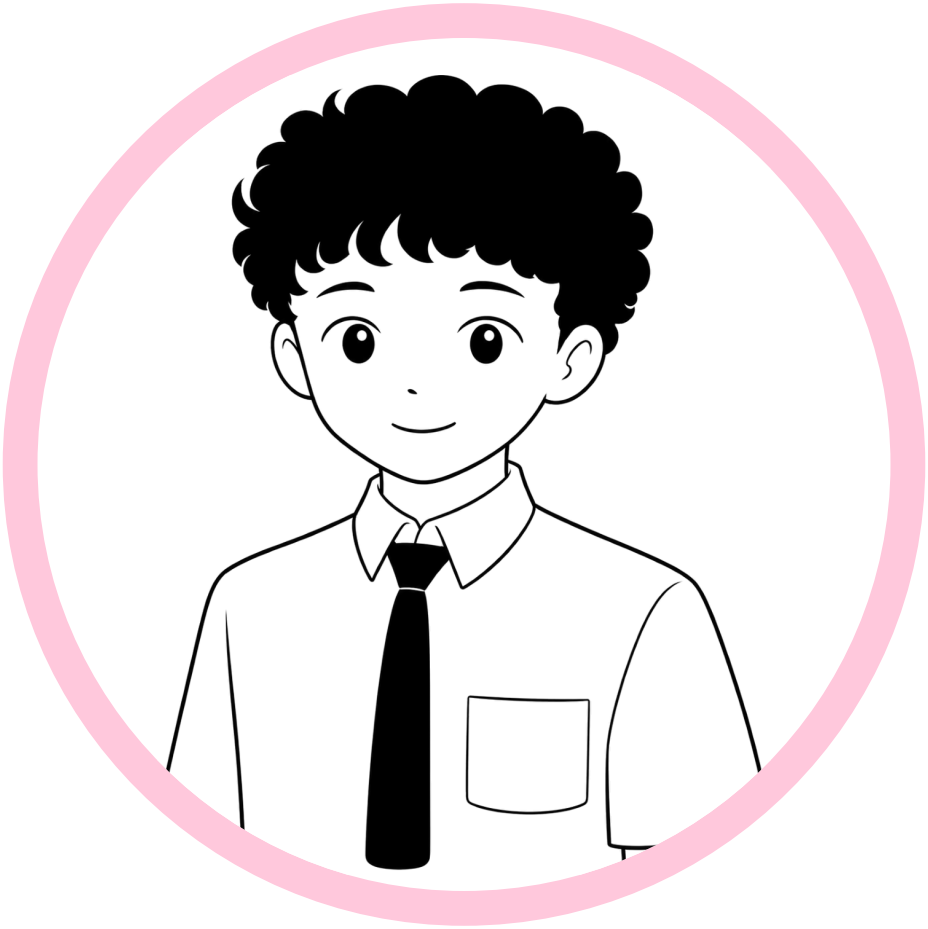
AQA A-LEVEL PSYCHOLOGY · 7182

PSYCHOLOGY



EXAM QUESTION PACK

3.3.7 MANAGING AND COPING WITH STRESS

SCORE	PERCENTAGE
/91	%

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Q1.

(a) Briefly outline **one** therapy used to manage stress.

(2)

(b) Outline **one** limitation of the therapy in your answer to part (a).

(2)

(Total 4 marks)

Q2.

Wally worries about work. He lies awake at night worrying that he is not good enough for the job and does not want to go to work in the morning. He thinks that his workmates laugh at him and gets embarrassed when they try to talk to him. He avoids his supervisor because he thinks that his supervisor will tell him off for not working hard enough.

Describe stress inoculation therapy as a way of managing stress and explain how Wally's stress could be managed using stress inoculation.

(Total 8 marks)

Q3.

Briefly discuss **one** strength and **one** limitation of stress inoculation therapy as a way of managing stress.

(Total 6 marks)

Q4.

Drug therapy, stress inoculation therapy and biofeedback are methods used to cope with stress. Discuss **two** of these methods of coping with stress.

(Total 16 marks)

Q5.

Briefly explain what is meant by instrumental social support.

(Total 2 marks)

Q6.

A psychologist is interested in gender differences in the use of two different types of social support in coping with stress. Using a questionnaire to test responses to a range of stressful situations, he obtains data from 100 males and 100 females. These results are shown in the Table below:

Gender differences in types of social support used in coping with stress

	Number using instrumental social support	**Number using emotional social support**	**Number using both instrumental and emotional social support**	**Totals**
Males	54	23	23	100

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Females	20	48	32	100
	74	71	55	200

Using your knowledge of gender differences in types of social support, explain the findings in the table.

(Total 4 marks)

Q7.

Sadiq has a stressful job, a young family, and a mother who has recently had a fall and been hospitalised. Sadiq visits her whenever he can. Although he feels he is coping with the stress in his life his blood pressure has risen dangerously in the last six months. Sadiq feels that he needs to manage his stress.

From your knowledge of managing and coping with stress, explain how Sadiq could deal with his stress.

(Total 4 marks)

Q8.

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

Explain how stress inoculation therapy (SIT) could be used to help Kerry.

In your answer you must refer to details from the passage above.

Extra space

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(Total 4 marks)

Q9.

Long-term stress is often accompanied by psychological and physical changes. Drug therapy is sometimes used to reduce these effects of stress.

Outline drug therapy as a method of stress management.

Extra space

(Total 4 marks)

Q10.

Outline stress inoculation therapy as a method of stress management.

Extra space

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(Total 4 marks)

Q11.

Outline **two** named types of social support. Explain how **each** type might help a person who is feeling stressed due to relationship problems.

(Total 4 marks)

Q12.

Briefly evaluate social support as a factor in coping with stress. Use research evidence to support your answer.

(Total 4 marks)

Q13.

(a) Describe **one** study in which the role of social support in coping with stress was investigated. Indicate why the study was conducted, the method used, the results obtained and the conclusion drawn.

(4)

(b) Briefly explain **one** limitation of the study that you have described in your answer to part (a).

(1)

(Total 5 marks)

Q14.

'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.

(Total 16 marks)

Q15.

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

_____

_____

(1)

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

_____

_____

_____

_____

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Extra space

(5)

(Total 6 marks)

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