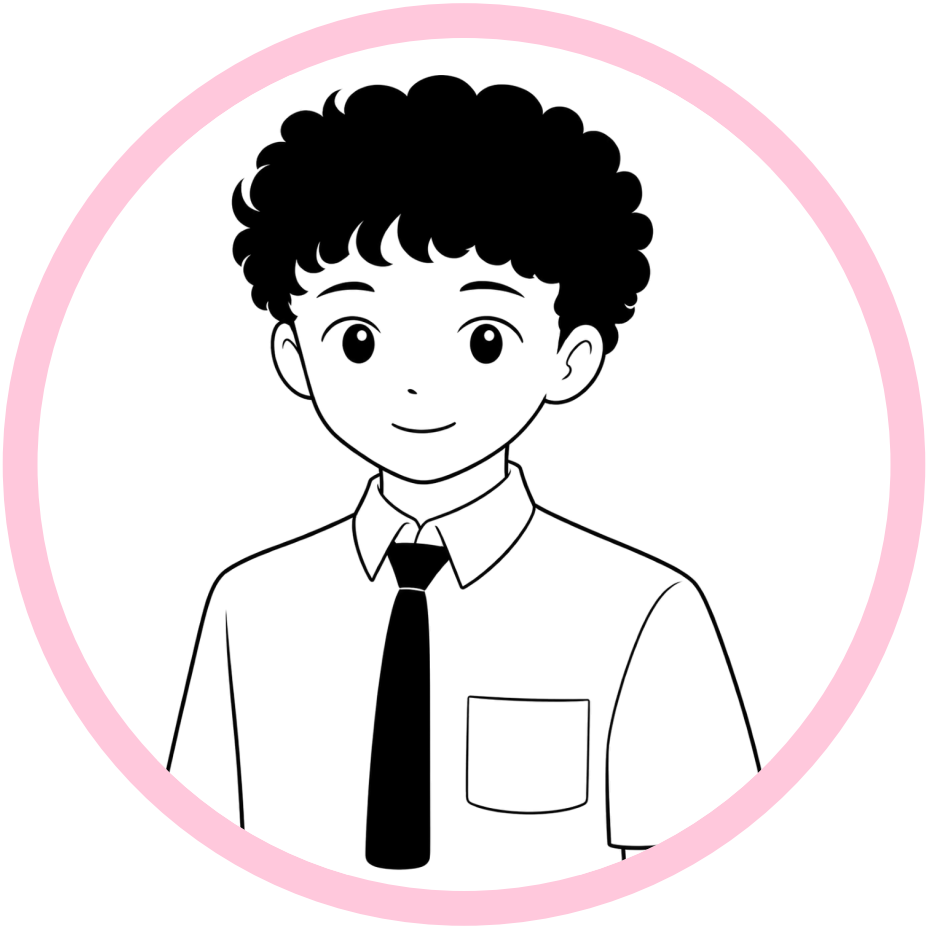
AQA A-LEVEL PSYCHOLOGY · 7182

PSYCHOLOGY



EXAM QUESTION PACK

3.3.6 OBESITY

SCORE	PERCENTAGE
/70	%

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Q1.

(a) Briefly outline **one** psychological explanation for obesity.

(2)

(b) Outline **one** strength of the explanation you have given in your answer to part (a).

(2)

(Total 4 marks)

Q2.

Which of the following best describes situations where disinhibition leads to overeating?
Write **A**, **B**, **C**, or **D** in your answer book.

A When environmental cues trigger a loss of control.

B When it would seem rude not to eat what you are given.

C When you are so hungry you cannot stop eating.

D When you do not care what other people think about you.

(Total 1 mark)

Q3.

Below are four evaluative statements about the boundary model of obesity.
Which statement is **TRUE**? Write **A**, **B**, **C**, or **D** in your answer book.

A The model ignores the role of cognition in eating behaviour.

B The model only explains the behaviour of restrained eaters.

C The model takes account of biological factors in eating behaviour.

D The model takes no account of the effect of motivation on eating behaviour.

(Total 1 mark)

Q4.

A psychologist wanted to compare food consumption in people on a diet ('restrained eaters') and people not on a diet ('unrestrained eaters'). Each group was given two milkshakes to drink as 'preloading'. They were then given access to bite sized cakes and the psychologist recorded the number of cakes eaten in 5 minutes. The results are given in the table:

Mean number of cakes eaten by restrained and unrestrained eaters

Group	Mean number of cakes eaten
Restrained eaters	14.6
Unrestrained eaters	6.3

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With reference to psychological explanations for the success and failure of dieting, how would you explain the data in the table?

(Total 4 marks)

Q5.

Nicky has been trying to diet for several years. She is sometimes successful in losing weight, but over the following months puts the weight back on again. Whenever she overeats she sees herself as a failure, but she does not want to use drugs or surgery. She is still desperate to lose weight.

Suggest **one or more** strategies that might help Nicky to lose weight and to maintain the weight loss.

(Total 4 marks)

Q6.

Outline and evaluate **one or more** biological explanations for obesity.

(Total 16 marks)

Q7.

Outline and evaluate **one** psychological explanation and **one** biological explanation of **one** eating disorder.

(Total 16 marks)

Q8.

Identify an eating disorder. Outline **one** explanation for this eating disorder.

(Total 4 marks)

Q9.

Outline **one** psychological explanation of **one** eating disorder.

(Total 4 marks)

Q10.

‘Dieting often fails because people are trying to go against their biological drive to eat.’

Discuss explanations for the success **and / or** failure of dieting.

(Total 16 marks)

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