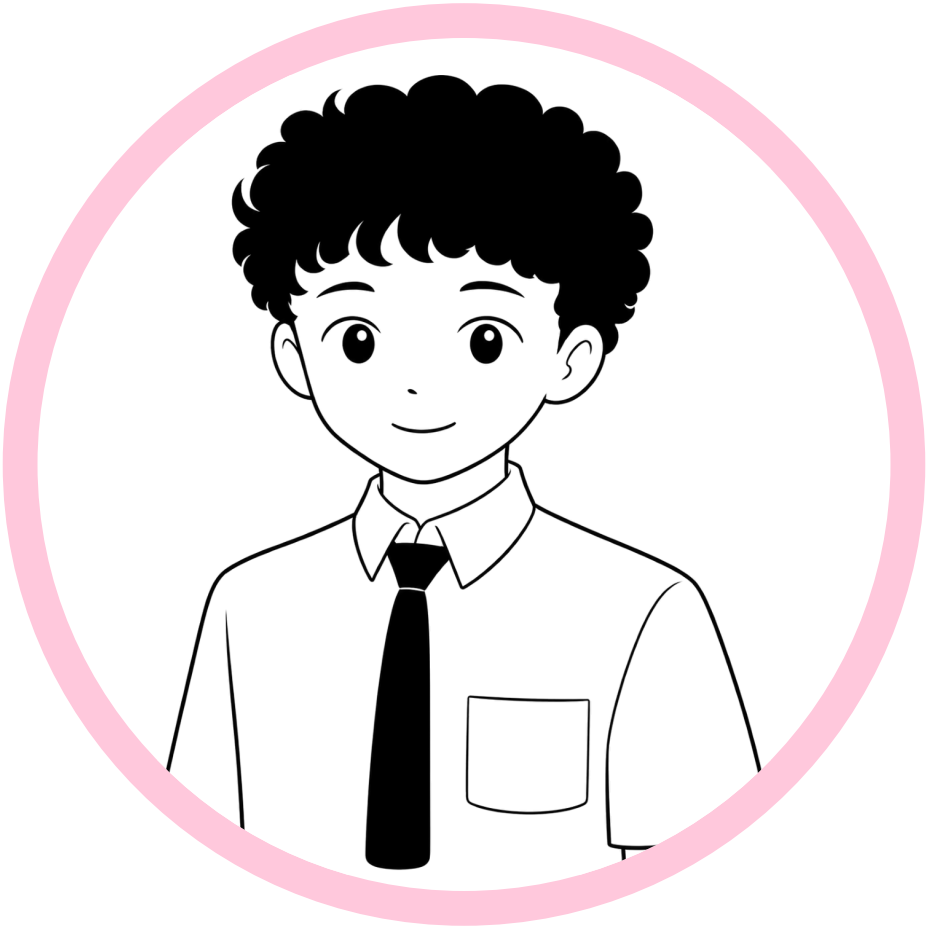
PEARSON EDEXCEL IAL PSYCHOLOGY · YPS01

PSYCHOLOGY



EXAM QUESTION PACK

HEALTH PSYCHOLOGY

SCORE	PERCENTAGE
/186	%

STEMUP

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Q1.

Anatole conducted an experiment to see if social support affected his participants' perception of how likely someone was to become stressed.

- Condition A: ten participants were given a scenario where the person in a stressful situation at work had social support from friends and family.
- Condition B: nine different participants were given the same scenario but the person had no social support from friends and family.

Anatole then asked his participants to say whether the person in the scenario would be stressed or not.

(a) Describe the experimental/research design Anatole used in his experiment

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The results from Anatole's experiment are shown in **Table 3**.

Condition	Number of participants who said the person would be stressed	Number of participants who said the person would not be stressed
The scenario said the person had social support from family and friends.	3	7
The scenario said the person did not have social support from family and friends.	8	1

Table 3

(b) Calculate the percentage of participants who said the person would be stressed, out of all participants.

You **must** give your answer to **one** decimal place.

(1)

Space for calculations

Percentage .....

(c) Explain what level of measurement Anatole used for the data shown in **Table 3**.

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(d) Explain **one** conclusion Anatole could make from his results in terms of the effects of social support.

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(e) Explain **one** improvement Anatole could make to his experiment.

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(Total for question = 9 marks)

Q2.

Marcellus carried out an experiment to see if cognitive behavioural therapy (CBT) was an effective treatment for anxiety disorders. He used an independent groups experimental research design with each group seeing a different clinician.

- Condition A: patients received drug treatment for their anxiety.
- Condition B: patients received cognitive behavioural therapy (CBT) for their anxiety.

Once the treatments had been completed, Marcellus categorised whether the patients stated that they felt their anxiety was reduced, or whether they stated that they felt their anxiety was not reduced.

(a) Justify why Marcellus used an independent groups experimental research design.

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Marcellus conducted a chi squared test. The data gathered by Marcellus is shown in **Table 3**.

		Observed	Expected	O–E	$(O–E)^2$	$(O–E)^2/E$
Condition A: Drug treatment	**Anxiety reduced**	5	9.92			
	Anxiety not reduced	12	7.08			
Condition B: Cognitive behavioural therapy	**Anxiety reduced**	16	11.08			
	Anxiety not reduced	3	7.92			
					Chi squared =	

Table 3

(b) Calculate the chi squared for the data gathered by Marcellus by completing **Table 3**.

Your answers should **all** be correct to **two** decimal places.

(4)

Space for calculations

(c) Explain **one** way that Marcellus could improve the reliability of his experiment.

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(Total for question = 8 marks)

Q3.

Anika wants to carry out an investigation to see whether personality traits are linked to stress. She placed posters in the local doctor's surgery asking for volunteers with a Type A personality. She asked them to contact her if they were willing to take part in her investigation and complete a questionnaire about their personality and stress.

(a) Explain **one** reason why Anika recruited her sample from those who have a Type A personality.

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(b) Explain **one** way Anika could improve her investigation to increase validity.

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(Total for question = 4 marks)

Q4.

Lucy lost her job six months ago and has started to have difficulty sleeping. She finds that her heart rate increases when she is faced with new situations.

Lucy has been trying to find another job, but when she attends interviews she struggles to concentrate and cannot focus on the questions being asked. Lucy visited a doctor who diagnosed her with an anxiety disorder and stress.

(a) Describe how the prefrontal cortex may be associated with Lucy's stress.

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(b) Describe how cognitive behavioural therapy could be used to help Lucy with her anxiety disorder.

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(Total for question = 5 marks)

Q5.

In your studies of health psychology, you will have learned about coping strategies.

(a) State what is meant by the term 'negative technique' as a coping strategy.

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(b) Ludovic was on holiday and when he returned home, he found that his house had been burgled. His personal possessions had been burned and graffiti sprayed on the walls. Ludovic was traumatised by the event and felt very stressed.

Ludovic contacted his doctor to see if she could help him deal with the stress he was experiencing. The doctor suggested that he could use positive techniques as a coping strategy to manage his stress.

Describe how Ludovic could use a positive technique to cope with the stress of the burglary.

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(Total for question = 3 marks)

Q6.

In your studies of health psychology you will have learnt about the classic study by Brady (1958).

Assess Brady (1958) in terms of the Animals (Scientific Procedures) Act 1986.

(Total for question = 8 marks)

Q7.

In your studies of health psychology, you will have learnt about the contemporary study by Nakonz and Shik (2009).

Assess how far Nakonz and Shik (2009) has furthered our understanding of the effect of religious coping strategies.

(Total for question = 8 marks)

Q8.

Assess how far Type A personality may be associated with stress.

(Total for question = 8 marks)

Q9.

Assess life events and daily hassles as factors that affect stress.

(8)

(Total for question = 8 marks)

Q10.

Assess the effectiveness of social support in reducing the symptoms of stress.

(Total for question = 8 marks)

Q11.

Assess the use of selective serotonin reuptake inhibitors (SSRIs) as a treatment for anxiety.

(Total for question = 8 marks)

Q12.

Assess whether Selye's General Adaptation Syndrome (GAS) can fully explain stress.

(Total for question = 8 marks)

Q13.

Jago investigated the effectiveness of cognitive behavioural therapy for reducing the anxiety attacks in patients with anxiety. He sampled 10 male patients from a local mental health service.

Patients were asked to tally the number of anxiety attacks they had in two different one-week periods. The number of anxiety attacks were first recorded before the patients underwent any therapy, and then recorded again after therapy.

The data gathered by Jago is shown in **Table 4**.

Participant	Number of anxiety attacks before cognitive behavioural therapy	Number of anxiety attacks after cognitive behavioural therapy
A	17	13
B	15	15
C	18	15
D	12	14
E	16	12
F	14	13
G	18	14
H	20	15
I	16	11
J	15	13

Table 4

(a) Complete **Table 5** and calculate the Wilcoxon Signed Ranks test for Jago's data.

You can use the formulae and statistical tables.

(4)

Participant	Number of anxiety attacks before cognitive behavioural therapy	Number of anxiety attacks after cognitive behavioural therapy	Difference	Ranked difference
A	17	13		
B	15	15		
C	18	15		
D	12	14		
E	16	12		
F	14	13		
G	18	14		
H	20	15		
I	16	11		
J	15	13		

Table 5

Space for calculations

T value .....

(b) Explain **one** strength of Jago using a repeated measures design in his investigation.

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(c) Explain **one** improvement that Jago could make to his investigation.

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(Total for question = 8 marks)

Q14.

Becky is a clinical psychologist who is interested in the relationship between Cognitive Behavioural Therapy (CBT) and levels of anxiety. She approached her local clinic and recorded the number of Cognitive Behavioural Therapy (CBT) sessions the patients attended over a six-month period. Becky also asked the patients the number of anxious episodes they had experienced over the same six-month period.

(a) Complete **Table 3** and calculate Spearman's rank correlation coefficient.

You **must** give your answer to **two** decimal places.

You can use the formulae and statistical tables.

(4)

Number of Cognitive Behavioural Therapy (CBT) sessions over a six-month period	Rank 1	Number of anxious episodes over the same six-month period	Rank 2	d	d^2
18	9	9	1	8	
7	1	20	9	8	
16	8	13	3	5	
15	7	12	2	5	
10	3	15	5	2	
9	2	18	8	6	
14	6	17	7	1	
11	4	16	6	2	
13	5	14	4	1	
				Total:	

Table 3

Space for calculations

Spearman's rank correlation coefficient .....

(b) Justify why Becky used a Spearman's rank correlation coefficient on her data.

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(c) Explain **one** improvement Becky could make to her investigation.

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(Total for question = 8 marks)

Q15.

Paulo wants to carry out an investigation at a local health centre. He wants to see if an anxiety management programme is an effective treatment for the patients. The programme aims to help patients manage the emotions that are the triggers for their anxiety.

(a) Describe how Paulo could have used a volunteer sampling technique to gather his participants from the local health centre.

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(b) Explain **one** weakness of Paulo using a volunteer sample for his investigation.

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Paulo asked the patients to rate their levels of anxiety before and after they completed the programme. He used a scale where 1 is low levels of anxiety and 10 is high levels of anxiety.

Paulo carried out a statistical test on the data for before and after the programme to see if there was a significant change in the scores for anxiety.

(c) Justify which statistical test Paulo could use on his data.

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(Total for question = 7 marks)

Q16.

Describe how the pre-frontal cortex may be associated with stress.

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(Total for question = 2 marks)

Q17.

In your studies of health psychology, you will have learned about the physiology of stress.

Describe the influence of stress on the hippocampus.

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(Total for question = 2 marks)

Q18.

In your studies of health psychology, you will have learned about the physiology of stress.

Describe the role of cortisol in response to stress.

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(Total for question = 2 marks)

Q19.

Describe what is meant by the term 'social support' as a factor affecting stress.

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(Total for question = 2 marks)

Q20.

Evaluate life events and daily hassles as an explanation of stress.

(Total for question = 8 marks)

Q21.

Evaluate the classic study by Brady (1958) in terms of reliability and validity.

(Total for question = 8 marks)

Q22.

Evaluate the use of positive and negative techniques as coping strategies for stress.

(Total for question = 8 marks)

Q23.

Evaluate Type A personality as a factor that influences stress.

(Total for question = 8 marks)

Q24.

Evaluate whether biological treatments and therapies are effective in reducing anxiety.

(Total for question = 8 marks)

Q25.

Evaluate whether problem-focusing and emotion-focusing coping strategies are helpful in dealing with stress.

(8)

(Total for question = 8 marks)

Q26.

In health psychology you will have studied factors affecting stress.

Evaluate whether the Holmes and Rahe stress scale is a reliable and valid measure of stress.

(Total for question = 8 marks)

Q27.

Esther is a psychologist working with clients who have been diagnosed with stress. She wants to investigate how life events and daily hassles may have influenced their condition.

She is going to gather self-report data by interviewing the clients using open questions.

(a) Explain **one** reason why Esther may have decided to gather self-report data for her investigation.

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(b) Explain **one** way that researcher effects may have an impact on Esther's investigation.

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(Total for question = 4 marks)

Q28.

Greg is a health psychologist who was asked to treat Mary for her stress. Greg had several sessions with Mary to find out what caused her to be stressed. Mary said that her boss at work is constantly asking her to complete work to unrealistic deadlines. Mary was also stressed because she did not have much money left at the end of the month because she likes to go out at least three times a week with her family and friends.

Based on the sessions Greg had with Mary he recommended emotion-focusing strategies that he thinks will help Mary cope with her stress.

Explain **one** strength **and** one weakness of Mary using emotion-focusing strategies to cope with her stress.

Strength

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Weakness

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(Total for question = 4 marks)

Q29.

Jasmine is a clinical psychologist. She has been asked to investigate brain regions as an explanation for Goldie' s stress. Goldie is finding life very difficult as the current treatment she has been using to manage her stress is no longer working.

Goldie thinks she may have to give up work as she does not want to leave her house. Goldie experiences high levels of depression and anxiety and has been diagnosed with an anxiety disorder. She also has a record of alcohol and substance abuse.

(a) Explain **one** strength and **one** weakness of Jasmine using brain regions as an explanation for Goldie's stress.

(4)

Strength

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Weakness

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(b) Explain **one** ethical issue Jasmine should have considered when investigating Goldie's brain regions associated with stress.

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(Total for question = 6 marks)