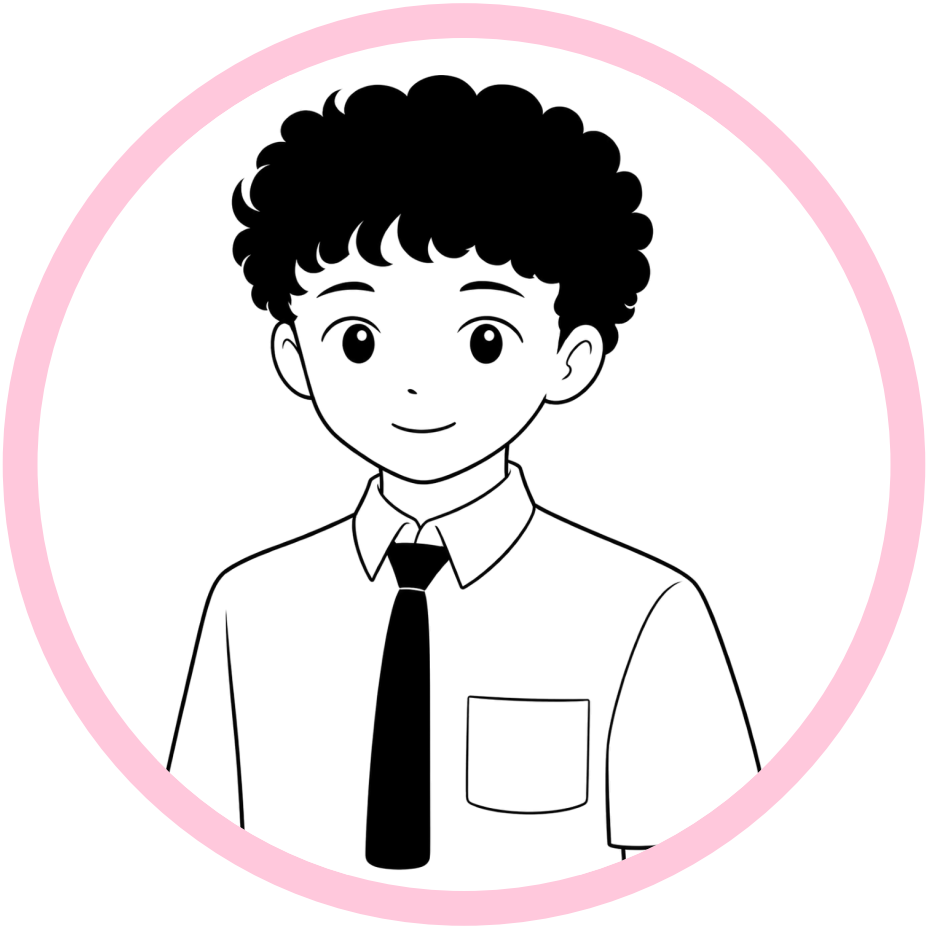
AQA A-LEVEL PSYCHOLOGY · 7182

PSYCHOLOGY



EXAM QUESTION PACK

3.3.7 STRESS IN ILLNESS

SCORE	PERCENTAGE
/65	%

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Q1.

Discuss the role of stress in illness.

(Total 16 marks)

Q2.

With reference to research evidence, discuss links between stress and illness.

(Total 8 marks)

Q3.

Mannie has a well-paid job. However, she worries about work problems all the time, suffers from sleeplessness and always has a cold. Jilly works in the same company doing the same job. Although she works just as hard as Mannie, she does not worry about work and is able to relax quite happily in the evenings and at the weekends. Jilly cannot remember the last time she was ill.

(a) Briefly describe how the endocrine system is involved in mediating and responding to stress. Refer to Mannie **and** Jilly in your answer.

(4)

(b) Outline personal variables which might explain why Mannie and Jilly respond so differently to the same situation.

(4)

(Total 8 marks)

Q4.

Roy and Mick are members of a football team; both play to the same high standard. Roy never minds if the team does not win; he just enjoys playing with his team-mates and spending time with them after the match. Mick always wants to win and gets angry if the team loses.

(a) Which personality type is each person likely to have?

Roy _____

Mick _____

(2)

(b) Explain whether Roy or Mick is more likely to suffer from a stress-related illness. Use research in your explanation.

_____

_____

_____

_____

_____

_____

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Extra space

(4)

(Total 6 marks)

Q5.

Outline and evaluate research into the relationship between the immune system and stress-related illness.

(Total 12 marks)

Q6.

Sandy and Vandita play for the same netball team. Two weeks ago, while playing in a competition, they both grazed their elbows. Vandita's wound is healing well, but Sandy's wound is taking much longer to heal. Sandy is very worried about the plans for her wedding and her forthcoming house move.

Using your knowledge of psychology, explain why Sandy's wound is taking longer to heal than Vandita's.

Extra space

(Total 4 marks)

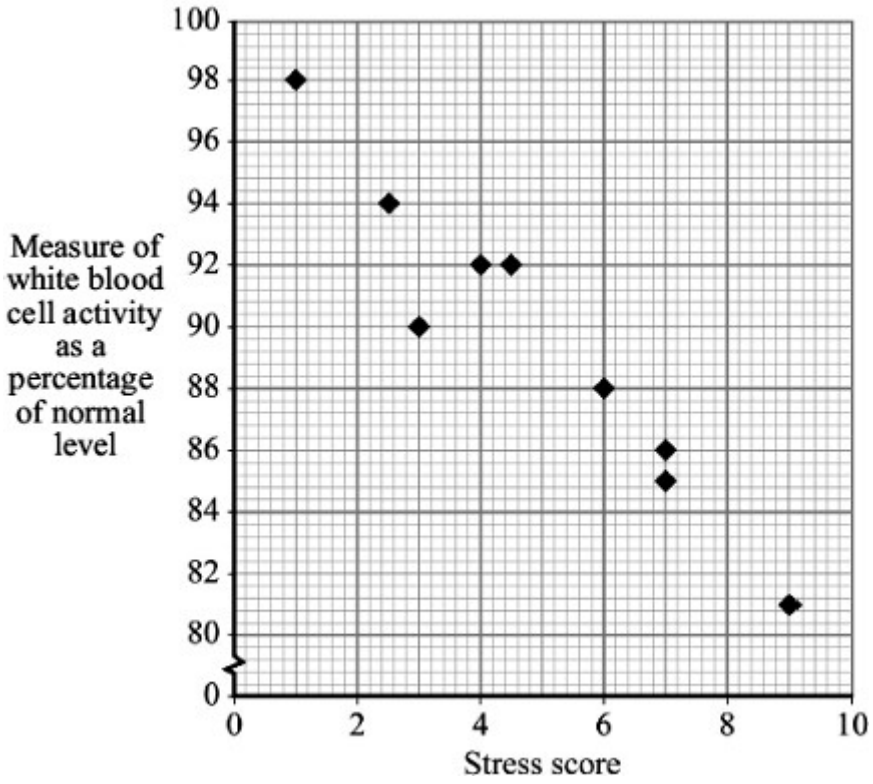
Q7.

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One measure of the functioning of the immune system is the level of activity of white blood cells.

What does the graph below tell you about the relationship between stress and the level of activity of white blood cells?

Relationship between stress and the level of activity of white blood cells



_____

_____

_____

_____

(Total 2 marks)

Q8.

During the last few months, Paula has suffered from headaches and colds, and has been having difficulty sleeping. She decided to keep a diary and found that her headaches, colds and sleep problems were associated with experiences such as having too much homework, losing house keys and being stuck in traffic.

(a) What is the name for these sorts of stress-related experiences?

_____

(1)

(b) Use your knowledge of psychology to explain why Paula might be feeling unwell.

_____

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Extra space

(4)

(Total 5 marks)

Q9.

A doctor has been given a new drug to test, which is intended to help boost the immune system and help prevent people from getting colds.

How have psychologists investigated the relationship between stress and the immune system?

Extra space

(Total 4 marks)

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