



## 2019 Trial Examination

STUDENT  
NUMBER

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Letter

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# PSYCHOLOGY

## Unit 3 & 4 – Written examination

Reading time: 15 minutes

Writing time: 2 hours and 30 minutes

### QUESTION & 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	50	50	50
B	8	8	70
			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 permitted in this examination.

#### Materials supplied

- Question and answer book of 37 pages.

#### Instructions

- Print your name in the space provided on the top of this page.
- All written responses must be in English.

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

**SECTION A – Multiple-choice questions**

**Instructions for Section A**

Answer **all** questions in this section.  
 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.

**Question 1**

Neurotransmitters differ from neurohormones in that

- A. Neurotransmitters are released by the axon terminals, whereas neurohormones are released by dendrites.
- B. Neurohormones bind to receptor sites in the nervous system, neurotransmitters will travel through the blood to reach their target.
- C. Neurotransmitters travel through the nervous system only, neurohormones will travel through the nervous system and bloodstream.
- D. Neurotransmitters will travel only through the central nervous system and neurohormones travel through the peripheral nervous system.

**Question 2**

Gary was walking across the road when a car ran through a red light, turning a corner and quickly veering toward him. His pupils immediately dilated and he felt a rush of adrenaline surge through his body.

Identify the nervous system divisions responsible for coordinating the functions below.

	<b>Seeing the car approaching</b>	<b>Dilated pupils</b>	<b>Surge of adrenaline</b>
A.	Somatic	Sympathetic	Sympathetic
B.	Central	Autonomic	Parasympathetic
C.	Autonomic	Sympathetic	Parasympathetic
D.	Somatic	Sympathetic	Autonomic

**SECTION A – continued**

**Question 3**

David works a night shift and is kept up all day by his baby, who is sick. This has resulted in a 24-hour period of sleep deprivation. David's brother Tom, who lives overseas and is staying with David while he visits, returns from a lunch with friends where he consumed several glasses of beer. A measure of Tom's BAC returns a reading of 0.10.

What would you expect to see, in terms of cognitive impairment, when comparing David and Tom?

- A. Tom would be more emotional than David
- B. David would have more difficulty concentration than Tom
- C. Tom would be better at problem solving tasks than David
- D. Tom would perform as well as David on a problem solving task

**Question 4**

Sergei is the college captain and he is preparing to give a speech at a whole school assembly. He has written his speech already, but as he reads it over, he notices his hands are shaking and he feels a little sweaty. He reads a mistake in his speech and borrows a pen from a fellow student to change it.

Which divisions of the nervous system were likely responsible for Sergei's shaking hands, sweating and the detection of the spelling mistake, and subsequent re-writing of a part of this speech?

- A. Autonomic; parasympathetic; somatic
- B. Autonomic; sympathetic; somatic
- C. Sympathetic; sympathetic; somatic
- D. Somatic; sympathetic; somatic

*The following information refers to Questions 5-7*

*A tennis player has hired a new coach to improve their game. The coach has identified several areas that can be improved, and so they begin working together to change the player's technique. This takes several weeks but eventually, the player has been able to modify several of their skills.*

**Question 5**

What neural process will the player undergo in order to reverse the incorrect skill aspects of their tennis game?

- A. Synaptogenesis
- B. Long term potentiation
- C. Cell atrophy
- D. Long term depression

**SECTION A – continued  
TURN OVER**

**Question 6**

What neural process will the player undergo in order to learn the new correct skill aspects of their tennis game?

- A. Long term depression
- B. Synaptic pruning
- C. Cell atrophy
- D. Long term potentiation

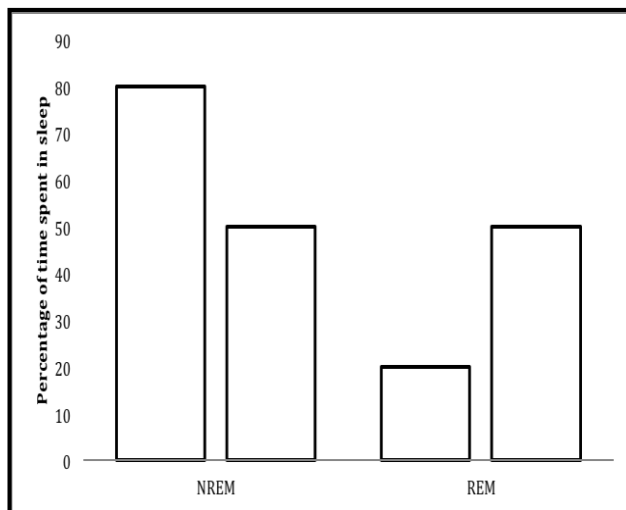
**Question 7**

The acquisition of skills associated with serving a tennis ball will be formed in the \_\_\_\_\_ but stored in the \_\_\_\_\_.

- A. Hippocampus; Cerebellum
- B. Cerebellum; Cerebral cortex
- C. Cerebral cortex; Cerebellum
- D. Hippocampus; Cerebral cortex

**Question 8**

The graph below depicts the typical amounts of time spend in NREM and REM for which two lifespan stages?



- A. Adult and elderly
- B. Adolescent and infant
- C. Adult and infant
- D. Adult and adolescent

**SECTION A – continued**

**Question 9**

Jasper hit his head after falling off his bike. Ever since he has had difficulty remembering conversations he has had and plans he has made. It is likely that Jasper has

- A. Brain trauma.
- B. Anterograde amnesia.
- C. Alzheimer's disease.
- D. Memory loss.

**Question 10**

The tendency to continually revisit problems without attempting to solve them is known as \_\_\_\_\_ and is an example of a \_\_\_\_\_ factor.

- A. Disorganised thinking; Biological
- B. Disorganised thinking; Psychological
- C. Rumination; Biological
- D. Rumination; Psychological

**Question 11**

Benzodiazepines are GABA agonists. This means that

- A. GABA levels are mimicked and the inhibitory effect on the nervous system will be increased.
- B. GABA levels are inhibited and the excitatory effect on the nervous system will be decreased.
- C. GABA levels are mimicked and the excitatory effect on the nervous system will be increased.
- D. GABA levels are inhibited and the inhibitory effect on the nervous system will be decreased.

**Question 12**

There are several ethical concerns that must be considered when conducting research into mental health. When discussing the moral concern over withholding a treatment that could potentially benefit an individual with a mental disorder is at the centre of ethical concerns relating to

- A. Withdrawal rights.
- B. Placebo use.
- C. Informed consent.
- D. Voluntary participation.

**SECTION A – continued**  
**TURN OVER**

*The following information refers to Questions 13-16*

*Simone is walking down the street at night on her way home from work. She is stunned when someone jumps out from a shadow and robs her. Simone has vivid memories of this event when asked to recall it, and feels her heart race and her breathing get heavy. Now every time she walks down a street and sees a dark shadow she feels very anxious and scared.*

**Question 13**

The unconditioned stimulus (UCS) in the example above is

- A. The dark shadows.
- B. Being robbed.
- C. Fear of being robbed.
- D. Walking at night time.

**Question 14**

The vivid detail in which Simone can remember the experience, and her heightened physiological reaction when recalling it can be explained by the presence of \_\_\_\_\_ at the time the memory was formed.

- A. Glutamate
- B. Acetylcholine
- C. Adrenaline
- D. GABA

**Question 15**

Simone's conditioned response could be extinguished by

- A. Being around robbers and not being robbed so she sees they are not associated.
- B. Walking down streets with dark shadows to see that robbers are not associated with them.
- C. Avoiding walking down streets with dark shadows so that she does not become scared.
- D. Buying pepper spray and taking protective measures to ensure she is not robbed again.

**Question 16**

The form of learning that produced Simone's response is

- A. Voluntary.
- B. Socially motivated.
- C. Involuntary.
- D. Active.

**SECTION A – continued**

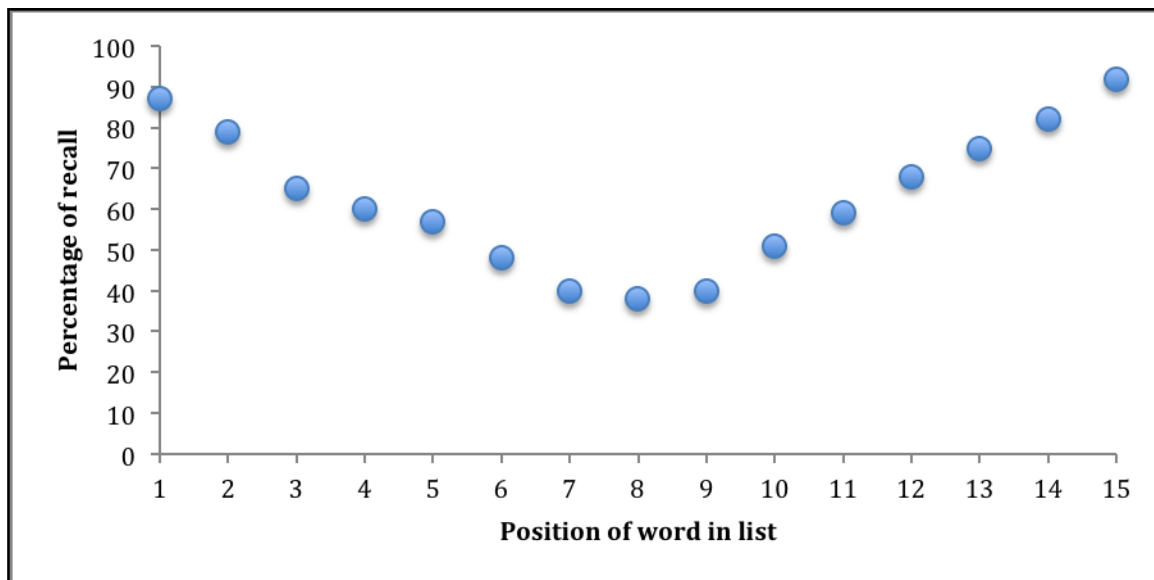
**Question 17**

Partial sleep deprivation can produce a range of effects. An affective (emotional) effect would be

- A. Difficulty concentration.
- B. Irritability.
- C. Interruptions to memory consolidation.
- D. Fatigue.

*The following information refers to Questions 18-19*

*The graph below shows the outcome of an experiment that investigated the impact that word presentation had on recall*



**Question 18**

The recall result for items at the beginning and end of the list are referred to as the

- A. Recall and recency effect.
- B. Primacy and recency effect.
- C. Primary and recall effect.
- D. Recency and Primary effect.

**SECTION A – continued  
TURN OVER**

**Question 19**

If recall of the items was delayed for 30 seconds, what is likely to be the impact on recall?

- A. The recency effect will be lost
- B. The primacy effect will be lost
- C. There will be no impact because the words have been rehearsed well enough to be transferred to long term memory
- D. A conclusion is unable to be made because of individual differences in memory ability

**Question 20**

The ability to form and maintain relationships and regulate your emotions shows high levels of

- A. Functioning.
- B. Resilience.
- C. Social and emotional functioning.
- D. Stress.

*The following information refers to Questions 21-23*

*Jamie took his dog, Trixie, for a walk. When walking past the neighbour's gate, Trixie saw another dog and pulled hard on the lead to run to it. Trixie began barking loudly at the neighbour's dog. Jamie pulled hard back on the lead and spoke sternly to Trixie saying, "No, do not pull". Now when Jamie walks Trixie, she does not pull on the lead*

**Question 21**

The antecedent in this scenario was

- A. Jamie pulling Trixie back after she pulled on the lead and reprimanding her.
- B. Trixie pulling on the lead and running to the neighbour's dog.
- C. The presence of the neighbour's dog.
- D. Trixie no longer pulling on the lead after being reprimanded.

**Question 22**

The consequence in this scenario was

- A. Jamie pulling Trixie back after she pulled on the lead and reprimanding her.
- B. Trixie pulling on the lead and running to the neighbour's dog.
- C. The presence of the neighbour's dog.
- D. Trixie no longer pulling on the lead after being reprimanded.

**SECTION A – continued**



**Question 23**

Trixie's decision to no longer pull on the lead is most likely

- A. Voluntary.
- B. Involuntary.
- C. As a result of obedience.
- D. A reflex.

**Question 24**

Justin is having difficulty falling asleep at night. He will go to bed and lay awake for several hours before eventually falling asleep. After speaking with a Psychologist, Justin has ceased use of technology after dinner, and has removed the television from his room. Justin most likely

- A. Has the dyssomnia known as sleep onset insomnia and has utilised a cognitive strategy to assist on overcoming it.
- B. Has the parasomnia known as sleep onset insomnia and has utilised a behavioural strategy to assist on overcoming it.
- C. Has the parasomnia known as sleep onset insomnia and has utilised a cognitive strategy to assist on overcoming it.
- D. Has the dyssomnia known as sleep onset insomnia and has utilised a behavioural strategy to assist on overcoming it.

**Question 25**

During the stage of \_\_\_\_\_, the body acts as though it is injured. In \_\_\_\_\_, the body recovers and launches a physiological response by increasing levels of resistance to stress above baseline.

- A. Exhaustion; counter-shock
- B. Shock; counter-shock
- C. Alarm; counter-shock
- D. Alarm; resistance

**Question 26**

When comparing the characteristics of sleep at the beginning of the night compared to the end of the night, it shows that

- A. There is more time spend in REM than NREM.
- B. You are more likely to dream.
- C. We spend less time in REM than NREM.
- D. There is less time spent in slow-wave sleep.

**SECTION A – continued**  
**TURN OVER**

*The following information refers to Questions 27-31*

*Sana designed an experiment to investigate the impact of different retrieval methods on the ability to recall learned information. She randomly allocated 50 participants into one of two conditions:*

*Condition 1: Participants were given an unlimited amount of trials to learn 20 words. A week later, they returned and repeated the task. The number of trials it took to learn the words the first and second time was recorded.*

*Condition 2: Participants were given 5 minutes to learn the same list of 20 words and then asked to identify all of the words from a larger list of words.*

*The number of words that were recalled by the participants was recorded.*

**Question 27**

The experimental design used in this study was

- A. Correlational study.
- B. Repeated measures.
- C. Longitudinal study.
- D. Independent groups.

**Question 28**

The method of retrieval used in condition 1 and condition 2 respectively were

- A. Relearning and free recall.
- B. Relearning and cued recall.
- C. Relearning and recognition.
- D. Cued recall and recognition.

**Question 29**

With reference to the sensitivity of measures of retention, what would be the expected findings of the experiment?

- A. Participants in condition 2 would be expected to have a higher rate of recall than participants in condition 1
- B. Participants in condition 1 would be expected to have a higher rate of recall than participants in condition 2
- C. There would be no difference in the recall of participants in condition 1 and condition 2
- D. The expected findings are difficult to predict because of the individual memory capabilities of the participants

**SECTION A – continued**

**Question 30**

The dependent variable in this study was

- A. The number of words recalled.
- B. Whether participants were in condition 1 or condition 2.
- C. The number of trials participants in condition 1 took to learn the words in comparison to condition 2.
- D. The 20 words that were learnt.

**Question 31**

The most appropriate measure of central tendency that could best represent the number of words that were recalled by participants in both conditions would be the

- A. Median.
- B. Mode.
- C. Mean.
- D. Variance.

**Question 32**

An example of an avoidance strategy for managing stress associated with exams is

- A. Completing past exams.
- B. Venting to family or friends.
- C. Writing a list of things to do.
- D. Read feedback from your teacher.

**Question 33**

Trey is currently taking prescriptive medication that is a depressant. In terms of his level of awareness compared to normal waking consciousness, it is expected that Trey would have higher frequency of which type of brain wave?

- A. Beta
- B. Sigma
- C. Delta
- D. Alpha

**SECTION A – continued**  
**TURN OVER**

*The following information refers to Questions 34 and 35*

*Theresa is a heavy smoker. After having a stroke, the doctors have suggested she quit. She has decided to speak to a health professional to consider her options. She decides, after considering the benefits and cons of quitting, that she would attempt. She is able to control her smoking behaviour for several months, until she experiences a stressful week at work and begins smoking again.*

**Question 34**

When consulting the health professional and deciding to quit, Theresa is in the \_\_\_\_\_ stage of the transtheoretical model of change.

- A. Pre-contemplation
- B. Planning
- C. Action
- D. Contemplation

**Question 35**

When Theresa begins smoking again after a stressful week at work, Theresa is in the \_\_\_\_\_ stage of the transtheoretical model of change.

- A. Action
- B. Contemplation
- C. Maintenance
- D. Relapse

**Question 36**

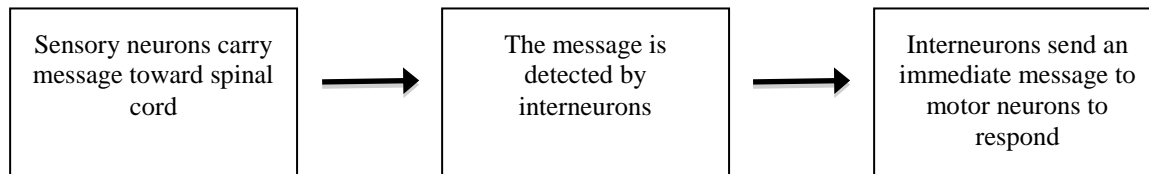
Which structure of the neuron is responsible for moving an electrical signal from one end of the neuron to the other?

- A. Axon terminal
- B. Myelin
- C. Dendrite
- D. Axon

**SECTION A – continued**

**Question 37**

The diagram below details the movement of sensory and motor signals sent through the nervous system in response to a stimulus



The diagram best represents what kind of response?

- A. A spinal reflex, which is an unconscious response generated by the brain stem
- B. A spinal reflex, which is an unconscious response not associated with the brain
- C. A spinal reflex, which is a conscious response not associated with the brain
- D. A spinal reflex, which is a conscious response generated by the cerebral cortex

**Question 38**

Jackson and Katherine are both at a water park and are in the line for the cyclone, which is a high and fast ride. Both Jackson and Katherine feel their hearts racing as they approach the top of the line. Jackson begins to feel nervous and scared, but Katherine is excited.

It is likely that

- A. Jackson is experiencing distress, and Katherine is experiencing eustress
- B. Jackson and Katherine are both experiencing distress
- C. Jackson is experiencing eustress, and Katherine is experiencing distress
- D. Jackson and Katherine are both experiencing eustress

**Question 39**

After consuming alcohol Samantha is in an altered state of consciousness. This could be determined by

- A. Samantha's thoughts being more restricted, and an increase in the presence of alpha and theta brain waves
- B. Samantha's ability to control her temper, and an EEG recording which shows the presence of beta waves
- C. Samantha's difficulty in estimating the passage of time, and an increase in the presence of alpha and theta brain waves
- D. Samantha's appropriate emotional responses and an EEG recording which shows the presence of beta waves

**SECTION A – continued**  
**TURN OVER**

*The following information refers to Questions 40 - 42*

*Gabriel has just started a new job as the CEO of a communications company and quickly becomes overwhelmed by the stress of it all. Recently his mother was diagnosed with Alzheimer's disease and he spends a lot of time looking after her outside of work. His wife and children have been very supportive of him, making sure that he can relax when he is at home. After several months of trying to maintain his routine, Gabriel begins to suffer with anxiety.*

**Question 40**

A protective factor for Gabriel is

- A. Support from his wife and children.
- B. The busy life he has.
- C. Looking after his mother.
- D. The new job Gabriel has.

**Question 41**

Gabriel's experience is likely to be considered

- A. Bad luck.
- B. Mentally healthy.
- C. A mental disorder.
- D. A mental health problem.

**Question 42**

The stress of his job and looking after his mother combine together to increase \_\_\_\_\_ risk.

- A. Social
- B. Biological
- C. Cumulative
- D. Psychological

**SECTION A** – continued

**Question 43**

Sophia watches her aunty cross-stitching and wants to learn. Her aunty has been cross-stitching for years and is comfortable in doing so as she converses with Sophia and watches television. Sophia finds that when she is learning that she can only focus on cross-stitching and can't maintain a conversation with her aunty. This is because

- A. Cross-stitching is an automatic process for both Sophia and her aunty, but Sophia is not concentrating enough on the task to be able to do it
- B. Cross-stitching is a controlled process for both Sophia and her aunty, but Sophia is not concentrating enough on the task to be able to do it
- C. Cross-stitching is a controlled process for Sophia's aunty, but an automatic process for Sophia
- D. Cross-stitching is an automatic process for Sophia's aunty, but a controlled process for Sophia

**Question 44**

The capacity and duration of short term memory is thought to be

- A. Both unlimited.
- B. Limited to 18 items for up to 9 seconds.
- C. Limited to 9 items for up to 18 seconds.
- D. Limited in capacity to 9 items but unlimited in duration.

**Question 45**

When Grace actively observes her father kicking a football and then picks up the ball to kick it, she has demonstrated

- A. Retention and reproduction.
- B. Retention and motivation.
- C. Attention and reproduction.
- D. Motivation and attention.

**Question 46**

The symptoms of Parkinson's disease are largely caused by

- A. A lack of dopamine producing neurons in the hippocampus.
- B. A lack of dopamine producing neurons in the substantia nigra.
- C. A lack of glutamate producing neurons in the substantia nigra.
- D. A lack of GABA producing neurons in the hippocampus.

**SECTION A – continued**

**TURN OVER**

**Question 47**

An example of a biological predisposing risk factor for mental illness is

- A. Heredity.
- B. Substance use.
- C. Poor response to medication.
- D. Stress.

**Question 48**

The 'Little Albert' experiment demonstrated classical conditioning could be used to produce an emotional response. In this experiment, the conditioned response was

- A. Fear because of not knowing when a white object would be presented.
- B. Fear because of the loud noise.
- C. Fear because of the white object.
- D. Fear because of the presence of the experimenter.

*The following information refers to Questions 49 -50*

*Mr Black is a teacher and is shopping at the local supermarket. He approaches the register and spots a student who attends the same school. He draws a blank when he can't remember her name. When he is at school the next day, and sees the student in school uniform sitting in class, her name suddenly comes to him.*

**Question 49**

The inability to recall the students name is the result of

- A. A lack of state dependent cues.
- B. A lack of encoding.
- C. A lack of use of elaborate rehearsal.
- D. A lack of context dependent cues.

**Question 50**

The memory that Mr Black had of the students name is an example of a \_\_\_\_\_ memory

- A. Episodic
- B. Semantic
- C. Procedural
- D. Implicit

**END OF SECTION A**



**SECTION B - Short-answer questions**

**Instructions for Section B**

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

**Question 1 (4 marks)**

Jessica is a long haul flight attendant and regularly travels overseas. When she returns home she spends several nights trying to readjust to the change in her sleep patterns. When she is in bed at night, she often uses her phone and watches television until she falls asleep. She often thinks about how long it will take her to fall asleep and counts the clock to calculate the number of hours of sleep she will get.

Describe how bright light therapy and cognitive behavioural therapy could be used to assist Jessica in regulating her sleeping patterns.

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**SECTION B – continued  
TURN OVER**

**Question 2 (12 marks)**

Phillip and Harvey are sitting in their study at home completing homework. Phillip has been sick recently and has not slept well. He has been awake for the last 18 hours, he is struggling to keep his eyes open, and he feels himself drifting into sleep. Harvey is completing his homework while listening to music. He notices that Phillip is struggling to stay awake and suggests he go to bed to catch up on sleep.

**a.** With reference to states of consciousness;

**i.** Identify the state that Phillip and Harvey are both likely to be in.

2 marks

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**ii.** Outline one objective measure that could be used to determine the state of consciousness that Phillip and Harvey are experiencing.

3 marks

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**b.** Identify two behavioural changes in Phillip that may indicate he is experiencing the effects of sleep deprivation.

2 marks

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**c.** Harvey has just consumed his third cup of coffee for the day

**i.** Compare Harvey’s brain wave pattern before and after the consumption of coffee.

2 marks

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**ii.** With reference to neural transmission via the lock-and-key process, outline the effect that a stimulant like caffeine will have on the nervous system

3 marks

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**SECTION B – continued**

**Question 3 (9 marks)**

**Less diet drinks, more sleep**

by Michael Mossman

**Study finds soft drinks impact sleep quality**

Researchers at the Smithsonian sleep institute have recently reported their findings from a study that investigated the influence that diet soft drink consumption had on sleep quality.

The study compared the sleep quality of healthy adolescents, adults and those aged over 65 who consumed diet drinks, such as pepsimax and diet coke.

Over the course of three weeks, the research team prescribed the consumption of 2 diet drinks daily for a group comprised of adults and those aged over 65 and compared the quality of sleep, measured by total number of sleep hours and time spent in slow wave sleep, with those of an adolescent control group, who did not consume the diet drinks.

Those in the experimental group were found to spend less time in slow wave sleep compared to those in the control group and also had less overall sleep, on average, across the three weeks of the study.

It was concluded that the consumption of diet drinks have a detrimental impact on sleep quality and quantity. The research team has drafted a series of recommendations for the general population in relation to diet drink consumption, suggesting these should be avoided, or limited in consumption.

- a. Distinguish between the circadian and ultradian rhythms relating to sleep and identify the rhythm that was being investigated by sleep researchers.

2 marks

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**SECTION B – Question 3 – continued**

- b. With reference to the differences in sleep across the lifespan, explain why the composition of the experimental and control group in this study may impact the validity of the findings.

3 marks

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- c. The research team observed that despite those in the control group having greater sleep quality compared to those in the experimental group, the onset of sleep for those in the control group came much later over most nights of the study. The researchers believed that this could be explained by the presence of a circadian phase disorder.

- i. What is a circadian phase disorder?

1 mark

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**SECTION B – Question 3 – continued**  
**TURN OVER**

- ii. Identify the circadian phase disorder than the researchers are most likely referring to and outline why this occurs.

3 marks

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**Question 4 (5 marks)**

Atkinson and Shiffrin propose that memory is divided into distinct systems.

- a. Identify these systems, and state their capacity.

3 marks

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- b. Describe the relationship between the hippocampus and amygdala in the consolidation of long-term memory.

2 marks

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**SECTION B – continued**

**Question 5 (13 marks)**

Samira received ethics approval to study the effectiveness of a new drug designed to treat anxiety. She recruited 90 participants who were diagnosed with clinical anxiety. Samira tested her drug by randomly assigning participants to one of the following groups:

- Group A received the trial drug treatment in the form of a tablet, taken once a day
- Group B undertook the current gold standard treatment for anxiety, which involved a form of cognitive behavioural therapy sessions held twice a week
- Group C did not receive any CBT treatment and were given a sugar pill, taken once a day

The participants were not aware of the condition to which they were assigned.

a. Name the experimental design used in this study

1 mark

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b. Write a research hypothesis for this investigation

3 marks

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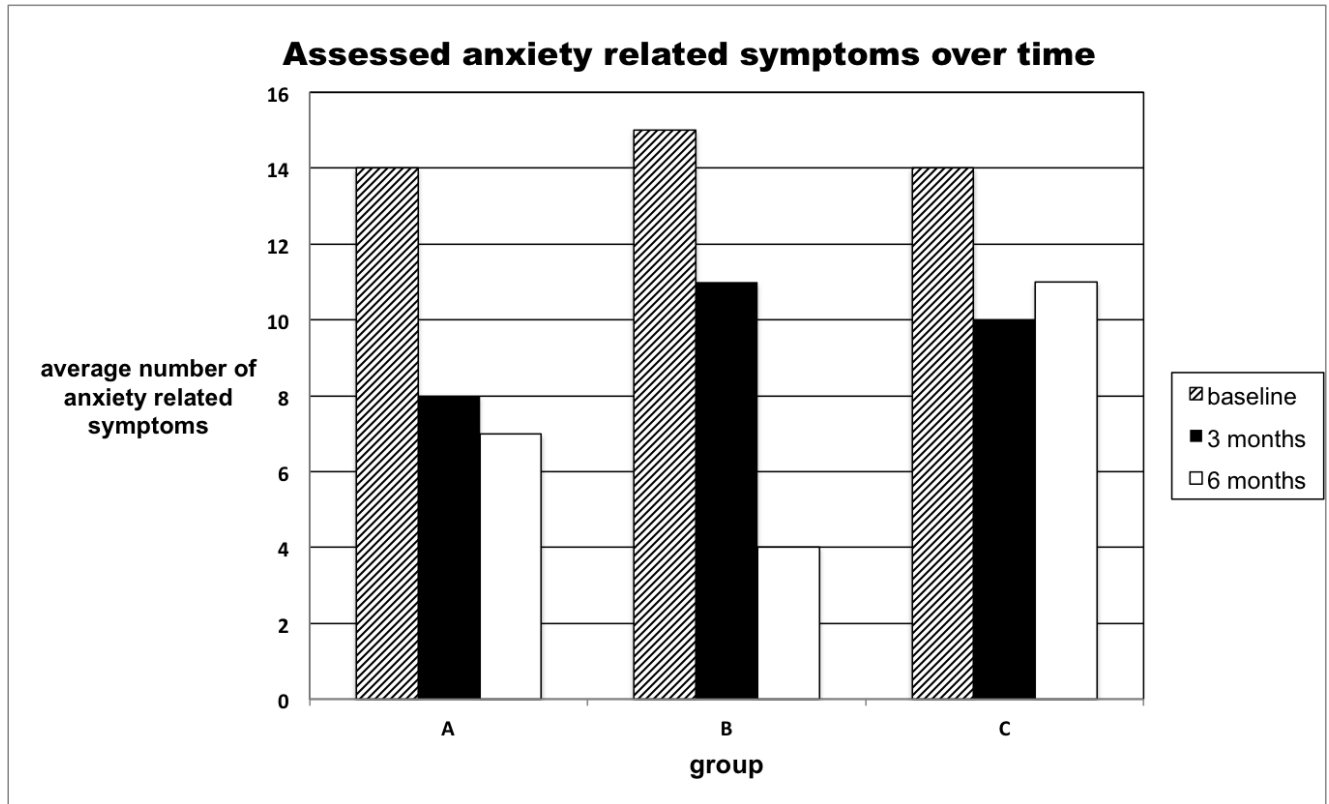
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**SECTION B – Question 5 – continued**  
**TURN OVER**

Over a period of 6 months Samira assessed the severity of the participants' anxiety by determining the number of anxiety related symptoms that were present at the time of assessment. The results are shown in the graph below.



c. Explain how the use of a placebo control group improves the validity of Samira's findings

2 marks

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d. Describe how the use of placebo in Samira’s study on participants with anxiety may prompt an ethics committee to scrutinize the study more so than a study on a healthy population.

1 mark

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e. The trial drug targets the action of GABA in the nervous system. Explain the reason for this.

2 marks

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**SECTION B – Question 5 – continued**  
**TURN OVER**

f. Evaluate the findings of Samira’s study in terms of the effectiveness of the trial drug for the treatment of anxiety.

4 marks

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**Question 6 (4 marks)**

Lionel and Jackson were university graduates who had just applied for their first jobs. Both were unsuccessful in receiving job offers after their first interviews. Lionel asked for feedback from the employer and he used this to improve his interview skills for future interviews by conducting mock interviews with his parents. Jackson was disappointed with the news and took it as a sign that he would never find a job in his field of study. He did not speak about this with Lionel, his parents, or his girlfriend for fear that they would think he was inadequate.

In terms of Psychological models of stress, explain the differences in the behaviour of Lionel and Jackson.

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**Question 7 (13 marks)**

Tiffany was camping with her family and was assisting in making dinner. She picked up a pot and a large spider crawled out of it and onto her arm. She began shaking her arm vigorously until the spider dropped off. She was very shocked by the experience and since then has avoided environments where she may encounter spiders, including going to the cupboard where the pots and pans are stored.

- a. With reference to the nervous system
  - i. What kind of response did Tiffany have to the spider being on her arm?

1 mark

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**SECTION B – Question 7 - continued**  
**TURN OVER**

**ii.** Explain the actions of the nervous system during this response.

2 marks

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**b.** With reference to psychological factors relating to the development of phobia, explain the development and maintenance of Tiffany's fear.

4 marks

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**SECTION B – Question 7 - continued**

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c. Explain how long-term potentiation could have contributed to the strengthening of Tiffany’s phobic response.

3 marks

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d. Explain how a psychological evidence-based intervention could be used to assist Tiffany in overcoming her phobia.

3 marks

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**SECTION B – Question 7 - continued**  
**TURN OVER**

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**Question 8 (10 marks)**

Gemma is a 24-year-old graduate teacher. She is currently teaching grade one students and has been informed that she will be attending a zoo excursion with her grade. Gemma's initial reaction is apprehension and fear, as she doesn't want to encounter any birds on the excursion. Despite this, she manages to attend but needs to have a light sedative prescribed by her doctor so that she can remain calm and relaxed. Throughout the day Gemma doesn't enter any of the bird enclosures and walks with a large umbrella so that she is not in contact with any birds. When the school group is sitting and eating lunch a large seagull lands a meter from Gemma and the children she is sitting with. She immediately screams, jumps up quickly and runs to the nearest toilet block to escape it. For the remainder of the day Gemma sits on the bus and waits for the group to return.

After speaking with her principal, a request to see a Psychologist is made. The psychologist speaks about Gemma's behaviours, which centre around planning her day to avoid contact with birds, including arriving at work early to get the closest car park to her office, and refusing to walk her dog through the local parks where she lives. In speaking about her upbringing, Gemma distinctly recalls an event in her childhood where her mother was in the kitchen cooking when a flock of birds crashed into the outside door, with some coming in through the window and scratching her mothers face and ripping at her hair. From that day Gemma's mother had all windows in her house closed, and also avoided any environment where she may see a bird.

Using the information provided above, develop a report that the Psychologist would have written that evaluates Gemma's mental health. Include information relating to the typical characteristics of mentally healthy people. Furthermore, with reference to social learning theory, explain how Gemma has acquired her avoidant behaviour of birds.

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**SECTION B – Question 8 - continued**



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**SECTION B – Question 8 - continued**





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