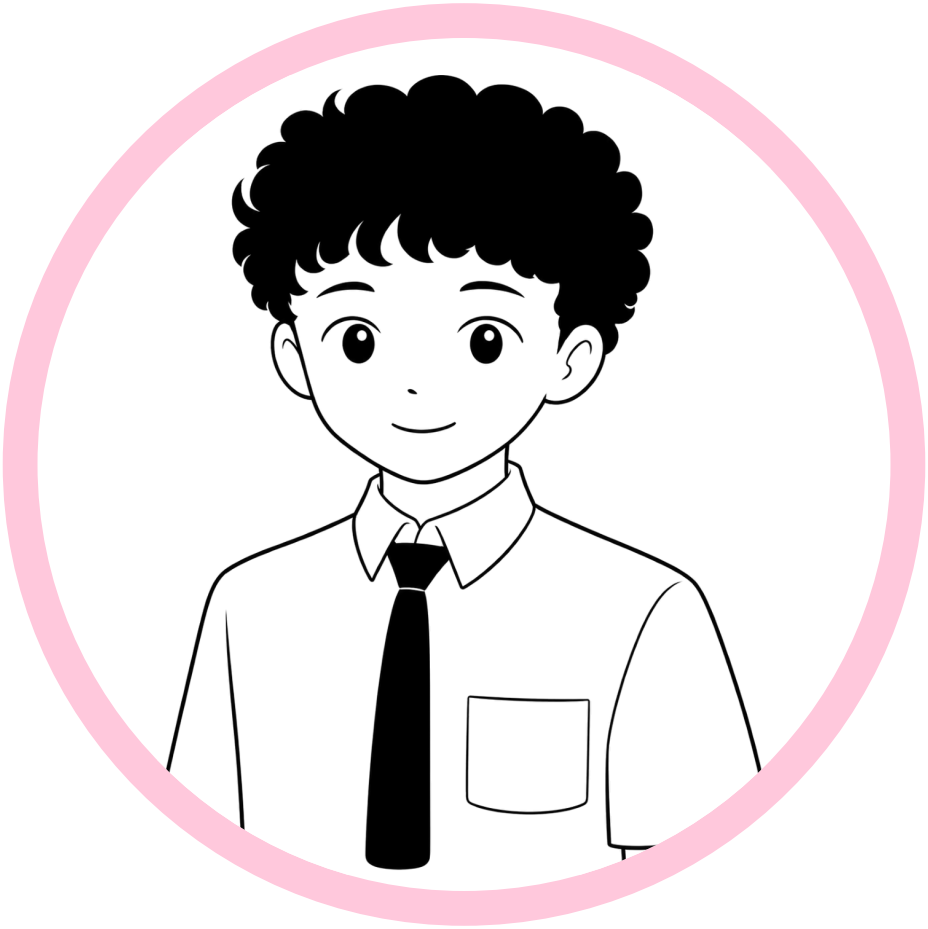
AQA A-LEVEL PSYCHOLOGY · 7182

PSYCHOLOGY



EXAM QUESTION PACK

3.3.7 MEASURING STRESS

SCORE	PERCENTAGE
/40	%

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Q1.

Outline and evaluate **one or more** self-report scales that have been used by psychologists to measure stress.

(Total 8 marks)

Q2.

The Social Readjustment Rating Scale is widely used to measure stress.

Explain **one** limitation of the Social Readjustment Rating Scale.

(Total 2 marks)

Q3.

Explain **one** limitation of the Hassles and Uplifts Scale as a method of measuring stress.

(Total 2 marks)

Q4.

A researcher used a questionnaire and an in-depth interview to assess Georgia's personality. After completing the questionnaire Georgia was found to be Type A. However, after the in-depth interview she was found to be Type B.

Explain why these methods might produce such different results.

Extra space

(Total 4 marks)

Q5.

Both life changes and daily hassles are often measured using questionnaires.
Give **two** limitations of using questionnaires.

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Limitation One _____

_____

_____

_____

Extra space _____

_____

(2)

Limitation Two _____

_____

_____

_____

Extra space _____

_____

(2)

(Total 4 marks)

Q6.

Questionnaires have been used by psychologists to investigate stress.

Explain **one** possible ethical issue that might arise when using questionnaires in this area of psychology.

_____

_____

_____

_____

(Total 2 marks)

Q7.

Apart from ethics, explain **one other** problem of using questionnaires to investigate stress.

_____

_____

_____

_____

(Total 2 marks)

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Q8.

Harry always meets deadlines. He hates being late and always likes to keep himself busy with plenty to do. Alex does not mind being late for anything and although he tries to meet deadlines, he is not worried if he misses some of them.

(a) Is Harry or Alex more likely to have Type A personality?

_____

Explain why having Type A personality makes him more likely to suffer the negative effects of stress.

_____

_____

_____

_____

_____

_____

Extra space _____

_____

_____

_____

(4)

(b) Outline **one** way in which psychologists measure Type A personality.

_____

_____

_____

_____

(2)

(Total 6 marks)

Q9.

Questionnaires have often been used in stress research to measure the impact of life changes on health.

Outline **one** advantage and **one** disadvantage of using questionnaires in stress research.

One advantage _____

_____

_____

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One disadvantage _____

(Total 6 marks)

Q10.

(a) Outline what is meant by *Type A behaviour*.

(2)

(b) Outline a method used by psychologists to assess whether someone shows Type A behaviour.

(2)

(Total 4 marks)

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