



STUDENT NUMBER

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Letter

PSYCHOLOGY

Written examination

Reading time: 15 minutes
Writing time: 2 hours 30 minutes

QUESTION AND ANSWER BOOK

Structure of book

<i>Section</i>	<i>Number of questions</i>	<i>Number of questions to be answered</i>	<i>Number of marks</i>
A	40	40	40
B	9	9	80
			Total 120

- Students are permitted to bring into the examination room: pens, pencils, highlighters, erasers, sharpeners and rulers.
- Students are NOT permitted to bring into the examination room: blank sheets of paper and/or white out liquid/tape.
- No calculator is allowed in this examination.

Materials supplied

- Question and answer book of 29 pages.
- Answer sheet for multiple-choice questions.
- Additional space is available at the end of the book if you need extra paper to complete an answer.

Instructions

- Write your **student number** in the space provided above on this page.
- Check that your **name** and **student number** as printed on your answer sheet for multiple-choice questions are correct, **and** sign your name in the space provided to verify this.
- All written responses must be in English.

At the end of the examination

- Place the answer sheet for multiple-choice questions inside the front cover of this book.

Students are NOT permitted to bring mobile phones and/or any other unauthorised electronic devices into the examination room.

SECTION A – Multiple-choice questions**Instructions for Section A**

Answer **all** questions in pencil on the answer sheet provided for multiple-choice questions.

Choose the response that is **correct** or that **best answers** the question.

A correct answer scores 1, an incorrect answer scores 0.

Marks will **not** be deducted for incorrect answers.

No marks will be given if more than one answer is completed for any question.

Multiple Choice**Question 1**

Sleep is considered a psychological construct. Which of the following is incorrect in relation to this concept?

- A. Psychological constructs are means of describing concepts that do not exist in the physical sense; like sleep.
- B. Psychological concepts by their very nature, increase the degree of uncertainty associated with measurements.
- C. A psychological construct is a concept used to describe a psychological state which is believed to exist but cannot be directly observed or measured.
- D. A psychological construct is an explanatory model used to provide scientifically verifiable data on a concept that is easily observed and measured.

Question 2

Asaaf has a new job as an air traffic controller and is having difficulty adapting to working overnight shifts. Which of the following best describes the struggles that he is experiencing with his sleep cycle?

- A. Advanced Sleep Phase Syndrome as he is waking up earlier than required.
- B. Delayed Sleep Phase Syndrome as he is going to bed later than required.
- C. Shift work disorder as sleep-wake cycle is synchronised with his naturally occurring circadian rhythm.
- D. Shift work disorder as he is struggling with needing to be awake when we are typically asleep.

Question 3

Which of the following is not a recommendation for maintaining good sleep hygiene?

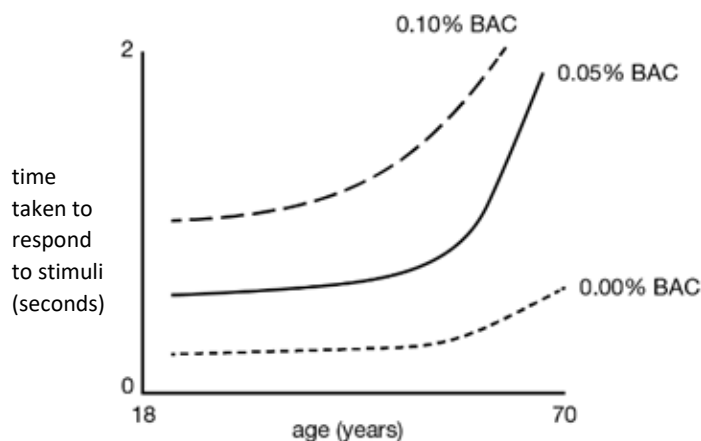
- A. Eating large meals earlier in the day when insulin sensitivity is greater.
- B. Exposure to blue light before bed to promote melatonin release
- C. A warm bath before bed to regulate body temperature promote sleep onset.
- D. Morning sun exposure to promote wakefulness.

Use the following information to answer questions 4-8.

Wright and Vandewater investigated the influence of acute alcohol consumption on response time in adults aged 18-70. They stratified their sample based on age and used a within subjects design where participants consumed 10 grams of pure alcohol in various formats (one standard drink) every half hour until they reached 0.10% blood alcohol concentration (BAC). Participants completed a series of computer-based tests for reaction times at BACs of 0.00%, 0.05% and 0.10%.

Wright and Vandewater also reviewed affective functioning through the administration of the affective style questionnaire both before the experiment began and again once participants reached a BAC of 0.10.

The graph below represents reaction time, in seconds, versus age, with the lines representing the trend of results for each level of BAC.



Question 4

Which of the following best describes what the graph demonstrates?

- A. Reaction time improves with age.
- B. As BAC increases, reaction time improves.
- C. The higher the BAC, the greater the reaction time.
- D. Reaction time decreases as BAC increases.

Question 5

It is likely that the results from Write and Vanderwater's affective style questionnaire will show

- A. increased emotional regulation as BAC increases.
- B. increased emotional irritability and outbursts as BAC decreases.
- C. decreased emotional regulation impairing cognitive performances as BAC increases.
- D. a reduction in emotional regulation and increased emotional outbursts associated with decrease BAC.

Question 6

Which of the following accurately identifies a potential dependent and independent variable in Write and Vanderwater's investigation?

	Dependent variable	Independent variable
A.	reaction time	age
B.	BAC	reaction time
C.	affective functioning	amount alcohol consumed
D.	BAC	amount of alcohol consumed

Question 7

Which of the following accurately describes the data gathered by Write and Vanderwater throughout the investigation?

- A. BAC is qualitative and reaction time is subjective.
- B. The affective style questionnaire is objective and BAC is qualitative.
- C. Reaction time is quantitative and the affective style questionnaire is subjective.
- D. Reaction time is objective and BAC is subjective.

Question 8

Following on from their initial investigation, Write and Vanderwater explored the impact of sleep deprivation on time to respond to stimuli. They kept participants awake for 19 hours, before testing their reaction time and administering the affective style questionnaire, and then for a further 5 hours before completing the same tests. After 24 hours without sleep, it is likely that Write and Vandwerwater's results were similar to which of the following?

- A. 0.10% BAC condition, sleep affected.
- B. 0.05% BAC condition, mood affected.
- C. 0.10% BAC condition, cognition affected.
- D. 0.05% BAC condition, concentration affected.

Use the following information to answer Questions 9 and 10.

For his VCE Psychology investigation, Michael is investigating the impact of adequate sleep on mental wellbeing and is using heart rate as one of his measures of stress experienced. His participants use their smart watches to record their heart rates. Michael authenticates these devices testing the true value of each participant's heart rate using a stethoscope at the same time each day of the investigation. The following table summarises his data.

	Test 1		Test 2		Test 3	
	Device measurement	Stethoscope authentication	Device measurement	Stethoscope authentication	Device measurement	Stethoscope authentication
Participant 1	77 bpm	74 bpm	73 bpm	70 bpm	79 bpm	76 bpm
Participant 2	72 bpm	76 bpm	66 bpm	70 bpm	70 bpm	74 bpm
Participant 3	65 bpm	69 bpm	68 bpm	72 bpm	72 bpm	76 bpm
Participant 4	63 bpm	60 bpm	65 bpm	62 bpm	62 bpm	59 bpm

Question 9

The variation in the scores on the heart rate monitors demonstrate

- A. a high level of precision but low level accuracy.
- B. a low level of precision but high level of accuracy.
- C. high levels of both precision and accuracy.
- D. low levels of both precision and accuracy.

Question 10

When analysing this data, Michael discusses the potential of a measurement error in the devices used by participants 1 and 4. This is likely to be a

- A. random error; resulting in spread of readings.
- B. systematic error; that can be improved through repetition of the measurement.
- C. random error; where readings are shifted in the same direction from the true value each time the measurement is made.
- D. systematic error; causing readings to differ from the true value by the same proportion each time the measurement is made.

Question 11

Julie was standing in the garden with no shoes on when she suddenly lifted her foot from the grass. She then felt a burning pain sensation from her foot and realised she had been bitten by a bee. Which of the following best describes what happened to Julie?

- A. The sympathetic nervous system triggered an automatic withdrawal from the bee sting.
- B. The somatic nervous system facilitated the conscious response due to the detection of pain stimulus.
- C. The central nervous system initiated a spinal reflex causing automatic withdrawal of Julie's foot.
- D. The somatic nervous system activated this monosynaptic reflex in Julie's body.

Question 12

Which of the following does not describe a change in the post synaptic neuron as a result of long-term potentiation?

- A. An increase excitability.
- B. An increase in the number of receptor sites on the dendrites.
- C. The growth of dendritic spines.
- D. An increased response to glutamate as a result of prolonged sub-threshold stimulation.

Question 13

Which of the following is not true of long-term potentiation (LTP) and long-term depression (LTD)?

- A. Both LTP and LTD are activity dependent, involving more or less stimulation.
- B. Both LTP and LTD are forms of long lasting neural plasticity.
- C. LTP increases excitation and LTD decreases excitation.
- D. LTP involves sprouting whilst LTD involves rerouting.

Question 14

Jed and Mason are learning how to crochet as part of an extra-curricular activity at school. The more they practice, the better they become at crocheting. This can best be explained by

- A. long-term depression, which strengthens the synaptic connections that allow her to move her fingers.
- B. long-term depression, which improves stimulation of the neurons involved in her adding stitches.
- C. long-term potentiation, which increases synaptic communication when she chain stitches to make a blanket.
- D. long-term potentiation, which decreases the synaptic transmission speed of the neurons involved in her crocheting.

Question 15

Glutamate plays a key role in synaptic plasticity by

- A. releasing neurohormones into the bloodstream.
- B. increasing the speed of neurotransmitter transmissions along the axon.
- C. acting as an excitatory neurohormone released across the synaptic gap.
- D. acting as an excitatory neurotransmitter released across the synaptic gap.

Question 16

Which nervous system is responsible for automatically restoring bodily systems to their normal level of functioning after the need for heightened activity has passed?

- A. Somatic
- B. Parasympathetic
- C. Sympathetic
- D. Central

Question 17

Which of the following is true in regard to neuromodulation?

- A. A neuromodulator influences how receptors react to another type of neurotransmitter.
- B. A neuromodulator influences the size and shape of synaptic gap.
- C. A neuromodulator influences the size and shape of the synaptic connection.
- D. A neuromodulator influences the activity of neurons outside of the synapse.

Question 18

Kasie has been experiencing significant stress in her life. Her father has recently been diagnosed with cancer and her youngest son has been hospitalised as a result of complications associated with an appendectomy. Kasie has also experienced issues with her principal in her job as a teacher. She is usually very optimistic and has a positive outlook on life but the stress she is experiencing is making her very unhappy. Her husband noticed this significant change and suggested that perhaps she speak to a professional about her problems. Which of the following identifies the internal and external stresses that are contributing to Kasie's mental health?

	Internal	External
A.	physical health	family relationships
B.	genetic predisposition to anxiety	lack of solutions
C.	emotional state	interactions with her principal
D.	low self-esteem	conflict resolution skills

Use the following information to answer questions 19 – 21.

Tania's husband died from complications associated with Parkinson's Disease after a long battle with the condition. Tania has lost much of her appetite, has difficulty sleeping and sometimes forgets to do important things like pay bills and complete her grocery shopping. Tania's children visit her regularly and are worried about her declining mental state.

Question 19

Tania is most likely experiencing _____ stress due to an _____ stressor.

- A. chronic; external
- B. acute; internal
- C. chronic internal
- D. acute; external

Question 20

When Tania and her husband first received her husband's diagnosis of Parkinson's disease it is likely that they experienced

- A. heart rate increase as a result of a decrease in stress hormones.
- B. elevated stomach contraction and increased production of bile.
- C. a reduction in the release of glucose from the liver and an increase in stress hormones.
- D. pupil constriction and an increase in production and release of cortisol.

Question 21

Tania's husband's Parkinson's Disease is

- A. a result of an over production of dopamine interfering with substantia nigra's capacity to control smooth muscle movements.
- B. a result of a reduction in dopamine producing neurons having a neuromodulatory effect on movement messages within the basal ganglia.
- C. a result of increased excitation to the brain structures linked to the dopamine pathway involved in planning and coordination of voluntary movements due to increased dopamine sensitivity.
- D. a result of central nervous system dysfunction with origins in inefficient serotonin production.

Question 22

Which of the following statements about gut microbiota is incorrect?

- A. Each individual has a unique combination of gut microbiota.
- B. Disruption to the gut-brain axis has been linked to neurological, mental and gastrointestinal disorders.
- C. There are bidirectional links between the gut microbiota and stress.
- D. The gut microbiome is more resistant to the impacts of stress as a result of gut dysbiosis.

Use the following information to answer Questions 23 – 25.

Sanchi recently received acceptance to complete a semester of her medical degree in Canada. She was very excited by this opportunity although she was also stressed about where she would live for 6 months. The university in Canada offer onsite residential accommodation for international students however, the cost for a semester long stay is significant. Sanchi considered whether she should ask her university for a student loan to help cover this expense but was worried about this increasing financial pressure when combined with increased costs of living and her ever growing HECS debt.

Question 23

According to Lazarus and Folkman's Transactional Model of Stress and Coping, Sanchi thinking about the possibility of a student loan is an example of

- A. secondary appraisal, where she considers the cost of living as a threat.
- B. primary appraisal, where she considered her rising debt as a challenge.
- C. primary appraisal, where she considers her options of potential accommodation as neutral.
- D. secondary appraisal, where she considers her options of a solution to her living situation.

Question 24

The initial stress Sanchi experienced when she first received her acceptance to study in Canada was more likely to be positive if Sanchi has

- A. increased arousal momentarily, decreased motivation and an elevated heart rate.
- B. increased alertness momentarily, increased motivation and an elevated heart rate.
- C. heightened arousal for several hours and increased motivation, and she feels overwhelmed.
- D. elevated alertness for several hours and increased stress hormone levels, and she feels confident she can manage the news.

Question 25

Sanchi decided not to ask the University for assistance through a student loan because she was too ashamed to admit the state of her financial situation. Which one of the following identifies Sanchi's strategy for coping with stress?

- A. Emotion-focused, as the problem upset her.
- B. Problem-focused, as she solved the problem.
- C. Avoidance, as she did not confront the problem.
- D. Approach-focused, as she confronted the problem.

Question 26

Which of the following is not typical of Alzheimer's disease?

- A. Short term memory is initially affected more than long term memory.
- B. It involves the presence of neurofibrillary tangles which interrupt synaptic transmission.
- C. Beta-amyloid proteins form clumps of amyloid plaques.
- D. Post-mortem brain lesion studies show increased density of the hippocampus.

Question 27

Which of the following statements about Aphantasia is correct?

- A. People with aphantasia can create mental images of people and places they are particularly familiar with.
- B. People with aphantasia are unable to draw, paint or create pictures.
- C. People with aphantasia have an inability to visualise imagery.
- D. People with aphantasia have heightened sensitivity to high amplitude brain waves resulting in an increased capacity to daydream.

Question 28

Aboriginal and Torres Strait Islander people have been passing down stories and knowledge from generation to generation in the form of songlines and Dreamings. Which of the following statements best describes the way in which this information is shared?

- A. Aboriginal and Torres Strait Islander peoples way of knowing is dependent of multimodal written communication.
- B. The entire body of Aboriginal and Torres Strait Islander peoples' knowledge that has been transmitted through numerous generations is embedded in spiritual beliefs.
- C. Aboriginal and Torres Strait Islander peoples' approach to learning relies on multiple modalities patterned on Country when the learner learns from, with and through relationships with all other entities.
- D. Encyclopedic knowledge of a vast range of subjects is available to all Aboriginal and Torres Strait Islander people because of their heightened spiritual understanding.

Question 29

Which of the following statements does not reflect beliefs from First Nation's People in relation to Country?

- A. Connection to Country arises from ways of knowing based on relationships with the more-than-human entities that exist in Country and an understanding of the importance of the connected relationship with these entities.
- B. Country represents the community system where knowledge can be gained and new entities can evolve and become part of Country.
- C. The knowledge that Aboriginal and Torres Strait Islander people are responsible for and the entities within Country that they have the responsibility to care for are part of the kinship system.
- D. Because the entities within Country are not sentient, each entity required its own songline resulting in a rigid catalogue of information where new information cannot be added.

Question 30

Identify the correct learning approach and description in the table below:

A.	Observational Learning	Learning through the practice of Dadirri involving silent, still awareness that to notice the relationships between entities and events that occur within Country.
B.	Behaviourist	Explains how people learn through assessing their own behaviours and thinking about the behaviour of others.
C.	Aboriginal and Torres Strait Islander	Explains how people learn through being embedded in relationships as part of the multimodal system of <i>Country</i> .
D.	Social-Cognitive	Explains how people learn associations between stimuli and responses as a result of consequences.

Question 31

Richie and Roxanne's grandfather is planning to go back to South Africa for his 50 year school reunion. Richie asks his grandpa if he can name his First 15 Rugby team mates (none of whom he has seen since he left school). Roxanne finds a photo with all the students from the school and she asks Grandpa to pick out his team mates from the First 15 Rugby team. In relation to Atkinson and Shiffrin's multi-store model of memory, which of the following is likely to occur?

- A. The photo will act as a retrieval cue for the information to be sent from short-term memory to long-term memory.
- B. Grandpa will have difficulty retrieving the information from long-term memory as it was not well encoded from sensory memory.
- C. The visual cues from the photo will be initially registered in short-term memory allowing Grandpa to recall the names of the players from long term memory.
- D. The image of the students will assist in the recall of the information from long-term memory into short-term memory so Grandpa can state the names of the players.

Question 32

Pippa suffers from migraines with an aura. An aura is a visual sensory disturbance that marks an oncoming migraine occurring just prior to the onset of pain. Pippa has found that if she takes Ibuprofen and lies down in a dark room as soon as she experiences an aura she is able to eliminate most of her migraine pain. Which of the following statements is not true of the three-phase model of operant conditioning in relation to Pippa?

- A. The taking of ibuprofen and lying down in a dark room is the addition of an aversive stimulus which increased the likelihood of Pippa repeating the behaviour again.
- B. The aura is an example of an antecedent or environmental stimulus that prompts a specific behaviour.
- C. The consequence of the behaviour is avoiding the pain associated with the migraine which is an example of negative reinforcement.
- D. Pippa's behaviour is taking the ibuprofen.

Question 33

Mr Simon asked his students to watch him perform a dissection of a sheep's brain as part of their Psychology course. The students were required to store a mental representation of the dissected parts as information for later use.

Which two elements of observational learning does this strategy reflect?

- A. Attention and retention
- B. Retention and motivation
- C. Retention and reinforcement
- D. Motivation and reinforcement

Use the following information to answer questions 35 to 37

In order to test out the principles of classical conditioning in a real-life scenario Clay has decided to classically condition his mother to flinch when he walks through the door. Over the period of two weeks, when Clay arrives home, he sounds a loud horn after he opens the door. He repeats this process each time he enters the house and at the end of the two weeks, he tests the conditioning by opening the door; his mother then flinches in anticipation of the loud horn.

Question 34

The neutral stimulus in this case is the

- A. flinching in response to the loud horn.
- B. flinching in anticipation of the loud horn.
- C. loud horn.
- D. opening the door.

Question 35

The unconditioned stimulus in this case is the

- A. flinching in response to the loud horn.
- B. flinching in anticipation of the loud horn.
- C. loud horn.
- D. opening the door.

Question 36

It is likely that classical conditioning occurred because

- A. an association was made between the opening of the door and a flinch.
- B. the opening of the door immediately preceded the sounding of the horn.
- C. the unconditioned response of flinching is a learned behaviour.
- D. the voluntary response of flinching was the unconditioned response.

Question 37

Which of the following is not true in relation to the hippocampus in memory formation?

- A. If the hippocampus was surgically removed, an individual would still be able to encode and store memories for motor skills.
- B. The hippocampus plays a significant role in integrating new incoming sensory information with existing information to form networks of memories.
- C. Hippocampal activity during the formation of emotional memories enables an individual to remember explicit details of the event.
- D. The hippocampus forms a neural network during the formation of motor skills with the cerebellum which enables these skills to be recalled without the activation of other brain regions.

Use the following information to answer question 38-40.

The study of human memory has long been of interest for many psychologists. Karl Lashley began exploring regions of the brain, investigating the potential location of memory storage about 100 years ago. He did this by making lesions in the brains of animals such as rats and monkeys; searching for evidence of the engram: the group of neurons that serve as the 'physical representation of memory'. First, Lashley (1950) trained rats to find their way through a maze. Then, he used the tools available at the time - in this case a soldering iron - to create lesions in the rats' brains, specifically in the cerebral cortex. He did this because he was trying to erase the engram, or the original memory trace that the rats had of the maze.

Lashley did not find evidence of the engram, and the rats were still able to find their way through the maze, regardless of the size or location of the lesion. Based on his creation of lesions and the animals' reaction, he formulated the equipotentiality hypothesis: if part of one area of the brain involved in memory is damaged, another part of the same area can take over that memory function (Lashley, 1950).

Other researchers have used brain scans, including positron emission tomography (PET) scans, to learn how people process and retain information. From these studies, it seems the neocortex is involved. In one study, participants had to complete two different tasks: either looking for the letter a in words (considered a perceptual task) or categorizing a noun as either living or non-living (considered a semantic task) (Kapur et al., 1994). Participants were then asked which words they had previously seen. Recall was much better for the semantic task than for the perceptual task. According to PET scans, there was much more activation in the left inferior neocortex in the semantic task.

Source: Lumen Learning; *Intro to Psychology*: <https://courses.lumenlearning.com/waymaker-psychology/chapter/parts-of-the-brain-involved-with-memory/>

Question 38

Lashley's equipotentiality hypothesis is most closely related to the neural process which is now known as:

- A. Hebb's theory
- B. Sprouting
- C. Rerouting
- D. Synaptic pruning

Question 39

Evidence from Kapur's experiment with the use of Positron Emission Tomography demonstrates

- A. the role of the network of neurons throughout the neocortex involved in the storage of semantic memories.
- B. semantic memory consolidation occurring independently of the hippocampus.
- C. neocortical activity when forming implicit memories such as noun categorisation.
- D. the importance of hippocampus in the retrieval of semantic memories from the neocortex

Question 40

When considering the ethical validity of an investigation like Lashley's it is important to evaluate the concept of beneficence where

- A. the commitment to investigating the role of various brain regions in rat experimentation has been demonstrated through honest reporting of results permitting scrutiny.
- B. the outcome of the investigation in terms of understanding brain regions involved in memory justifies the potential harm caused to the rats during the creating of lesions on their brains.
- C. brain lesion procedures were distributed fairly amongst rats reducing the burden on a single participant
- D. due regard was given to the welfare, liberty and autonomy of the participants who were provided with protection where necessary.

SECTION B – Short-answer questions

Instructions for Section B

Answer **all** questions in the spaces provided. Write using black or blue pen.

Question 1 (13 marks)

a. Describe what is meant by the term songline as it applies to Aboriginal ways of learning.

3 marks

b. Analyse the similarities and differences between method of loci used in written cultures and sung narratives used in oral culture to enhance memory.

6 marks

c. Describe the importance of the hippocampus in the consolidation and retrieval of memories using songlines.

4 marks

Question 2 (10 marks)

Amielle recently began lessons in piano. She attends class twice a week for an hour each time and practices at home for a minimum of 5 hours a week.

a. Describe the role of the neocortex and basal ganglia in Amielle learning to play the piano. 4 marks

b. Differentiate between the roles that neurotransmitters and neuromodulators will play in allowing Amielle to learn to play the piano with specific reference to at least one neurotransmitter and one neuromodulator. 6 marks

Question 3 (15 marks)

Gut microbiome targeted by insomnia treatment clinical trials in Queensland

Adapted from: Jessica Ross, ABC Sunshine Coast 28.6.23

Queensland scientists and doctors have been exploring whether the human gut could hold the cure to chronic insomnia.

The Sleep Disorders Centre at Brisbane's Prince Charles Hospital has been conducting Australian-first human trials of a bacteria-based treatment, developed by Sunshine Coast-based biopharmaceutical company Servatus.

Servatus chief executive Wayne Finlayson said the gut microbiome was home to bacteria that stimulated the production of sleep chemicals.

"Things like serotonin ... melatonin, and GABA (gamma-aminobutyric acid) and dopamine, which affects your moods," Dr Finlayson said.

The team has been trialling introducing a combination of live, beneficial bacterial strains to the gut.

"Hopefully we can provide a mild treatment with human bacteria that you have naturally, affecting your sleep in a natural way," he said.

Sleep Disorders Centre director Deanne Curtin said the trial has involved 50 participants with chronic insomnia.

"The initial results are very promising," Dr Curtin said. "There's been some improvement in patients taking the live biotherapeutic agents. "It seems to have improved the quality and quantity of sleep."

She said traditional sleeping pills tended to lose efficacy over time as patients developed a tolerance. "People can become dependent on them," she said.

"There are also side effects and adverse effects, such as a hangover, groggy effect in the morning, effects on cognition and increased rates of falls in the elderly."

Clinical psychologist Amber Rattray said cognitive behavioural therapy was still the "gold standard" in treatment for insomnia.

"We might start with a focus on sleep hygiene ... Then we're looking at shifting negative sleep thoughts towards positive sleep thoughts and reducing anxiety about sleep, so we can actually get to sleep.

"If there are some initial factors, sort of a generalised anxiety or post-traumatic stress disorder, then obviously we need to treat that as well."

Dr Curtin agreed the "best evidence" for treatment was psychological support but said the majority of people did not seek help for it.

"So that's what we're really looking for here — an effective, safe agent that's non-traditional pharmaceutical that could be used in conjunction with psychology," she said.

The clinical trial will be expanded in coming months to test different dosage levels with a larger cohort of patients.

Question 4 (4 marks)

Explain the roles of cultural continuity and self-determination in the maintenance of mental health and wellbeing in Aboriginal and Torres Strait Islander people.

Question 5 (13 marks)

Kusperpalle and Rostenkowski published findings after completing a study on mindfulness meditation and CBT in the treatment of stress and anxiety in adolescents. The study was designed to be a crossover between an **active** treatment and a **control** treatment. The active treatment consisted of one hour intensive Cognitive Behavioural Therapy per week for a period of 10 weeks combined with 20 minutes per day of mindfulness meditation. The **control** treatment consisted of Cognitive Behavioural Therapy alone.

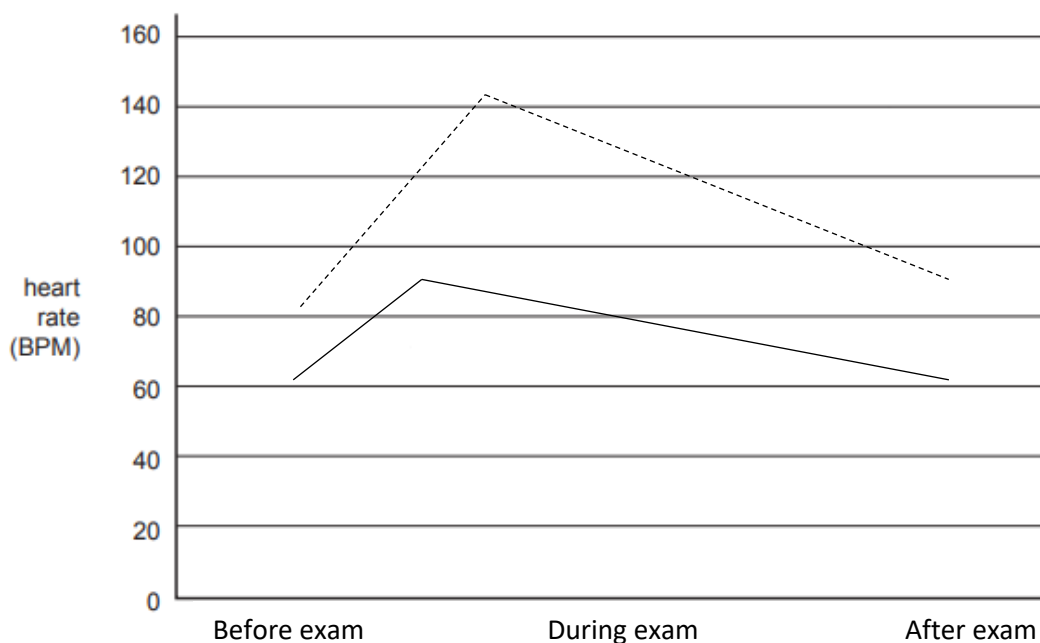
Kusperpalle and Rostenkowski used EEG recordings to monitor brain waves during mindfulness meditation practice and heart rate monitors were worn throughout the 10 week period.

Participants completed self-reports rating their overall experience of stress at controlled times throughout the study. The active intervention group reported lower average heart rates and reduced stress upon completion of the 10 week investigation. Kusperpalle and Rostenkowski concluded that mindfulness meditation when used in conjunction with CBT was an effective tool in reducing stress experienced by adolescents.

For his VCE Psychology practical investigation Daniel wants to replicate aspects of this study. He uses two Year 11 English classes preparing for their mid-year exams. All students are asked to wear a heart rate monitor for a two week period and complete a stress self-report questionnaire at three separate intervals during the investigation. Daniel facilitates the teaching of mindfulness meditation to one of the classes through the smiling mind app. The students in this class were required to complete 15 minutes of mindfulness meditation each day. Students in the other class were asked not to complete any meditation practices.

Daniel monitored student heart rates throughout the investigation as well as before, during and after their English exam.

Mean baseline heart rate compared to mean during and post exam heart rate



In conjunction with the results above, Daniel found that students in the mindfulness meditation group reported less overall stress and had a lower mean heart rate for the duration of the investigation.

a. Describe what is meant by the practice of mindfulness meditation.

1 mark

b. Describe the circumstances under which Kuspalle and Rostenkowski's investigation would demonstrate

2 marks

i. precision.

ii. accuracy.

c. Explain the purpose of using an EEG in the investigation and outline what it would show during meditation.

3 marks

d. Explain why Daniel’s planned investigation would be considered a controlled experiment rather than a correlational study. 2 marks

e. Evaluate the use of a self-report questionnaire in Daniel’s investigation. 2 marks

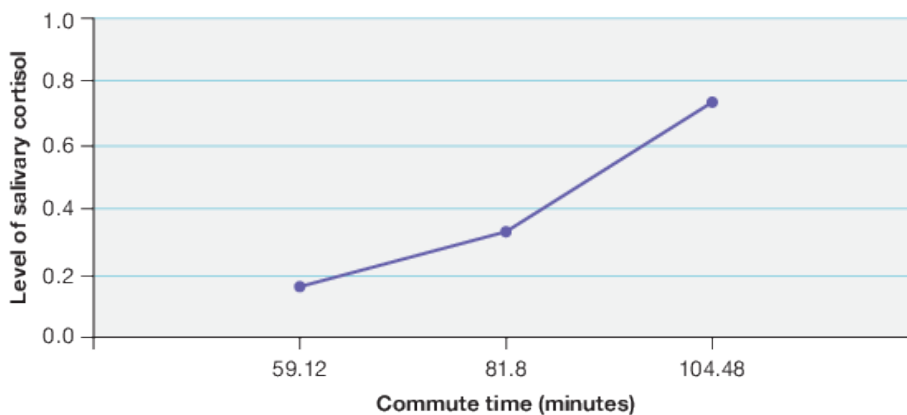
f. In terms of the nervous system, why would heart rate be used as a measure in Daniel’s investigation? 3 marks

Question 7 (10 marks)

Evans and Wener studied a sample of 208 male and female suburban rail commuters who took the train to Manhattan, New York. The amount of cortisol in saliva produced by participants was used as a measure of stress. Upon completion of the journey, the researchers gave participants a proof-reading exercise to complete where they had to identify errors in a document. Their results demonstrated the greater the duration of the commute, the larger the magnitude of salivary cortisol elevations in reference to resting baseline levels, the less the commuter's persistence on the proof-reading task at the end of the commute, and the greater the levels of perceived stress. These effects were not moderated by gender.

Source: Evans, G.W., & Wener, R.E. (2006). Rail commuting duration and passenger stress. Health Psychology, 25(3), 408–412.

Results from the salivary-cortisol test are illustrated in the graph below:



a. Identify the independent and dependent variables in the cortisol measurement part of the study. 2 marks

b. Identify the type of stress experienced by passengers due to commute time and justify your choice. 2 marks

c. Construct a hypothesis for that reflects the research question posed by Evans and Wener. 3 marks

d. Outline the role of cortisol in acute and chronic stress.

3 marks

STUDENT NAME: _____

STUDENT NUMBER

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3	3	3	3	3	3	3	3	3	G
4	4	4	4	4	4	4	4	4	J
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7	7	7	7	7	7	7	7	7	T
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INSTRUCTIONS:  **USE PENCIL ONLY**

SIGN HERE IF YOUR NAME AND NUMBER ARE PRINTED CORRECTLY.

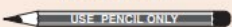
SIGNATURE: _____

If your name or number on this sheet is incorrect, notify the Supervisor.
 Use a **PENCIL** for **ALL** entries. For each question, shade the box which indicates your answer.
 All answers must be completed like **THIS** example:

A	<input checked="" type="checkbox"/>	C	D
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 Marks will **NOT** be deducted for incorrect answers.
NO MARK will be given if more than **ONE** answer is completed for any question.
 If you make a mistake, **ERASE** the incorrect answer – **DO NOT** cross it out.

SUPERVISOR USE ONLY

 **USE PENCIL ONLY**

Shade the **"ABSENT"** box if the student was absent from the examination.

ABSENT

SUPERVISOR'S INITIALS

ONE ANSWER PER LINE				ONE ANSWER PER LINE				ONE ANSWER PER LINE						
1	A	B	C	D	18	A	B	C	D	35	A	B	C	D
2	A	B	C	D	19	A	B	C	D	36	A	B	C	D
3	A	B	C	D	20	A	B	C	D	37	A	B	C	D
4	A	B	C	D	21	A	B	C	D	38	A	B	C	D
5	A	B	C	D	22	A	B	C	D	39	A	B	C	D
6	A	B	C	D	23	A	B	C	D	40	A	B	C	D
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10	A	B	C	D	27	A	B	C	D					
11	A	B	C	D	28	A	B	C	D					
12	A	B	C	D	29	A	B	C	D					
13	A	B	C	D	30	A	B	C	D					
14	A	B	C	D	31	A	B	C	D					
15	A	B	C	D	32	A	B	C	D					
16	A	B	C	D	33	A	B	C	D					
17	A	B	C	D	34	A	B	C	D					



Advanced VCE

Practice Examination Information for Teachers

This practice examination has been designed to reflect the skills outlined in the Study Design and Assessment Handbook.

The content and stimulus material may differ from the Victorian Curriculum and Assessment Authority Examination, however, this practice examination will provide opportunity for students to practice the skills required to complete the task.

The suggested responses provide a guide that reflects the level of detail required to complete the VCAA Examination, however, they do not represent all possible answers that students could write.

These suggested responses contain sample answers, tips and guidelines.

This examination has been developed to be completed in 150-minutes with 15 minutes of reading time at the beginning of the session.

Students only require a pen to complete this task.

This task should be completed under test conditions.

Students should not have access to any notes, mobile phones, calculators or any other electronic device.

Copyright Statement

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SECTION A – Multiple-choice questions

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

SECTION B – Short-answer questions**Instructions for Section B**

Answer **all** questions in the spaces provided. Write using black or blue pen.

Question 1 (13 marks)

- a.** Describe what is meant by the term songline as it applies to Aboriginal ways of learning. 3 marks

A songline is a sequence of short sung narratives associated with specific locations in the landscape. These locations are linked by a walked (physically or imagined) path through Country. They contain cultural knowledge associated with the landscape, map the journey of Ancestral Beings and the living system of all entities that exists within the universe.

- b.** Analyse the similarities and differences between method of loci used in written cultures and sung narratives used in oral culture to enhance memory. 6 marks

Students can draw upon their understanding of these two techniques of memory enhancement to form an analysis of the similarities and differences.

Similarities

Sung narratives in oral cultures like Aboriginal songlines require the (physical walking or) visualisation of a set of locations that act as retrieval cues for information tied to that location (such as knowledge of Country). Method of Loci as used in written cultures also requires the visualisation of a familiar path or route with locations acting as retrieval cues for information that has been 'stored' at each spot.

Both sung narratives such as Aboriginal songlines and method of loci involve the consolidation of memories using the hippocampus, specifically making spatial associations with new information.

Aboriginal songlines and method of loci share the characteristic of vivid, grotesque, unusual or vulgar information, activating more of the brain's neurons and increasing the likelihood of the information being encoded and stored with more explicit detail and as a result being recalled more easily.

Differences

Method of loci in written cultures is generally used to store 1 dimension or level of knowledge for a specific purpose, such as remembering the words to a speech or essay. Songlines in Aboriginal culture is multidimension and the knowledge that is encoded at each location builds each time the songline is performed to layer more knowledge onto what is already known as the generations age.

Songlines in Aboriginal culture use Country as the basis of their knowledge system involving people and their relationships with the more-than-human entities embedded within it. Method of loci as used in written cultures can be used to enhance memory of any information the learner wants to encode and retrieve more easily.

When recalling information that has been encoded and stored using method of loci the learner visualises the route and locations to act as retrieval cues for the information. When a songline is performed in Aboriginal cultures across Country it will often accompany song, dance, rhythm, actions or drawings that all act as retrieval cues for the information stored at each location.

c. Describe the importance of the hippocampus in the consolidation and retrieval of memories using songlines.

4 marks

The hippocampus plays a vital role in consolidating short-term memories into long-term memories. The hippocampus is activated when information is encoded by associated with physical spaces so that when an individual deliberately makes a spatial association with new information – they become linked in neural pathways. When a story is told through a songline in a particular sacred location, both the location and the information in the story will trigger the memory and the retrieval of the other.

The hippocampus is specifically good at representing physical spaces through the creation of physical neural pathways, including for Aboriginal people, their knowledge of Country, skylscapes and seascaapes resulting in a robust representation in the physical structure of their brains. The strength of these active synapses allows for greater recall in vivid detail when using songlines.

Question 2 (10 marks)

Amielle recently began lesson in piano. She attends class twice a week for an hour each time and practices at home for a minimum of 5 hours a week.

a. Describe the role of the neocortex and basal ganglia in Amielle learning to play the piano. 4 marks

The neocortex reorganises memory received from the hippocampus for consolidation and storage. When Amielle is in her lesson the neocortex receives consolidated information regarding corresponding notes and keys on the piano from the hippocampus and stores them in various locations throughout the neocortex.

The basal ganglia enables habit formation and the practice of sequences of movement. When Amielle is practicing at home her basal ganglia assists in the storage of the sequence of movements such as pressing keys on the piano in a song she is practicing and assists her in the formation of the habit of piano practice to enable her to complete her 5 hours per week.

b. Differentiate between the roles that neurotransmitters and neuromodulators will play in allowing Amielle to learn to play the piano with specific reference to at least one neurotransmitter and one neuromodulator. 6 marks

Glutamate is the primary excitatory neurotransmitter found in the central nervous system which plays a role in learning. When establishing a new neural pathway, when Amielle is learning a new song to play by pressing the keys in a specific order, glutamate is responsible for the activation of the pathway by causing the post synaptic neuron to become more likely to fire an action potential (this leads to synaptogenesis and the creation of the neural pathway involved in learning the song).

Neuromodulators like dopamine are released from single neurons and spread through large areas of the brain having a long lasting effect on multiple synapses. Dopamine plays a role in initiating movement and as such is responsible for the movement of Amielle's hands as she presses the keys on the piano.

Dopamine as a neuromodulator plays a role in signalling when a reward is available through the dopamine rewards system, motivating the individual to perform the behaviour that receives the reward. If Amielle is intrinsically motivated to play the piano, dopamine will be released to produce a state of motivation encouraging her to play for the reward of learning a new song and the satisfaction of how it sounds.

Question 3 (15 marks)

Gut microbiome targeted by insomnia treatment clinical trials in Queensland

Adapted from: Jessica Ross, ABC Sunshine Coast 28.6.23

Queensland scientists and doctors have been exploring whether the human gut could hold the cure to chronic insomnia.

The Sleep Disorders Centre at Brisbane's Prince Charles Hospital has been conducting Australian-first human trials of a bacteria-based treatment, developed by Sunshine Coast-based biopharmaceutical company Servatus.

Servatus chief executive Wayne Finlayson said the gut microbiome was home to bacteria that stimulated the production of sleep chemicals.

"Things like serotonin ... melatonin, and GABA (gamma-aminobutyric acid) and dopamine, which affects your moods," Dr Finlayson said.

The team has been trialling introducing a combination of live, beneficial bacterial strains to the gut.

"Hopefully we can provide a mild treatment with human bacteria that you have naturally, affecting your sleep in a natural way," he said.

Sleep Disorders Centre director Deanne Curtin said the trial has involved 50 participants with chronic insomnia.

"The initial results are very promising," Dr Curtin said. "There's been some improvement in patients taking the live biotherapeutic agents. "It seems to have improved the quality and quantity of sleep."

She said traditional sleeping pills tended to lose efficacy over time as patients developed a tolerance. "People can become dependent on them," she said.

"There are also side effects and adverse effects, such as a hangover, groggy effect in the morning, effects on cognition and increased rates of falls in the elderly."

Clinical psychologist Amber Rattray said cognitive behavioural therapy was still the "gold standard" in treatment for insomnia.

"We might start with a focus on sleep hygiene ... Then we're looking at shifting negative sleep thoughts towards positive sleep thoughts and reducing anxiety about sleep, so we can actually get to sleep.

"If there are some initial factors, sort of a generalised anxiety or post-traumatic stress disorder, then obviously we need to treat that as well."

Dr Curtin agreed the "best evidence" for treatment was psychological support but said the majority of people did not seek help for it.

"So that's what we're really looking for here — an effective, safe agent that's non-traditional pharmaceutical that could be used in conjunction with psychology," she said.

The clinical trial will be expanded in coming months to test different dosage levels with a larger cohort of patients.

a. Explain the roles melatonin, the suprachiasmatic nucleus (SCN), the pineal gland and light play in regulating the sleep-wake cycle of humans. 5 marks

The pineal gland is responsible for producing and secreting melatonin into the bloodstream to regulate arousal and levels of alertness and as such regulate the sleep-wake cycle in humans. It receives information about the levels of light from the eyes from the suprachiasmatic nucleus (SCN). The SCN (within the hypothalamus) receives information regarding the amount and intensity of light via the optic chiasm and adjusts the sleep wake cycle by signalling to the

pineal gland to secrete more or less melatonin. The melatonin feedback loop enables the SCN to detect the level of melatonin in the blood and modify the output from the pineal gland to maintain an optimum level.

Melatonin is the name of the hormone secreted by the pineal gland into the bloodstream that is involved in sleep onset and in the regulation of the sleep–wake cycle. The amount of melatonin that can be found in the bloodstream at any one time varies with amount of light that is detected. For example, when levels of light are low, as is the case with night time, the amount of melatonin is increased, but when light is higher and more intense, during the day, melatonin levels are lower. Increased melatonin levels promote drowsiness and lower the levels of alertness.

Light is the main zeitgeber or synchronising agent that influences the human sleep-wake cycle. As an environmental cue it directly influences the SCN to increase or reduce the amount of melatonin that is released.

b. What is gut micro biome, and what role is it playing in relation to the sleep study at Brisbane's Prince Charles Hospital? 3 marks

Gut microbiome relates to the population of microbiota (the microorganisms including bacteria, viruses and fungi) in the digestive system that have an influence on health and wellbeing, including the production of sleep chemicals that regulate the sleep-wake cycle. The sleep study at Prince Charles Hospital is modifying the gut microbiome by introducing beneficial strands of bacteria to stimulate production of melatonin (serotonin, GABA and dopamine).

Describe the role that the gut-brain axis (GBA), including the vagus nerve, is likely to play in relation to the study. 4 marks

The gut-brain axis (GBA) is the network of bidirectional neural pathways that enable communication between microbiome in the gastrointestinal tract and the brain. The GBA includes the central, autonomic and enteric nervous systems as well as the vagus nerve and gut microbiome. The vagus nerve is responsible for communication between the gut and brain, sending sensory information regarding microbiome status from the gut to the brain, and motor information regarding incoming food and changes in movement to aid digestion.

The vagus nerve is responsible for communicating the presence of microbiota to the brain to have an influence on sleep. The study is altering the gut microbiome by introducing specific bacteria to promote the production and release of sleep hormones like melatonin. The presence of this bacteria is communicated to the CNS via the vagus nerve to have a direct influence on the production of melatonin to promote sleepiness and assist in the treatment of insomnia.

Describe the role of sleep hygiene in improving the sleep-wake cycle. 3 marks

Sleep hygiene relates to practices that tend to improve and maintain good sleep, in conjunction with the promotion of full daytime alertness and can be effective in establishing and maintain a productive sleep-wake pattern. Such practices include establishing a regular, relaxing sleep schedule and bedtime routine to promote the production of sleep inducing hormones like melatonin. Avoiding stimulating activities in the hour before bed including the use of digital devices that emit light and inhibit melatonin production are effective in promoting sleep onset and improving the sleep-wake cycle.

Question 4 (4 marks)

Explain the roles of cultural continuity and self-determination in the maintenance of mental health and wellbeing in Aboriginal and Torres Strait Islander people.

Self determination relates to practices that allow people to take part in the decisions that affect their lives and empowers people by giving them a sense of control. This gives Aboriginal and Torres Strait Islander people the power to make decisions that impact their people, community and Country, fostering a connection to community, culture and Country which are key domains within their multidimensional and holistic view of mental health and wellbeing.

Cultural continuity relates to the ability to preserve historical cultural traditions and carry them forward into the future, providing a sense of history, identity and belonging. It ensures the maintenance of cultural connection; an integral domain of social and emotional wellbeing through a living relationship with ancestors and Country, and as such the overall mental health and wellbeing of Aboriginal and Torres Strait Islander people.

Question 5 (13 marks)

Kusperpalle and Rostenkowski published findings after completing a study on mindfulness meditation and CBT in the treatment of stress and anxiety in adolescents. The study was designed to be a crossover between an **active** treatment and a **control** treatment. The active treatment consisted of one hour intensive Cognitive Behavioural Therapy per week for a period of 10 weeks combined with 20 minutes per day of mindfulness meditation. The **control** treatment consisted of Cognitive Behavioural Therapy alone.

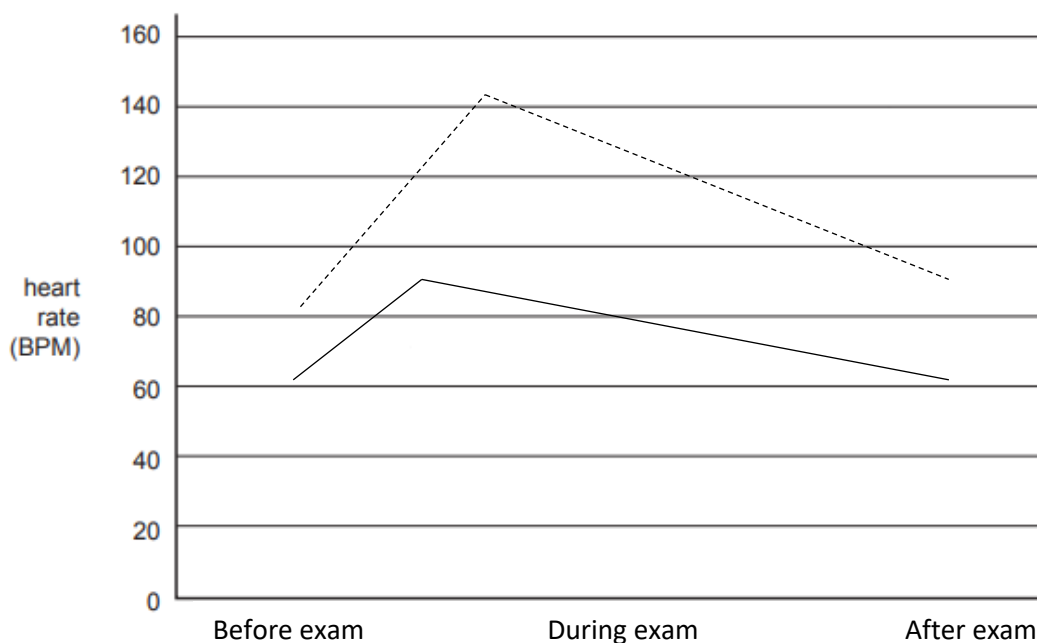
Kusperpalle and Rostenkowski used EEG recordings to monitor brain waves during mindfulness meditation practice and heart rate monitors were worn throughout the 10 week period.

Participants completed self-reports rating their overall experience of stress at controlled times throughout the study. The active intervention group reported lower average heart rates and reduced stress upon completion of the 10 week investigation. Kusperpalle and Rostenkowski concluded that mindfulness meditation when used in conjunction with CBT was an effective tool in reducing stress experienced by adolescents.

For his VCE Psychology practical investigation Daniel wants to replicate aspects of this study. He uses 2 Year 11 English classes preparing for their mid-year exams. All students are asked to wear a heart rate monitor for a 2 week period and complete a stress self-report questionnaire at 3 separate intervals during the investigation. Daniel facilitates the teaching of mindfulness meditation to one of the classes through the smiling mind app. The students in this class were required to complete 15 minutes of mindfulness meditation each day. Students in the other class were asked not to complete any meditation practices.

Daniel monitored student heart rates throughout the investigation as well as before, during and after their English exam.

Mean baseline heart rate compared to mean during and post exam heart rate



In conjunction with the results above, Daniel found that students in the mindfulness meditation group reported less overall stress and had a lower mean heart rate for the duration of the investigation.

a. Describe what is meant by the practice of mindfulness meditation.

1 mark

Mindfulness meditation is a type of meditation that enables individuals to become highly attentive to sensory information by focusing on their breathing, whilst thoughts and feelings are experienced freely as they occur. It involves paying attention and experiencing moment to moment awareness without judgement.

b. Describe the circumstances under which Kuserpalle and Rostenkowski's investigation would demonstrate

2 marks

i. precision.

precision relates to how closely a set of measurement values agree with each other. Kuserpalle and Rostenkowski's investigation involved the use of a heart rate monitor – this would show a high level of precision if three separate measurements taken at the same time under the same conditions on the same participant gave the same (or very similar) reading.

ii. accuracy.

the accuracy of a measurement relates to how close it is to the true value of the quantity being measured. During Kuserpalle and Rostenkowski's investigation – if the heart rate monitors gave a reading of 70 beats per minute and the heart was beating at 70 beats per minute (or close to) it would be considered to have a high level of accuracy.

Accuracy is not quantifiable; measurement values may be described as more accurate or less accurate.

c. Explain the purpose of using an EEG in the investigation and outline what it would show during meditation.

3 marks

An EEG detects, amplifies and records the electrical activity of the brain in the form of brain waves (1 mark). During meditation it would show brain waves with a high amplitude and moderate to low frequency (alpha and theta brain waves) (1 mark). The purpose of using an EEG in relation to the investigation is to indicate whether the participant was experiencing deep relaxation as is the case with mindfulness meditation. (1 mark)

d. Explain why Daniel's planned investigation would be considered a controlled experiment rather than a correlational study.

2 marks

Daniel's investigation would be considered a controlled experiment as he is manipulating one variable (the use of mindfulness meditation - IV) to investigate its impact on another (heart rate and stress ratings - DV) in a controlled setting to determine a cause and effect relationship (1 mark). It is not considered a correlational study which investigates the possibility of a relationship between two variables without a control group (or IVs/DVs) or any manipulation from the experimenter.

e. Evaluate the use of a self-report questionnaire in Daniel's investigation.

2 marks

Strengths

- *useful for measuring characteristics that cannot easily be directly observed, such as feelings of stress*
- *can be more efficient, timely, cost-effective etc in relation to getting participants to fill out their own stress self report*
- *control of unwanted variables through use of standardised administration procedures in that all participants receive the same written instructions related to the questionnaire on stress*

Limitations

- *potential to introduce bias into answers as the self report on stress requires participants to answer honestly*
- *often rely on participant self-awareness and memory in relation to how stressed they have been feeling in the days leading up to the completion of the questionnaire*
- *data collected is more difficult to manage and report on when free response and open-ended questions are used such as 'describe the way the stress made you feel'.*

f. In terms of the nervous system, why would heart rate be used as a measure in Daniel's investigation? 3 marks

Marks were awarded for noting that:

- the sympathetic nervous system is activated during a stress response
- heart rate is increased during the stress response
- because Daniel is interested in measuring the stress response, heart rate can serve as a (objective/physiological) dependent measure of the stress response.

The researchers measure heart rate in this study because an increase in heart rate is an objective measure of the sympathetic nervous system's response to stress.

Question 6 (5 marks)

Describe how brain imaging techniques used in patients with Alzheimer's Diseases have contributed to the understanding of the roles of episodic and semantic memories in retrieving autobiographical events.

Magnetic Resonance Imaging (MRI) and functional Magnetic Resonance imaging (fMRIs) have been used on patients suffering from Alzheimer's Disease to help study the structural and functional changes that occur to the brain as the disease progresses.

Alzheimer's Disease begins with the memory problems in relation to more recently formed episodic and semantic memories. Patients with this condition may forget the events of the day (eg who visited them) or forget where they are up to in a conversation they are having. As the disease progresses they may develop amnesia for previously formed episodic-autobiographical memories, such as events associated with previous places of employment or friends or loved ones.

Brain imaging techniques show patients with Alzheimer's Disease show a loss of volume in the hippocampus as one of the earlier signs – explaining why amnesia occurs from episodic-autobiographical memories with the hippocampus experiencing difficulty in binding and consolidation of information from events into episodic memories as well as difficulty in retrieving episodic details from previously formed memories.

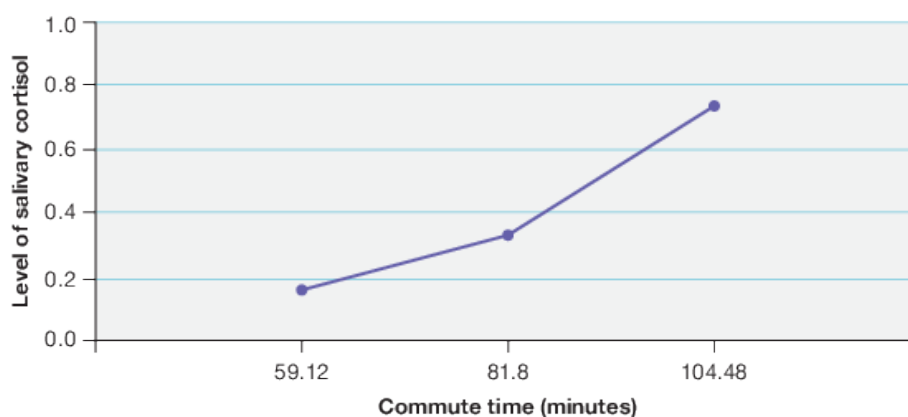
Imaging has also found that as damage spread to the prefrontal cortex and other parts of the neocortex patients lose the ability to retrieve semantic events and as a result have difficulty in retrieving all autobiographical events,

Question 7 (10 marks)

Evans and Wener studied a sample of 208 male and female suburban rail commuters who took the train to Manhattan, New York. The amount of cortisol in saliva produced by participants was used as a measure of stress. Upon completion of the journey, the researchers gave participants a proof-reading exercise to complete where they had to identify errors in a document. Their results demonstrated the greater the duration of the commute, the larger the magnitude of salivary cortisol elevations in reference to resting baseline levels, the less the commuter's persistence on the proof-reading task at the end of the commute, and the greater the levels of perceived stress. These effects were not moderated by gender.

Source: Evans, G.W., & Wener, R.E. (2006). Rail commuting duration and passenger stress. *Health Psychology, 25*(3), 408–412.

Results from the salivary-cortisol test are illustrated in the graph below:



- a.** Identify the independent and dependent variables in the cortisol measurement part of the study. 2 marks

The independent variable is the commute time and the dependent variable is the level of salivary cortisol

- b.** Identify the type of stress experienced by passengers due to commute time and justify your choice. 2 marks

Students receive one mark for identifying commute time as an external stressor and a second mark for the justification that commute time is a stressor originating from the environment outside the individual.

- c.** Construct a hypothesis for that reflects the research question posed by Evans and Wener. 3 marks

*Students receive 3 marks for identifying the IV and DV, the direction of change and the population.
The greater the duration of a train commute, the greater the levels of perceived stress, and the less the commuter's persistence on a task at the end of the commute.*

- d.** Outline the role of cortisol in acute and chronic stress. 3 marks

For 3 marks students need to outline the role that cortisol plays in acute and chronic stress. For example:

When released into the bloodstream during times of stress, cortisol helps to energise the body by inducing the release of glucose, providing a rise in blood-sugar levels and increased arousal which gives the organism the energy required to deal with the stressor. Prolonged release of cortisol in chronic stress can suppress the activity of the immune system increasing susceptibility to infections and communicable diseases.

Question 8 (10 marks)

Maryam is a 20-year-old university student who lives at home with her parents and two younger brothers. She is studying mechanical engineering specialising in robotics and prefers to take most of her subjects online. As part of her course, Maryam must complete a semester abroad at MIT (Massachusetts Institute of Technology) in the United States of America.

The thought of flying causes Maryam significant distress despite never having stepped on a plane. She cannot remember a specific event that caused her to become afraid of flying but is certain that any flight she board will crash. Maryam is embarrassed to talk about her fear with her friends and family and when news reports of plane cases appear in contemporary media she changes the channel/station, quickly turns the page or changes the topic of conversation. She has spoken to her General Practitioner about the potential use of sedatives and she has recommended that Maryam see a psychologist to provide a more comprehensive treatment plan and assist her in understanding her phobia.

Using the information provided above, develop a summary of advice that the psychologist may have provided Maryam with. Include information relating to the biopsychosocial approach in explaining and treating Maryam's phobia.

Responses are to be marked holistically, taking into account the clarity and organisation of the content, and the degree of sophistication with which the relevant psychological concepts and terminology are integrated into the response, how well psychological concepts and terms were applied to relevant aspects of the scenario, and the extent and depth to which all requirements of the response were addressed.

Students who validly attempt all aspects specified in the question are to be awarded **at least five marks out of 10**, with the awarding of higher marks being dependent on the level of critical appraisal and application to psychological theory demonstrated.

It is acceptable for students to structure their responses in different ways, but the selected structure must ensure that required information for the response can be presented in a cohesive, logical way.

The following is a marking scheme that will guide the assignment of marks for this response.

9-10	<p>A comprehensive, detailed and clearly organised response, structured as a summary of advice from a psychologist, that shows a high level of understanding of the biopsychosocial approach to both understanding and treating mental health.</p> <p>At this level, students will provide a succinct description of the topics required by the question:</p> <ul style="list-style-type: none"> • Clear identification of the importance of the biopsychosocial approach and the fundamental role it plays in both understanding and treating mental health • Discussion of the role of potential biological (GABA dysfunction, LTP), psychological (classical conditioning as a precipitating factor, operant conditioning as perpetuating factor, cognitive biases – memory bias and catastrophic thinking) and social (specific environmental triggers, stigma around seeking treatment) in the development of Maryam's specific phobia • Discussion of potential biological (GABA agonists, breathing retraining), psychological (CBT, systematic desensitization) and social (psychoeducation) in the treatment of Maryam's specific phobia • The highest scoring responses will intergrate the required information with stimulus material from the case study.
7-8	<p>Responses in this range will still show a relatively detailed and clearly organised summary of advice addressing most of the concepts required by the question. There will be a lack of detail in responses in this range relative to more sophisticated responses.</p> <p>e.g. students may only discuss one contributing biological, psychological and social factor with less synthesized information when compared to more sophisticated responses</p>

5-6	<p>A satisfactory summary of the biopsychosocial model of explaining and treating mental health with some satisfactory references to Maryam. Biopsychosocial factors have been identified but have not been explained with adequate detail</p> <p>6 mark responses will identify all that is required for 5 marks, and <i>additionally</i> will elaborate on one of the points below;</p> <ul style="list-style-type: none"> • The importance of considering the biopsychosocial approach from a holistic point of view • Elaborate in greater detail at least two biological, psychological or social contributing or treating factors how they apply to Maryam <p>5 marks responses will identify the role of the biopsychosocial approach to understanding and treating mental health. It will provide a brief description of some of the factors and the treatments. References to the scenario are evident and there has been some attempt to structure the response in a way that reflects a summary of advice from a psychologist.</p> <p>Responses that show less than this cannot be awarded anything more than a 4.</p> <p><i>NOTE: a score of 5 is a passable mark that addresses all basics that are required by the question.</i></p>
3-4	<p>A limited understanding of factors that contribute to mental health and the development of a specific phobia.</p> <p>Responses in this range will have demonstrated some understanding of the biopsychosocial approach.</p>
1-2	<p>A very limited summary was developed. There is a lack of structure and format relevant to the prompt.</p> <p>Little to no analysis of the role of the biopsychosocial approach with few references to the stimulus information regarding Maryam.</p>
0	<p>The response provided by the student is largely irrelevant and/or inaccurate</p>