

Name: _____

Teacher's name: _____

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STUDENT NUMBER Letter

PSYCHOLOGY

Written examination

2021

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

QUESTION AND ANSWER BOOK

Structure of book

Section	Number of questions	Number of questions to be answered	Number of marks
A	50	50	50
B	10	10	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 allowed in this examination.

Materials supplied

- Question and answer booklet.
- Answer sheet for multiple-choice questions.
- Additional space is available at the end of the booklet 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** on your answer sheet for multiple-choice questions is correct.
- 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.

Question 1

The autonomic nervous system is composed of the _____ nervous system and the _____ nervous system.

- A. sympathetic; parasympathetic
- B. somatic; central
- C. somatic; sympathetic
- D. sympathetic; peripheral

Use the following information to answer Questions 2 - 4.

Veronica was about to give a speech at her best friend's 21st birthday party. She wants to give the speech, but as she is always nervous with public speaking, Veronica has written some key points on cue cards to help her with the stories that she wants to tell in her speech.

Question 2

Identify the division of Veronica's nervous system that would be most active just before giving the speech and one physiological change associated with this division of the nervous system.

	Division of the nervous system	Physiological change
A.	central nervous system	dilated pupils
B.	sympathetic nervous system	decreased heart rate
C.	sympathetic nervous system	slowing of digestion
D.	parasympathetic nervous system	increased heart rate

Question 3

Veronica has had a few glasses of wine before giving the speech. Which of the following best describes a possible impact on Veronica's cognitive functioning?

- A. Veronica could become more emotional than expected while giving the speech
- B. Veronica could have trouble focussing her eyes while reading the speech
- C. Veronica could have trouble maintaining her balance while giving the speech
- D. Veronica could have trouble remembering the stories that are part of her speech

Question 4

Veronica could be considered to be in an altered state of consciousness. Which of the following changes to her psychological state would be expected in an altered state of consciousness?

- A. having difficulty judging how long she had been speaking for
- B. sticking to her speech with the use of her cue cards
- C. focussing on the faces of the people standing around her
- D. remembering how to turn the microphone on

Question 5

Mitchell was conducting research on the effects of meditation on stress. Participants were asked to assess their stress level on a grading system from 1 (indicating that they were not at all stressed) to 10 (indicating that they were extremely stressed). Which data collection method was used and what type of data was collected?

	Data collection method	Type of data
A.	interview	quantitative
B.	rating scale	quantitative
C.	questionnaire	qualitative
D.	rating scale	qualitative

Question 6

Peter moved from London when he was twelve years old to live in Australia. He had a heavy accent and was teased by many of his peers. He found it very hard to adapt to Australian culture and any attempts to forge new friendships were snubbed by his peers. Which type of stress did Peter primarily experience?

- A. catastrophe
- B. major stress
- C. acculturative stress
- D. eustress

Use the following information to answer Questions 7 and 8.

Dylan has a stressful job as an air traffic controller. He finds working night shifts to be very challenging. He has found that going on a daily 5km jog greatly reduces his stress levels.

Question 7

Weeks of night shifts for Dylan can result in

- A. a circadian phase disorder.
- B. an ultradian phase disorder.
- C. sleep walking.
- D. parasomnia.

Question 8

Dylan's choice of exercise to reduce the stress associated with his work as an air traffic controller would be considered

- A. an avoidance strategy, as Dylan cannot reduce his stress in any other way.
- B. an avoidance strategy, as Dylan aims to reduce his stress by distancing himself from the work-related stress.
- C. an approach strategy, as Dylan aims to reduce his work-related stress by dealing with the problem directly.
- D. an approach strategy, as Dylan aims to reduce his stress by distancing himself from the work-related stress.

Use the following information to answer Questions 9 - 14.

Chanthou loves to go mountain bike riding and she has enjoyed competing in a race event for the past five years. A couple of years ago, Chanthou broke her arm during a competition and had to be taken to hospital by ambulance. She recalls that the ambulance driver was named Homer and that it was only a six minute drive from Blores Hill to the hospital in Heyfield. Once she arrived at the hospital, Chanthou was given a mild anaesthetic so that the doctors could attend to her injury. Apart from flinching when she received the injection, Chanthou could not feel anything as the doctors worked on her injury.

Question 9

Which of the following best identifies the state of consciousness Chanthou experiences?

	While mountain bike riding	While the doctors worked on her injury
A.	normal waking consciousness	a naturally occurring altered state of consciousness
B.	a naturally occurring altered state of consciousness	normal waking consciousness
C.	a naturally occurring altered state of consciousness	an induced altered state of consciousness
D.	normal waking consciousness	an induced altered state of consciousness

Question 10

Chanthou's state of consciousness could be measured using

- A. an EMG, to measure the electrical activity of the muscles surrounding Chanthou's eyes.
- B. an ECG, to measure Chanthou's brainwave activity.
- C. an EEG, to measure Chanthou's brainwave activity.
- D. an EOG, to measure the electrical activity of the muscles in Chanthou's arm.

Question 11

Chanthou's recall of the name of the ambulance driver is an

- A. explicit memory as it is information that can be intentionally retrieved.
- B. implicit memory as it is information that can be intentionally retrieved.
- C. explicit memory as it is information that does not require conscious retrieval.
- D. implicit memory as it is information that does not require conscious retrieval.

Question 12

Chanthou's memory of how to ride a mountain bike is a(n)

- A. semantic memory.
- B. procedural memory.
- C. episodic memory.
- D. declarative memory.

Question 13

According to the Atkinson-Shiffrin multi-store model of memory, Chanthou's memory of the time it took to get from Blores Hill to the hospital in Heyfield is a

- A. short-term memory because six minutes is a short period of time.
- B. long-term memory because it is information that Chanthou accessed at a later time.
- C. sensory memory because Chanthou heard the ambulance driver say that the ride would only be six minutes.
- D. sensory memory because six minutes is the duration of this store of memory.

Question 14

Bike riding would be considered a/n _____ response, whereas flinching from the injection would be considered a/n _____ response.

- A. conscious; unconscious
- B. conscious; conscious
- C. unconscious; unconscious
- D. unconscious; conscious

Question 15

Which of the following statements about memory is incorrect?

- A. the duration of short-term memory can be increased by maintenance rehearsal
- B. the duration of long-term memory is relatively permanent
- C. the duration of echoic sensory memory is approximately 0.2-0.4 seconds
- D. the capacity of long-term memory is potentially unlimited

Use the following information to answer Questions 16 and 17.

Grace and Elliot are best friends that attend the same primary school. As they were walking home from school, Grace witnessed her friend Elliot being swooped multiple times by black birds. Elliot panicked and ran away, and has since developed a fear of black birds. Grace also sees the birds as dangerous creatures, and avoids black birds wherever possible.

Question 16

Which principle of observational learning is being demonstrated when Grace witnessed her friend Elliot being swooped by black birds?

- A. reproduction
- B. reinforcement
- C. motivation
- D. attention

Question 17

Classical conditioning could be used to extinguish Elliot's fear by

- A. repeatedly presenting the conditioned stimulus without the unconditioned stimulus.
- B. repeatedly presenting the conditioned stimulus without the conditioned response.
- C. repeatedly presenting the unconditioned stimulus without the conditioned response.
- D. repeatedly presenting the unconditioned stimulus without the unconditioned response.

Use the following information to answer Questions 18 and 19.

Khee witnessed two assaults at the local train station over a couple of nights on his way home from work, which appeared to be by the same perpetrator on both occasions. Khee was quite traumatised, and was interviewed by the police following the assault.

Question 18

Which one of the following questions from the police is an example of a leading question?

- A. Where were you when the assaults occurred?
- B. What colour hoodie was the man who committed the assaults wearing?
- C. What was the person who committed the assaults wearing?
- D. What time was it when the assaults took place?

Question 19

Khee was so shaken by the experience that he began to fear going to the train station; he could feel his heart racing whenever he was at the station at night. Which of the following identifies the type of memory demonstrated by Khee's fear response and the brain region that is responsible for encoding these types of memories?

	Type of memory	Brain region
A.	explicit	amygdala
B.	implicit	amygdala
C.	episodic	hippocampus
D.	procedural	hippocampus

Question 20

Which of the following occurs in long-term potentiation?

- A. a decrease in the release of glutamate, a key inhibitory neurotransmitter
- B. a decrease in the release of GABA, a key excitatory neurotransmitter
- C. an increase in the release of GABA, a key inhibitory neurotransmitter
- D. an increase in the release of glutamate, a key excitatory neurotransmitter

Question 21

Barbara was watching television when her mother walked in and said, "Barbara, it's your turn to take the rubbish bins out." Barbara wasn't paying attention and was about to ask her mother to repeat what she had said, but did not need to, because the information had likely been held in her

- A. iconic memory.
- B. implicit memory.
- C. echoic memory.
- D. procedural memory.

Question 22

Patrick's maths teacher gave his class a test. The first three questions of the test were as follows:

- Question 1 – Name the type of triangle starting with 'i'.
- Question 2 – Choose the triangle that has sides of equal length from the following options: A. right-angled; B. equilateral.
- Question 3 – Name another type of triangle that is not an answer to Question 1 or Question 2.

Which of the following best identifies the method of retrieval that Patrick was expected to use for each question?

	Question 1	Question 2	Question 3
A.	relearning	recognition	free recall
B.	cued recall	cued recall	relearning
C.	cued recall	recognition	free recall
D.	recognition	free recall	cued recall

Question 23

Mobile phone numbers often involve three sets of numbers (e.g., 0400 111 222). The process of grouping these ten digits together in larger units is known as _____. This helps to increase the functional capacity of _____.

- A. elaborative rehearsal; sensory memory
- B. chunking; short-term memory
- C. chunking; long-term memory
- D. elaborative rehearsal; short-term memory

Question 24

Tenke is learning Danish as a second language in preparation for a trip that she is taking to Denmark next year. Which of the following identifies where Tenke encodes and stores the new Danish words in her long-term memory?

	Where words are encoded	Where words are stored in the long term
A.	hippocampus	cerebral cortex
B.	cerebral cortex	hippocampus
C.	amygdala	hippocampus
D.	cerebellum	cerebral cortex

Question 25

While on yard duty, Ms Canty overhears some students listing a group of classmates who had skipped a maths lesson to play a game of football on the oval.

The names she heard were: Mark, Lawrence, Dimitris, Jean-Francois, Mohamed, Tom, Tyson, Louis, Nathaniel, Matt, Steven, Paul, Slobodan, Joe, and Richard.

Ms Canty finds a piece of paper to record the names of the students as soon as she finishes secretly listening to the list. According to the serial position effect, the names Ms Canty is least likely to write down are

- A. Mark, Lawrence, and Dimitris.
- B. Slobodan, Joe, and Richard.
- C. Tyson, Louis, and Nathaniel.
- D. Mark, Tom, and Richard.

Use the following information to answer Questions 26 - 29.

35-year-old Trent has just returned to Australia after living in India for a year. He was so excited to return to Australia that he did not sleep for the entire flight home.

Dahni went to the airport to pick Trent up and has organised a 'welcome home' party for Trent and their friends at a bar in the city. By the end of the evening, Dahni had consumed several alcoholic beverages. When the party ends, she does not want to leave because she feels like she has only just arrived at the bar. Her friends are able to convince her to leave, but they need to assist her to walk to the car because she is having difficulty with her balance.

Trent has not consumed any alcohol, so he drives Dahni home. On the way home, Trent is breath-tested, and returns a zero reading, but is driving home after a long flight. He has now been awake for 17 hours.

Question 26

Dahni's feeling of only having just arrived at the bar can best be explained by

- A. having a distorted time orientation.
- B. experiencing a loss of self-control.
- C. a lack of emotional awareness.
- D. the presence of perceptual distortions.

Question 27

Which of the following would be the most likely effect of Trent being awake for 17 hours?

- A. Trent's ability to drive would be negatively affected, as much as having a blood-alcohol concentration below the legal limit for driving
- B. Trent's ability to drive would be negatively affected, as much as having a blood-alcohol concentration at the legal limit for driving
- C. Trent's ability to drive would be negatively affected, as much as having a blood-alcohol concentration above the legal limit for driving
- D. Trent is likely to perform better on cognitive tasks that measure speed and accuracy

Question 28

Dahni wakes after a nap and has a BAC level of 0.05%. Trent has still not slept and has now been awake for 24 hours. Which of the following would be most likely when comparing Dahni and Trent?

- A. Dahni will perform better on measures of speed and accuracy on cognitive tasks than Trent
- B. Trent will perform better on measures of speed and accuracy on cognitive tasks than Dahni
- C. there would be no difference in the measures of speed and accuracy on cognitive tasks between Dahni and Trent
- D. Dahni will perform better on measures of speed, but not accuracy on cognitive tasks than Trent

Question 29

Trent is starting a new job in Melbourne in a few days. After changing time zones, Trent is suffering from a circadian phase disorder. He needs to realign his body clock so that he can return to work. Which of the following best identifies the circadian phase disorder Trent is experiencing, and the most suitable intervention for his circadian phase disorder?

	Circadian phase disorder	Intervention
A.	sleep-onset insomnia	bright light therapy
B.	sleep-wake shift in adolescence	cognitive behavioural therapy
C.	jetlag	cognitive behavioural therapy
D.	jetlag	bright light therapy

Use the following information to answer Questions 30 and 31.

Hayley and Lachlan often spend the weekend at their grandmother Maureen's, house. Hayley is 5-years-old, Lachlan is 15-years-old, and Maureen is 82-years-old.

Question 30

Compared to Hayley, Maureen would likely experience

- A. less sleep each night.
- B. a higher proportion of REM sleep each night.
- C. a lower proportion of NREM sleep each night.
- D. more hours of NREM sleep each night.

Question 31

Typically, how many hours of sleep would Lachlan need each night?

- A. 6 hours
- B. 9 hours
- C. 12 hours
- D. 5 hours

Use the following information to answer Questions 32 and 33.

When Zach was a young child, he tried to dress himself and he got his head stuck in his shirt. He felt like he had no way to get out and that he could not breathe. As a result of this traumatic event, he developed a specific phobia of buttons, and avoids them wherever possible.

Question 32

Avoidance of buttons reinforced through operant conditioning is likely to be a _____ factor that may inhibit the recovery of Zach's specific phobia of buttons.

- A. predisposing
- B. precipitating
- C. perpetuating
- D. protective

Question 33

The traumatic event of getting his head stuck and feeling like he was unable to breathe is likely to be considered a _____ factor in the development of Zach's phobia.

- A. predisposing
- B. precipitating
- C. perpetuating
- D. protective

Use the following information to answer Questions 34 and 35.

Isabelle is in Grade 1 and her teacher has asked her to read aloud to her parents each night. Her teacher has given her a record book and some gold star stickers to take home to her parents. Every time Isabelle completes her reading, her parents have been asked to put a gold star in Isabelle's record book. Isabelle loves the stickers and wants to collect a gold star every night.

Question 34

In terms of operant conditioning for Isabelle, her parents putting gold stars in her record book would be considered

- A. the antecedent.
- B. the behaviour.
- C. positive reinforcement.
- D. negative reinforcement.

Question 35

Isabelle is very excited to do her reading every night and she nags her parents to come to her room and listen to her reading. Her parents come to her room to stop Isabelle's nagging. The parents are likely to come to Isabelle's room to listen to her reading because they are being

- A. positively reinforced as they love to give out gold stars.
- B. punished by Isabelle's poor reading.
- C. negatively reinforced as this will help Isabelle's reading.
- D. negatively reinforced as this will stop Isabelle's nagging.

Use the following information to answer Questions 36 - 38.

In Watson and Rayner's experiment, they intentionally classically conditioned 'Little Albert' to produce a fear response.

Question 36

The conditioned stimulus was

- A. the loud noise.
- B. the rat.
- C. fear of the loud noise.
- D. fear of the rat.

Question 37

Little Albert also produced a fear response to a fur coat and a Santa Claus mask. This was a demonstration of

- A. stimulus generalisation, as these items were different to the rat and produced a different response.
- B. stimulus discrimination, as these items were similar to the rat and produced a similar response.
- C. stimulus generalisation, as these items were similar to the rat and produced a similar response.
- D. stimulus discrimination, as these items were different to the rat and produced a different response.

Question 38

Experiments that used human participants in this way would not be permitted anymore. This is because of the ethical consideration of

- A. withdrawal rights, which were not upheld. Little Albert was not permitted to leave even though he was clearly distressed and attempted to crawl away.
- B. informed consent, which was not upheld. Little Albert's mother did not appear to be given clear information about the nature of the research involving her son.
- C. debriefing, which was not upheld. Little Albert appeared to leave the experiment without the extinction of the conditioned response.
- D. all of the above

Question 39

Ashley is conducting research using a type of medication for a mental disorder. As a researcher using placebo treatments, one of the additional ethical considerations for this type of research is that

- A. debriefing will be necessary.
- B. the use of a placebo by the control group may alleviate some of the symptoms of the mental disorder.
- C. for participants in the control group, her research may involve withholding medication from some participants who need it.
- D. it will be necessary to obtain informed consent.

Question 40

Which of the following is not considered a protective factor that increases resilience?

- A. benzodiazepines
- B. adequate diet
- C. cognitive behavioural strategies
- D. adequate sleep

Question 41

There are many situations in which we experience anxiety as a normal part of everyday living; however, some people have anxiety disorders which are a specific group of mental disorders. Which of the following statements is most likely indicative of someone suffering from an anxiety disorder?

- A. there is significant interference with daily living
- B. there is a feeling of worry or apprehension that something wrong or unpleasant is about to happen
- C. the sympathetic nervous system has been activated causing an increase in physiological arousal
- D. you are walking down a dark street late at night and you are worried for your safety

Question 42

Which of the following are biological factors that may play a role in the development, progression, and maintenance of a particular phobia?

- A. classical conditioning and GABA dysfunction
- B. specific environmental trigger and long-term potentiation
- C. catastrophic thinking and classical conditioning
- D. GABA dysfunction and long-term potentiation

Question 43

The exposure to, and accumulation of, multiple risk factors that increase the susceptibility of a person to developing a mental disorder is known as

- A. positive risk.
- B. perpetuating risk.
- C. cumulative risk.
- D. cultural risk.

Use the following information to answer Questions 44 - 46.

Oba has been experiencing episodes of depression. It appears that his poor sleep and substance abuse has contributed to his condition. Lately, he has become increasingly isolated from his closest friends, and has been unable to hold a steady job for more than three months over the last couple of years. He constantly worries about the impact that this substance abuse is having on his future; he thinks about this problem for many hours each day, but does not change his behaviour. He wants to stop his substance abuse but is unsure as to how to start the process.

Question 44

Given that Oba is unsure as to how to begin to change his substance abuse behaviours, which stage of the transtheoretical model is he in?

- A. maintenance
- B. contemplation
- C. preparation
- D. pre-contemplation

Question 45

Oba, with the help of some social support, has made plans to stop his substance abuse and has started taking small steps towards this process. He feels that he can make some really significant changes in the next 30 days. In terms of the transtheoretical model, which stage has Oba reached?

- A. maintenance
- B. contemplation
- C. preparation
- D. precontemplation

Question 46

Which of the following correctly categorises the biological, psychological, and social risk factors that may have contributed to Oba's mental condition?

	Biological factor	Psychological factor	Social factor
A.	poor sleep	isolation from close friends	constant worry
B.	substance abuse	poor diet	isolation from close friends
C.	poor sleep	not holding a steady job	constant worry
D.	substance abuse	constant worry	isolation from close friends

Use the following information to answer Questions 47 - 50.

Research was conducted to investigate the relationship between alcohol consumption and the speed and accuracy of cognitive tasks. 20 first-year psychology students from a Victorian university volunteered to take part in the research.

Participants were paired according to similarities in age and gender, and the members of each pair were randomly allocated to either the Group A or Group B.

Group A were given the cognitive tests while they were sober, while Group B were given the cognitive tests once they had consumed enough alcohol to feel drunk. During the tests, electroencephalograph (EEG) recordings were taken, as well as measures of speed and accuracy on the cognitive tasks.

Question 47

For Group A, the EEG would most likely record _____ waves. For Group B, while under the influence of the depressant of alcohol, the EEG would most likely record _____ waves.

- A. alpha; beta
- B. beta; delta
- C. alpha; delta
- D. beta; alpha

Question 48

Participants in Group B were asked to consume alcohol until they felt drunk. This would be considered to be

- A. a subjective measure of their state of consciousness as it is based on each participant's personal judgement.
- B. an objective measure of their state of consciousness as it is based on each participant's personal judgement.
- C. a quantitative measure of their state of consciousness as it is based on each participant's personal judgement.
- D. an objective measure of their state of consciousness as it is the most valid way to measure feeling drunk.

Question 49

Which experimental research design was used?

- A. a repeated measures design, to eliminate participant characteristics as extraneous variables
- B. an independent groups design, to eliminate order effects
- C. a random allocation design, to eliminate placebo effects
- D. a matched participants design, to minimise participant characteristics as extraneous variables

Question 50

It would not be possible to generalise the findings about the impact of alcohol on memory to all university students because

- A. alcohol is not a valid way to influence the speed and accuracy of cognitive tasks.
- B. alcohol can have an impact on speed more than the accuracy of cognitive tasks.
- C. unless the research was repeated, the researchers cannot claim that their research was reliable.
- D. the small sample of 20 first-year psychology students means that this research is likely to lack external validity.

Question 6 (10 marks)

Researchers wanted to investigate the effect of adrenaline on memory.

Participants were given an injection of adrenaline, then given a list of 20 nonsense syllables (such as wyk, tof, nuz, rew) to study for ten minutes, then were asked to write down the syllables from memory in any order. The same participants were asked to wait for two hours before being given a placebo injection and a second list of nonsense syllables to study for ten minutes. They were asked to write down as many syllables as they could from memory, in any order.

The researchers found that the increased level of adrenaline resulted in improved memory, because more nonsense syllables were written down when participants were given the injection of adrenaline when compared to the placebo.

- a. Identify the method of retrieval used in this research. 1 mark

- b. Operationalise the independent and dependent variables. 2 marks

Independent variable:

Dependent variable:

- c. Identify the experimental research design used in this study, and an advantage of using this design. 2 marks

- d.** Name and explain a technique regarding the experimental research design that the researchers could use to minimise order effects. 2 marks

- e.** What is a benefit of using nonsense syllables in a memory task over normal words in a dictionary? 1 mark

- f.** Adrenaline is a neurohormone. Identify one similarity and one difference between a neurohormone and a neurotransmitter. 2 marks

Similarity:

Difference:

Question 7 (4 marks)

Using examples, explain the difference between a dyssomnia and a parasomnia.

Question 8 (6 marks)

Over the past couple of weeks, Alison's friends notice that she has become increasingly irritable, has begun to eat unhealthily, and has difficulty concentrating in conversations. She appears to ruminate over past failures in her SACs. However, she still attends school, enjoys hanging out with close friends, works two jobs, and plays soccer.

- a.** Why is it more likely that Alison is suffering from a mental health problem and not a mental disorder? 4 marks

- b.** Name one internal and one external factor from the scenario which may contribute to Alison's state of mental health. 2 marks

Internal factor:

External factor:

Question 9 (9 marks)

Roku has started a new job as a nurse in an aged care facility. He has worked in a variety of nursing positions in hospitals, but this is his first experience in aged care. He has many new responsibilities, and while he is familiar with medicines and wound care, he now has to learn about chronic conditions related to the elderly and how to manage patients with cognitive impairment. Caring for the elderly is complex due to their increasing frailty and Roku is feeling stressed about his ability to properly support his patients, particularly those with Alzheimer’s disease. Roku shared his concerns with his supervisor, Ruth, who recommended an Aged Care Clinical Nursing course. Ruth told Roku that it is an 11-hour course, and he could fit the course in around his shifts at the aged care facility.

- a.** Explain Roku’s primary appraisal of his new job at the aged care facility, according to Lazarus and Folkman’s Transactional Model of Stress and Coping. 2 marks

- b.** Outline Roku’s secondary appraisal of his new job at the aged care facility, before and after speaking to Ruth. 2 marks

- c.** In the Aged Care Clinical Nursing course, Roku learns that Alzheimer’s disease is linked to neurological factors. Identify two typical changes found in the brains of people with Alzheimer’s disease. 2 marks

- d.** Roku has noticed that some of the residents of the aged care facility have trouble sleeping. 3 marks
The patients who are otherwise healthy but experience poor sleep also seem to have more muscular aches and pains. Identify and explain which theory of the purpose and function of sleep best accounts for this observation.

Question 10 (10 marks)

Two people share how their specific phobia has affected their lives and careers.

Dan, 38, Dentist – specific phobia of public speaking

“I was very shy as a child and had terrible stage fright, just like my father when he was a child. I’m still the same in interview situations – a gibbering wreck. Doing dentistry was my 'cure'. It helped me desensitise by talking to lots of different people all the time. I actually presented a university lecture this week, and didn’t break down, even though I thought it would be a terrifyingly horrible experience – it’s a huge step for me.

I am terrible at interviews. I was once told they only employed me because they knew me. My heart races, and so does my brain. I can’t shut off my thoughts. I often remember all the times I became a mess when I’ve spoken in public. I get sweaty and start to muddle my words. I can’t make eye contact and I get a stupid nose twitch that makes me look like a rabbit!

My advice would be to try CBT (cognitive behavioural therapy). I’ve learned that so much of my fear is the narrative I’m telling myself – that I’m going to make a fool of myself. I also practiced speaking on the phone, to patients and people I didn’t know. I ‘faked it’ until it came naturally.”

Kate, 56, Stage Manager - specific phobia of heights

“After multiple childhood accidents falling from a ladder, I developed a phobia of heights. In the late 1980s I was an assistant stage manager at a local theatre. Part of the job included general maintenance of the building and setting up. For me, the hardest part was when I had to climb a tallescope – which is like a ladder on wheels. I tried to climb the tallescope, but I couldn’t do it – my hands would shake so much that I couldn’t hold on.

Sadly, I have never overcome the phobia. My family has tried to encourage me to get help, but I felt silly seeking treatment for something that happened so long ago, and my friends would think I was weird if I were to tell them I was seeing a therapist for it. I tried to lie to myself – to trick my brain – but it just doesn’t work that way. It meant I missed out on some fun holidays with my kids, such as going to the theme parks in Queensland. Any situation where I could fall, I would steer clear of. I always avoid situations I can’t handle.”

Source: <https://www.jobsite.co.uk/worklife/fears-and-phobias/>

With reference to the biopsychosocial framework and the 4P model, discuss the onset, development and interventions for Dan and Kate’s phobias.



VCE PSYCHOLOGY
Written Examination
ANSWER SHEET – 2021

STUDENT
NAME:

Use a **PENCIL** for **ALL** entries. For each question, shade the box which indicates your answer.
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.

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
7	A	B	C	D	24	A	B	C	D	41	A	B	C	D
8	A	B	C	D	25	A	B	C	D	42	A	B	C	D
9	A	B	C	D	26	A	B	C	D	43	A	B	C	D
10	A	B	C	D	27	A	B	C	D	44	A	B	C	D
11	A	B	C	D	28	A	B	C	D	45	A	B	C	D
12	A	B	C	D	29	A	B	C	D	46	A	B	C	D
13	A	B	C	D	30	A	B	C	D	47	A	B	C	D
14	A	B	C	D	31	A	B	C	D	48	A	B	C	D
15	A	B	C	D	32	A	B	C	D	49	A	B	C	D
16	A	B	C	D	33	A	B	C	D	50	A	B	C	D
17	A	B	C	D	34	A	B	C	D					