



VCE PSYCHOLOGY 2011

YEAR 12 TRIAL EXAM UNIT 4

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Time allowed: 90 minutes

Total marks: 90

Section A – Multiple Choice Questions 45 marks

Section B – Short Answer Questions 36 marks

Section C – Extended Response Question 9 marks

**An Answer Sheet is provided for Section A.
Answer all questions in Sections B & C in the space provided.**

Learning Materials by Lisachem

PO Box 2018, Hampton East, Victoria, 3188

Ph: (03) 9598 4564 Fax: (03) 8677 1725

Email: orders@learningmaterials.com.au or orders@lisachem.com.au

Website: www.learningmaterials.com.au

Student Name.....

VCE Psychology 2011 Year 12 Trial Exam Unit 4

Student Answer Sheet

There are 45 Multiple Choice questions to be answered by circling the correct letter in the table below. Use only a 2B pencil. If you make a mistake, erase and enter the correct answer. Marks will not be deducted for incorrect answers.

<i>Question 1</i>	A	B	C	D	<i>Question 2</i>	A	B	C	D
<i>Question 3</i>	A	B	C	D	<i>Question 4</i>	A	B	C	D
<i>Question 5</i>	A	B	C	D	<i>Question 6</i>	A	B	C	D
<i>Question 7</i>	A	B	C	D	<i>Question 8</i>	A	B	C	D
<i>Question 9</i>	A	B	C	D	<i>Question 10</i>	A	B	C	D
<i>Question 11</i>	A	B	C	D	<i>Question 12</i>	A	B	C	D
<i>Question 13</i>	A	B	C	D	<i>Question 14</i>	A	B	C	D
<i>Question 15</i>	A	B	C	D	<i>Question 16</i>	A	B	C	D
<i>Question 17</i>	A	B	C	D	<i>Question 18</i>	A	B	C	D
<i>Question 19</i>	A	B	C	D	<i>Question 20</i>	A	B	C	D
<i>Question 21</i>	A	B	C	D	<i>Question 22</i>	A	B	C	D
<i>Question 23</i>	A	B	C	D	<i>Question 24</i>	A	B	C	D
<i>Question 25</i>	A	B	C	D	<i>Question 26</i>	A	B	C	D
<i>Question 27</i>	A	B	C	D	<i>Question 28</i>	A	B	C	D
<i>Question 29</i>	A	B	C	D	<i>Question 30</i>	A	B	C	D
<i>Question 31</i>	A	B	C	D	<i>Question 32</i>	A	B	C	D
<i>Question 33</i>	A	B	C	D	<i>Question 34</i>	A	B	C	D
<i>Question 35</i>	A	B	C	D	<i>Question 36</i>	A	B	C	D
<i>Question 37</i>	A	B	C	D	<i>Question 38</i>	A	B	C	D
<i>Question 39</i>	A	B	C	D	<i>Question 40</i>	A	B	C	D
<i>Question 41</i>	A	B	C	D	<i>Question 42</i>	A	B	C	D
<i>Question 43</i>	A	B	C	D	<i>Question 44</i>	A	B	C	D
<i>Question 45</i>	A	B	C	D					

VCE Psychology 2011 Year 12 Trial Exam Unit 4

SECTION A – Multiple Choice Questions

Question 1

Learning can occur intentionally, as well as unintentionally. Which of the following examples would indicate intentional learning?

- A. Watching Basketball on the television.
- B. Actively joining a Basketball team.
- C. Listening to a Basketball game being played on the radio.
- D. Discussing the advantages of playing Basketball in comparison to Football with a friend.

Question 2

Learned behaviour may also be defined as relatively permanent. This means the learning

- A. is present for 10 minutes and is then lost.
- B. has a continuing or lasting effect for a period of time.
- C. produces a permanent lifelong change.
- D. will only occur if it interests you.

Question 3

Of the following, which is the best example of a behaviour that is dependent on learning?

- A. Reflex actions.
- B. Fixed action patterns.
- C. Maturation.
- D. Operant conditioning.

Question 4

Genghis is a twelve month old child who has only just learned how to walk. His body went through a sequence of orderly changes such as crawling and standing. The ability of Genghis to be able to walk is due to the process of

- A. reflex actions.
- B. fixed action patterns.
- C. maturation.
- D. operant conditioning.

Question 5

Just having learned to walk, Genghis often falls over. He has learned that when he cries, his mother will cuddle him and give him treats in order to calm him down. Genghis' understanding that crying will result in his mother's attention is due to the process of

- A. reflex actions.
- B. fixed action patterns.
- C. maturation.
- D. operant conditioning.

Question 6

A fixed action pattern occurs when all members of a species produce an identical response to a specific environmental stimulus. Of the following, which is **not** an example of a fixed action pattern?

- A. A dog learning to bark when his master comes home from work.
- B. A worker bee performing a dance that indicates a source of nectar.
- C. A spider spinning a web.
- D. Salmon swimming upstream to spawn.

Question 7

When neurons communicate with one another, they do so via a/an

- A. neurotransmitter.
- B. synapse.
- C. axon.
- D. soma.

Question 8

Khan is continually responsive to environmental stimuli assisting him in adapting to ever changing circumstances. The ability of his brain to be able to perform these functions can be referred to as

- A. long-term potentiation.
- B. learning.
- C. adaptation.
- D. plasticity.

Question 9

Bob is driving at a high speed along a country road. Suddenly a kangaroo bounds in front of his car. Bob swerves in an attempt to miss the kangaroo and hits a tree. Upon waking in hospital, he is told that he has suffered damage to his brain. The doctors indicate that Bob should make a full recovery. The ability of Bob's brain to recover from trauma due to his brain injury is called

- A. developmental plasticity.
- B. adaptive plasticity.
- C. neural plasticity.
- D. potential plasticity.

Question 10

Three years after her birth, Dr D. Eff discovered that Bingo had a severe hearing impediment in both ears. He told her parents that her language may be affected as her hearing was impaired during a specific period of time in her development when she would be more responsive to certain environmental stimuli, such as hearing her parents talk. This period of time when Bingo should have been learning language is known as the

- A. sensitive period.
- B. critical period.
- C. complex period.
- D. both A and B.

Question 11

Joseph receives a pet budgie as a Christmas present. He names it "Feathers". Three weeks later on a trip to Healesville Sanctuary, he witnesses the feeding of the wedge-tailed eagle. He called out to his mother "Look, feathers...feathers". This shows the process of

- A. stimulus generalisation.
- B. stimulus discrimination.
- C. classical conditioning.
- D. positive reinforcement.

Question 12

Minton has just been made vice president of his company. He is required to address the stockholders at a meeting in three weeks' time. Minton suffers from anxiety when speaking in public. To overcome this, the company gradually introduce Minton to similar experiences, such as speaking in front of small groups of up to five people and increasing the number of people in the group on a weekly basis. Minton becomes desensitised to the effect of public speaking. This process is referred to as

- A. graduated exposure.
- B. aversion therapy.
- C. multiple trial learning.
- D. flooding.

Question 13

Lola plays for the Blue Diamond Stingrays basketball club. One night she arrives late for training and the assistant coach asks her to run twenty laps of the basketball court. The assistant coach is using _____. The next day, Lola is again late for training but the head coach will not let her join in basketball training at all. In this case, the head coach is using _____.

- A. positive punishment, negative punishment
- B. negative punishment, positive punishment
- C. positive reinforcement, negative reinforcement
- D. negative reinforcement, positive reinforcement

Question 14

In Pavlov's classical conditioning experiments involving dogs, the dog was relatively _____ in its role as learner; whereas a child who receives a lolly for good behaviour and therefore learns to repeat this behaviour is relatively _____ in their role as a learner.

- A. passive, active
- B. passive, neutral
- C. active, passive
- D. active, neutral

Questions 15-17 refer to the following information.

Dr E. Bunnie is conducting an experiment to elicit a blink response from a rabbit by blowing a puff of air into the rabbit's eyes. A horn is blown prior to the puff of air.

Question 15

To ensure that the rabbit associates the sound of the horn with the puff of air, which of the following is the best timing to allow the association to occur?

- A. Both the puff of air and the horn should be presented at the exact same time.
- B. The horn should be sounded 3 seconds after the puff of air has been blown.
- C. The puff of air should be blown 3 seconds after the horn has been sounded.
- D. The puff of air should be blown within 10 seconds of the sound of the horn.

Question 16

In terms of classical conditioning terminology, what is the horn referred to, prior to its association with the puff of air?

- A. Unconditioned stimulus.
- B. Conditioned stimulus.
- C. Neutral stimulus.
- D. Unconditioned response.

Question 17

After the association has been formed between the puff of air and the sound of the horn, the puff of air is regarded as the

- A. unconditioned stimulus.
- B. conditioned stimulus.
- C. neutral stimulus.
- D. unconditioned response.

Question 18

In B.F. Skinner's research with rats in a Skinner Box, rats received a food pellet (reinforcer) after an average of seven successful presses of a lever. In receiving the reinforcer the rat could actually press less/greater than seven. This would indicate a schedule of reinforcement of

- A. fixed interval.
- B. fixed ratio.
- C. variable interval.
- D. variable ratio.

Question 19

Jarrod has volunteered to be a part of a research study on sleep and anxiety. Of the following, which is **not** an ethical consideration that the researcher needs to adhere to?

- A. Confidentiality.
- B. Integrity.
- C. Convenience.
- D. Respect.

Question 20

Christian and Liesl were discussing the difference between negative reinforcement and punishment. After quite a heated discussion, they agreed that negative reinforcement _____, while punishment _____ a desired response.

- A. weakens, strengthens
- B. improves, weakens
- C. improves, strengthens
- D. strengthens, weakens

Question 21

In terms of the sequence in which the stages of insight learning occur, which of the following is most accurate?

- A. Preparation, incubation, insightful experience, verification.
- B. Incubation, insightful experience, preparation, verification.
- C. Preparation, insightful experience, incubation, verification.
- D. Verification, preparation, insightful experience, incubation.

Question 22

In terms of observational learning, which of the following would **not** be considered a true example?

- A. A golf player watches the technique of Tiger Woods in order to be able to drive the ball a greater distance.
- B. An athlete participating in a marathon performs poorly and learns that they should have trained harder before the event.
- C. The school captain follows the local mayor around for a week to learn about leadership.
- D. An exchange student notices that if you yell in class, the teacher will keep you in at lunchtime.

Question 23

In terms of Kohler's experiments regarding insight learning, which of the following is believed to be a major finding of his experiments?

- A. Once the solution is performed it is usually done with few errors.
- B. The learning appears to be sudden and complete.
- C. The solution is more likely to be forgotten than if it is learned by rote.
- D. Solutions are generally not able to be applied to other relevant problem solving situations.

Question 24

The psychological term "atypical", in referring to someone with a mental illness, would mean that the individual

- A. is calm and not easily aroused.
- B. finds it difficult to complete common activities on a daily basis.
- C. behaves in a way society sees as normal.
- D. behaves in a way that is not normal for them.

Question 25

Which of the following is the best example of a mental illness?

- A. Feeling tense, confused and angry.
- B. Experiencing a decrease in appetite.
- C. Pathological gambling.
- D. Having difficulty concentrating.

Question 26

Illness refers to a person's subjective experience about how they are feeling in relation to one or more aspects of their health. Which of the following is an example of subjective data in relation to personal illness?

- A. Your own personal opinion on how you are feeling.
- B. A pathologist's report on a blood test.
- C. Knowing you have a measured temperature of 37.4 degrees Celsius.
- D. Knowing that a mole on your arm has increased in size from 0.25 centimetres to 0.5 centimetres.

Question 27

The biopsychosocial framework seeks to describe and explain how

- A. biological, physical and social factors interact to influence a person's psychological and mental health.
- B. biological, physical and social factors interact to influence a person's physical and mental health.
- C. biological, psychological and social factors interact to influence a person's psychological and mental health.
- D. biological, psychological and social factors interact to influence a person's physical and mental health.

Question 28

Fritz is suffering from a mild form of depression. Fritz works as an assessor involved in insurance claims, and due to the latest climatic problems (floods) that have occurred recently in Australia, he is finding himself under constant stress which is affecting his health. Fritz goes to a noted psychologist Dr R. Ivor who believes in using the biopsychosocial framework in order to help Fritz. In doing this, Dr R. Ivor will take an holistic view of Fritz's health problems. Taking an holistic view will mean that Dr R. Ivor will treat Fritz

- A. in terms of his religious views.
- B. as a whole person.
- C. in terms of the environment he is living in.
- D. in terms of his level of stress.

Question 29

Two current main approaches to classifying mental disorders or illnesses are the

- A. categorical approach and the diversional approach.
- B. nominal approach and the diversional approach.
- C. categorical approach and the dimensional approach.
- D. nominal approach and dimensional approach.

Question 30

Byron is suffering from hallucinations, anger and dizziness. He goes to a psychologist in his home town who diagnoses Byron as being schizophrenic. Unhappy with this diagnosis, Byron travels in to the city to visit another prominent psychologist. He diagnoses Byron as having a personality disorder. In terms of the two different diagnoses, they are considered to lack

- A. diagnostic similarities.
- B. validity.
- C. reliability.
- D. both validity and reliability.

Question 31

Arlene goes to see her psychologist, who considers her symptoms and notes that "her functioning has deteriorated to the extent that she has become psychotic, that is, she has lost contact with reality". Therefore, the diagnosis is that she has schizophrenia. The best diagnostic tool that underlies this diagnosis would be the

- A. DSM-IV.
- B. OCD.
- C. MBTI.
- D. EPQ-R.

Question 32

A _____ involves the physiological and psychological changes that people experience when they are confronted by a stressor.

- A. stress indicator
- B. stress response
- C. stress category
- D. stress experience

Question 33

Marion is walking down the street in Japan when she hears a loud bang and the shifting of the ground beneath her feet. She turns very pale due to the redistribution of her blood supply from the skin to her muscles. The best description of what Marion has undergone is

- A. the exhaustion stage.
- B. the fight-flight response.
- C. eustress.
- D. cognitive changes.

Question 34

When the effect identified in question 33 is experienced by Marion, which branch of her autonomic nervous system is responsible for the changes taking place in Marion's body?

- A. Sympathetic Nervous System.
- B. Parasympathetic Nervous System.
- C. Somatic Nervous System.
- D. Peripheral Nervous System.

Question 35

Hans Selye identified the general adaptation syndrome as a three stage physiological stress response. According to Selye, the correct order in which people experience the general adaptation syndrome is as follows

- A. alarm reaction, exhaustion, resistance.
- B. resistance, alarm reaction, exhaustion.
- C. shock, countershock, exhaustion.
- D. alarm reaction, resistance, exhaustion.

Question 36

According to Lazarus and Folkman, stress involves a _____ between an individual and their external environment, and the stress response depends upon the individual's _____ of the stressor and their ability to cope with it.

- A. conflict, appraisal
- B. conflict, judgement
- C. transaction, appraisal
- D. transaction, judgement

Question 37

Katrina is walking down the street in order to meet her friend for a coffee in a local café. Prior to arriving at the café, Katrina witnesses a terrible car accident 50 metres in front of her. Katrina decides that, as the accident was between complete strangers and no one was injured, it was not a very stressful situation for her. According to Lazarus and Folkman's transactional model of stress and coping, Katrina has just undertaken her _____ of the situation.

- A. initial shock reaction
- B. allostatic overload
- C. primary appraisal
- D. secondary appraisal

Question 38

The major limitation of the transactional model of stress and coping is that it is difficult to test

- A. through experimental research due to its subjective nature.
- B. through experimental research due to its objective nature.
- C. using case studies due to its subjective nature.
- D. using case studies due to its objective nature.

Question 39

Rhiannon is suffering from feelings of isolation as she has just moved to a new school. Due to this loneliness, she feels stress and this has resulted in her breaking up with her boyfriend. According to the biopsychosocial framework, the conditions that Rhiannon has experienced would be considered a/an

- A. environmental factor.
- B. stress response.
- C. deprivation factor.
- D. social factor.

Question 40

Baccala is sitting in her Year twelve Psychology class and has a regular heart rate of 70 beats per minute. When the bell sounds, Baccala goes to her Physical Education class and participates in a game of netball. During the game, her heart rate rises to over 170 beats per minute. At the end of the day, when she gets home from school, Baccala has a sleep on the couch before dinner. During her sleep, Baccala's heart rate drops to below 60 beats per minute. Baccala's body's ability to maintain a stable physiological environment by adjusting and changing her heart rate to meet internal and external demands is an example of

- A. homeostasis.
- B. biofeedback.
- C. fight-flight response.
- D. allostasis.

Question 41

Irene is suffering from high blood pressure due to the fact that her husband is in hospital with a life threatening disease. On visiting her doctor, he recommends that she needs to reduce her blood pressure significantly if she is to maintain a healthy lifestyle. Irene finds that, through meditation and deep breathing exercises, after a number of weeks her blood pressure has dropped significantly. This could be said to be due to the process of

- A. homeostasis.
- B. biofeedback.
- C. holistic support.
- D. allostasis.

Question 42

The best definition of a phobia would be a/an

- A. excessive and reasonable fear directed towards a particular object, situation or event that causes significant distress and interferes with everyday functioning.
- B. realistic and accepted fear directed towards a particular object, situation or event that causes significant distress and interferes with everyday functioning.
- C. excessive and unreasonable fear directed towards a particular object, situation or event that causes significant distress and interferes with everyday functioning.
- D. excessive and unreasonable fear directed towards a particular object, situation or event that causes significant distress and interferes with specific daily events only.

Question 43

The circumstances in which many members of the population do not suffer from seizures that are similar to epilepsy are due to the _____ effect of GABA.

- A. inhibitory
- B. stimulatory
- C. causal
- D. addictive

Question 44

According to Freud's psychodynamic model, specific phobias develop through the use of the defence mechanism referred to as

- A. denial.
- B. displacement.
- C. anger.
- D. regret.

Question 45

Frodo suffers from a phobia relating to not being able to look at baked beans. This has become a problem as his partner Fredda loves to eat baked beans. Frodo decides to undergo systematic desensitisation as he has heard that this may help overcome his fear of baked beans. The first step in this process would be to

- A. breakdown the fear-arousing event into a logical sequence of steps.
- B. identify the underlying feelings or behaviour associated with the baked beans.
- C. confront Frodo with baked beans immediately.
- D. teach Frodo relaxation strategies that can be used to manage his anxiety.

End of Section A

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SECTION B – Short Answer Section

Question 1

Many psychologists distinguish between many types of brain plasticity. With the use of an example for each, explain how **developmental plasticity** and **adaptive plasticity** differ.

(4 marks)

Question 2

Explain how long term potentiation is involved in the learning process.

(3 marks)

Question 3

Mrs Soufle, the principal of B-Good Secondary College hands out award certificates at assemblies for any student who receives above 85% for any classroom activity during that week. Each Friday, the students who receive the awards may exchange them for food treats at the canteen. Name and define the conditioning theory that Mrs Soufle is using.

(2 marks)

Question 4

Using an example for each, explain the difference between a positive and a negative reinforcer.

(4 marks)

Question 5

Why is shaping also known as the method of successive approximations?

(1 mark)

Question 6

Explain one-trial learning. In your explanation, state why taste aversion is considered a type of one-trial learning.

(2 marks)

Question 7

Explain the difference between mental health and mental illness.

(2 marks)

Question 8

At the conclusion of an experiment, a t-test was conducted. The results of the t-test revealed that $p=0.05$. What does a p value of 0.05 mean?

(1 mark)

Question 9

You attend a psychology exam revision lecture and during the lunch break, you overhear two students arguing over the difference between a confounding variable and an extraneous variable. One of the students turns to you and asks you to explain the difference. What would you say?

(2 marks)

Question 10

Often when we think about the word stress, we focus on the negative effects it has on different situations in our lives. Hans Selye, however, proposed that not all stress is necessarily negative. Name, give an example, and explain what he meant by this.

(3 marks)

Question 11

Using the real life experience of fear of flying, give examples of how a therapist may use graduated exposure to help desensitise this fear. Explain why this process would work.

(4 marks)

Question 12

Bogden lives in Shepparton and his family run a 400 acre farm. Recently, Bogden has heard his parents expressing their concerns relating to a potential locust plague. This was reinforced through the numerous news commentaries relating to the danger of locust plagues that were forming. Using transmission of threat information, explain how Bogden has a phobia of locusts.

(1 mark)

Question 13

_____ is a kind of behaviour therapy that replaces an anxiety response with a relaxation response when an individual confronts a fear stimulus.

(1 mark)

Questions 14, 15 and 16 form part of the optional section. You are to only answer one of these three questions.

Question 14 – Mood disorder Major Depression

Question 15 – Addictive disorder Gambling

Question 16 – Psychotic disorder Schizophrenia

Question answered _____

Question 14

- a. Explain the role of genes in contributing to the risk of developing major depression.

(3 marks)

- b. Explain how psychodynamic psychotherapy can be used in the treatment of major depression.

(3 marks)

Question 15

- a. Explain the role of the dopamine reward system and how it contributes towards gambling.

(3 marks)

- b. Explain how psychodynamic therapies can be used in the treatment of gambling.

(3 marks)

Question 16

- a. Explain how the use of particular drugs may contribute towards the onset of schizophrenia.

(3 marks)

- b. Explain how remediation therapies can be used in the treatment of schizophrenia.

(3 marks)

End of Section B

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SECTION C – Extended Response Section

Explain the experiment conducted by John B. Watson and Rosalie Rayner on Little Albert. In your answer, identify the components of classical conditioning, including the neutral stimulus (NS), the unconditioned stimulus (UCS), the unconditioned response (UCR), the conditioned stimulus (CS) and the conditioned response (CR).

The fear response that was taught to Little Albert was never extinguished as Little Albert's mother withdrew him from the experiment. If at the age of 25, Little Albert was discovered by a Psychologist as still having the same fear response to furry animals, explain how the Psychologist could have used systematic desensitisation to overcome his fear responses.

(9 marks)

End of Section C

End of Trial Exam

Suggested Answers

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SECTION A – Multiple Choice Answers

1. B	2. B	3. D	4. C	5. D	6. A	7. A	8. D	9. B
10. D	11. A	12. A	13. A	14. A	15. C	16. C	17. A	18. D
19. C	20. D	21. A	22. B	23. B	24. D	25. C	26. A	27. D
28. B	29. C	30. C	31. A	32. B	33. B	34. A	35. D	36. C
37. C	38. A	39. D	40. D	41. B	42. C	43. A	44. B	45. D

SECTION B – Short Answer (Answers)

Question 1

Developmental plasticity refers to changes in the brain's neural structure in response to experience during its growth and development (**1 mark**). For example, as the infant brain matures it forms more synaptic connections (**1 mark**). Adaptive plasticity refers to changes occurring in the brain's neural structure to enable adjustment to experience, to compensate for lost function and/or to maximise remaining functions in the event of brain damage (**1 mark**). For example, victims of brain damage due to stroke or accident can often relearn tasks they previously performed, such as walking (**1 mark**).

Question 2

LTP is a long lasting strengthening of the synaptic connections of neurons (**1 mark**). This results in the enhanced/more effective functioning of the neurons whenever they are activated (**1 mark**). It improves the ability of the presynaptic/post synaptic neurons to communicate with one another at the synapse (**1 mark**).

Question 3

Token Economy (**1 mark**).

This is where an individual receives tokens (reinforcements) for desired behaviour and these tokens can be collected and exchanged for other reinforcers in the form of real rewards (**1 mark**).

Question 4

A positive reinforcer is a stimulus that strengthens or increases the frequency of a desired response by providing a satisfying consequence (**1 mark**). For example, giving your child a kiss for eating all of their vegetables (**1 mark**). A negative reinforcer is any unpleasant/aversive stimulus that, when removed, strengthens or increases the frequency or likelihood of a desired response (**1 mark**). For example, through feeling better by turning off the television during a horror movie you are more likely to repeat the behaviour when feeling scared of a movie on television (**1 mark**).

Question 5

This is because a reinforcer is only given for any response that successively approximates and ultimately leads to the final desired response or target behaviour (**1 mark**).

Question 6

One-trial learning is a type of learning involving a relatively permanent change in behaviour that occurs as a result of one experience only **(1 mark)**. Taste aversion is considered a type of one-trial learning as there is an association between a particular food and feeling ill, usually as the result of a single experience in which the particular food will be avoided in the future **(1 mark)**.

Question 7

Mental health is the capacity of an individual to interact with others and the environment in ways that promote subjective wellbeing and optimal development throughout a person's lifespan **(1 mark)**. Mental illness describes a psychological dysfunction that usually involves impairment in the ability to cope with everyday life and/or behaviour that is atypical of the person and that may be inappropriate within their culture **(1 mark)**.

Question 8

A p value reflects the probability of the results of an experiment being due to chance. A p value equal to 0.05 means that there is a 5% chance that the results of an experiment were due to chance **(1 mark)**.

Question 9

You explain that an extraneous variable is any variable other than the IV that can cause a change in the DV and therefore affect the results of the experiment in an unwanted way **(1 mark)**. A confounding variable however is a variable other than the IV that actually has an unwanted effect on the DV, making it impossible to determine which of the variables has produced the change in the DV **(1 mark)**.

Question 10

Eustress **(1 mark)**. This is a positive psychological response to a stressor as indicated by the presence of positive psychological states **(1 mark)**. For example, feeling excited and enthusiastic about attending the year 12 formal **(1 mark for a similar example)**.

Question 11

- The therapist may begin by sitting in a stationary plane with the person.
- The therapist may arrange for the person to meet the pilot for reassurance.
- The therapist may teach relaxation methods to use during an actual flight.
- The therapist may take their first flight with the person.

(2 marks for any similar examples)

By allowing the person to confront their fears, while at the same time providing a supportive atmosphere, the person learns to adapt to their fearful situations and therefore their fear of flying is eventually overcome **(2 marks for a similar explanation)**.

Question 12

Research indicates that people may develop phobias through the acquisition of negative information from significant others such as parents and/or the media (news) that a specific object or situation may pose a threat to their personal wellbeing and therefore they should be avoided **(1 mark)**.

Question 13

Systematic desensitisation **(1 mark)**.

Question 14

- a. Research studies consisting of families, twins and adopted children living with non-biological parents provides evidence that genes play a role in whether an individual develops major depression (**1 mark**). These studies have consistently found that major depression tends to run in families and puts some people at increased risk (**1 mark**). Results of twin studies provide strong support for the role of genetic factors. The research indicates that major depression is more likely to occur in both members of identical twins compared with non-identical twins (**1 mark**).
- b. Psychodynamic psychotherapy aims to help people understand the roots of emotional distress by exploring unconscious conflicts, motives, needs and defences (**1 mark**). Therapists may use a range of techniques such as free association, dream interpretation, identification of defence mechanisms and displays of transference (**1 mark**). There is an expectation through psychodynamic psychotherapy that people with depression will eventually gain an awareness of losses within their lives and be able to cope more effectively with those losses and make corresponding changes in their functioning (**1 mark**).

Question 15

- a. The neurotransmitter dopamine appears to have a role in the development and maintenance of addictive gambling (**1 mark**). Dopamine is a neurotransmitter that is believed to be involved in pleasure, motivation, emotional arousal and the control of voluntary movements (**1 mark**). As it has a role in basic motivated behaviours such as seeking pleasure or associating actions with reward (gambling) dopamine is involved in regulating some critical human activities (**1 mark**).
- b. Psychodynamic therapy helps people to understand the roots of emotional distress by exploring unconscious conflicts, motives, needs and defences (**1 mark**). It is based on the assumption that all mental disorders are caused by unresolved psychological conflicts that occur in the unconscious mind and which can therefore be helped through psychodynamic psychotherapy (**1 mark**). Through psychodynamic psychotherapy, individuals will gain an understanding of why they gamble and its consequences and will cope more effectively with their impulse to gamble and adopt more positive ways of functioning in everyday life (**1 mark**).

Question 16

- a. The effects of certain drugs, particularly those that stimulate increased production of dopamine, can trigger psychotic symptoms similar to those that are experienced by an individual with schizophrenia (**1 mark**). If an individual experiences psychotic symptoms while under the influence of a drug, then they may enter a drug induced psychosis which may trigger schizophrenia (**1 mark**). Specific drugs that may cause schizophrenia are hallucinogens (LSD), stimulants (ecstasy), phencyclidine (angel dust) and cannabis (marijuana) (**1 mark**).
- b. Remediation helps to decrease everyday problems faced by individuals with cognitive difficulties, thereby improving the quality of their lives (**1 mark**). It involves behavioural techniques to improve the ability to focus attention, divide attention and maintain attention (**1 mark**). It helps the individual to identify specific cognitive impairments that are interfering with everyday functioning in significant ways. This provides a means of monitoring improvement by comparing the individual before, during and after a mediation (**1 mark**).

SECTION C – Extended Response Answers

The experiment conducted by John B. Watson and Rosalie Rayner on Little Albert involved Little Albert being presented with a little white rat (NS) which normally would not evoke a response. The presentation of the white rat was then paired with a loud banging sound (UCS) produced by striking a hammer upon a steel bar which would normally evoke the response of fear (UCR). After several pairings (the acquisition phase), Albert learned to associate the white rat with the loud noise. The white rat then became the CS, while the fear response due to the presence of the white rat became the CR.

Using systematic desensitisation, the Psychologist could do the following

- The first step would be teaching Little Albert a relaxation strategy that he can use to decrease the physiological symptoms of anxiety when confronted by a furry animal. For example, visual imagery or slow breathing techniques.
- The next step would involve breaking down the anxiety-arousing object or situation into a sequence arranged from least to most anxiety-producing.
- The final step involves the graduated pairing of items in the hierarchy with relaxation by working upward through items in the hierarchy one step at a time.

Marking scheme for SECTION C - Extended Response Question.

Identification of the

NS (1 mark).

UCS (1 mark).

UCR (1 mark).

CS (1 mark).

CR (1 mark).

Correct explanation of the basic procedure of the experiment (1 mark).

A similar explanation of how systematic desensitisation could be used (3 marks).

End of Suggested Answers