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# Victorian Certificate of Education 2023

# VCE PSYCHOLOGY Units 3 and 4

# **Trial Written Examination**

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

# **QUESTION AND ANSWER BOOK**

#### Structure of book

| Section | Number of questions | Number of<br>questions<br>to be answered | Number of<br>marks |
|---------|---------------------|--|--------------------|
| A       | 40                  | 40                                       | 40                 |
| В       | 8                   | 8  | 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 24 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.

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# **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 mark will be given if more than one answer is completed for any question.

#### **Question 1**

The spinal reflex

- **A.** is a type of reflex that occurs only in the brain.
- **B.** is an involuntary action controlled by the autonomic nervous system.
- C. is an automatic response that bypasses the brain and is controlled by the spinal cord.
- **D.** is a reflexive action that occurs only in the peripheral nervous system.

#### Use the following information to answer Questions 2 & 3

Adanna, a new mother who is adjusting to the arrival of her baby. Before becoming a mother, Adanna would manage stress by engaging in physical activity, such as running, and taking time alone.

Despite having the support of her husband, Adanna finds it difficult to find time to be alone and is unable to run as she is still recovering from the birth. After searching for suggestions in online mother's groups, Adanna discovers a meditation app that includes a specific category for first time mothers. Adanna uses specific breastfeeding meditations whenever she is feeding her baby and finds this to be a helpful way to manage her stress.

#### **Question 2**

Adanna is demonstrating

- A. coping flexibility as she has adjusted her coping strategies to meet the demands of motherhood.
- **B.** difficulty adapting to the new role of being a mother.
- C. context-specific effectiveness when she doesn't use running as a coping strategy following the birth of her child..
- **D.** problem focused coping as she is confronting the source of her negative emotions.

#### **Question 3**

Adanna continues to use the meditation app even when she is not stressed as she finds this technique helps with her mental wellbeing.

Which of the following correctly identifies an outcome that Adanna may have observed in herself since using the app?

- **A.** Decreased emotionality due to becoming desensitised to the app.
- **B.** A greater sense of purpose and ability to contribute to her community.
- **C.** A decreased heart rate and breathing rate when using the app.
- **D.** Improved ability to manage stress in hypothetical situations due to the skills learned from the app.

#### Use the following information to answer Questions 4-7

Warren often visited a garden where he would smell the fragrant roses. On a number of occasions, Warren saw a spider crawling on a nearby plant while he was enjoying the scent of the roses. Over time, the repeated pairing of the smell of roses with the sight of a spider caused Warren to become conditioned to feel fear whenever he smelled roses, even when there were no spiders present.

#### **Question 4**

When Warren sees a spider he is likely to experience

- **A.** increased salivation
- **B.** constricted pupils
- C. decreased adrenaline levels
- **D.** increased muscle tension

#### **Question 5**

In terms of classical conditioning of Warren's fear of roses the unconditioned stimulus and the conditioned stimulus were, respectively

- A. roses, spiders.
- B. spiders, roses.
- C. fear, roses.
- D. roses, fear.

#### **Ouestion 6**

Prior to conditioning, roses and fear were, respectively

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

#### **Question 7**

After conditioning, the conditioned stimulus and the conditioned response were, respectively

- A. Warren, spiders.
- B. Warren, fear.
- C. spiders, fear.
- D. roses, fear.

#### **Ouestion 8**

What is the purpose of sprouting and pruning in terms of synaptic plasticity?

- **A.** To enable new neural connections to be formed.
- **B.** To decrease the number of synapses in the brain.
- **C.** To prevent the formation of new synapses.
- **D.** To optimise the strength and efficiency of neural pathways.

#### **Question 9**

Which of the following describes one of the limitations of the explanatory power of the Lazarus and Folkman transactional model of stress and coping?

- **A.** Does not account for the impact of social support on coping strategies.
- **B.** Fails to consider the role of personality traits in shaping coping responses.
- C. Exclusively focuses on problem-focused coping strategies.
- **D.** Overemphasises cognitive appraisal as the primary determinant of stress.

#### **Ouestion 10**

Which of the following is a key concept in social cognitive approaches to learning?

- **A.** Vicarious reinforcement
- B. Operant conditioning
- C. Classical conditioning
- D. System learning

#### *Use the following information to answer Questions 11-13.*

Liam began his training at a sushi restaurant. One of the restaurant's most popular dishes is the California roll. To prepare the California roll, the ingredients had to be placed onto the seaweed sheet in a specific order: a layer of sushi rice, followed by a slice of avocado, some crab meat, and finally some cucumber.

#### **Question 11**

Liam decided to use an acrostic to help him remember the order of the ingredients for the California roll. A possible example of his acrostic is:

- A. RACC
- **B.** Racoons Are Crazy Mean Critters
- C. One rice, two avocado, three crab meat, four cucumber
- **D.** Avocados and cucumber are green, rice and crab meat are white

#### **Question 12**

An acrostic is an effective tool for remembering the order of ingredients because

- **A.** elaborative rehearsal adds meaning and enhances implicit memory.
- **B.** elaborative rehearsal adds meaning and enhances encoding of the explicit memory.
- C. maintenance rehearsal adds meaning and enhances implicit memory.
- **D.** maintenance rehearsal adds meaning and enhances encoding of the explicit memory.

#### **Question 13**

One of the other sushi chefs told Liam that he found acronyms to be a more effective way to remember the order of the ingredients.

A possible acronym for the California roll ingredients would be

- A. RACC
- B. Racoons Are Crazy Mean Critters
- C. One rice, two avocado, three crab meat, four cucumber
- **D.** Avocados and cucumber are green, rice and crab meat are white

#### **Ouestion 14**

The three processes of memory, in order, are

- A. Long-term, short-term, sensory
- **B.** Sensory, short-term, long-term
- C. Encoding, storage, retrieval
- D. Retrieval, encoding, storage

#### **Ouestion 15**

Which of the following correctly identifies the brain structure responsible for the formation of explicit and implicit memories?

|    | Explicit      | Implicit    |
|----|---------------|-------------|
| A. | basal ganglia | neocortex   |
| В. | amygdala      | cerebellum  |
| C. | neocortex     | hippocampus |
| D. | hippocampus   | amygdala    |

#### **Question 16**

Post-mortem studies of brain lesions in people with Alzheimer's disease show

- A. high levels of neurofibrillary tangles within neurons
- **B.** significant atrophy of the basal ganglia
- C. low levels of tau protein
- **D.** increased levels of serotonin

#### **Question 17**

Which of the following describes the role of glutamate?

- **A.** It acts as an excitatory neurotransmitter enabling synaptic plasticity.
- **B.** It acts as an inhibitory neurotransmitter increasing the likelihood of the postsynaptic neuron firing an action potential.
- C. It increases the likelihood of the postsynaptic neuron firing an action potential, thus enhancing feelings of calm.
- **D.** It increases the likelihood of the presynaptic neuron firing an action potential, thus enhancing learning and memory.

#### **Question 18**

Which of the following statements about neuromodulators is true?

- **A.** Neuromodulators have a faster and more localised effect on neural activity compared to neurotransmitters.
- **B.** Neuromodulators affect only one postsynaptic neuron at a time.
- C. Neuromodulators have a widespread and long-lasting modulatory effect on neural activity.
- **D.** Neuromodulators do not require binding to specific receptor sites to influence postsynaptic neurons.

Use the following information to answer Questions 19 & 20.

Linh, a 30-year-old working professional, has recently been assigned a high-pressure project at work.

#### **Question 19**

According to the Lazarus and Folkman transactional model of stress and coping, primary appraisal would involve

- **A.** Linh assessing available resources to cope with the situation
- **B.** Linh evaluating the potential significance and stressfulness of the situation
- C. Linh engaging in problem-focused coping strategies
- D. Linh monitoring stress levels and evaluating coping effectiveness

#### **Question 20**

In terms of Lazarus and Folkman's Transactional Model of Stress and Coping, secondary appraisal for Linh might be that

- **A.** the situation is benign-positive because it offers an opportunity for growth and possible promotion.
- **B.** she is in the alarm-reaction stage and will have the physiological resources to cope with the project.
- C. she can cope by planning her time well and asking for an extension on a lower priority project.
- **D.** this is a threat because she may not be able to meet the deadline for the new project.

Use the following information to answer Questions 21 -23.

Abedi is in his room doing homework when his mum calls out and asks him to set the table for dinner.

#### **Question 21**

Initially Abedi says "What?" to his mum. Before Abedi's mum finishes repeating her request, he is already answering her. Abedi initially did not know what his mum had said because her words were in his

- A. iconic memory however he had not retrieved them yet.
- **B.** echoic memory however he had not paid attention to them yet.
- **C.** short-term memory however he was not aware of them yet.
- **D.** sensory memory however he had not transferred them to his awareness yet.

#### **Question 22**

Abedi's mum tells him that he needs to set the table for six people because his sister has invited a friend over. When Abedi starts setting the table he forgets how many people are going to be at dinner and has to ask his mum again. Abedi has most likely forgotten the number of people that he has to set the table for because it

- **A.** was never encoded from his long-term memory.
- **B.** has not been transferred into his sensory memory for future access.
- **C.** was displaced due to the limited duration of short-term memory.
- **D.** has not been rehearsed.

#### **Question 23**

According to the Atkinson-Shiffrin multi-store model of memory, to access the information of where the correct plates are stored, Abedi needs to

- **A.** retrieve it from his long term memory.
- **B.** consolidate it into his short term memory.
- **C.** pay attention to his long term memory.
- **D.** rehearse it to keep it in his short term memory.

#### **Question 24**

Aboriginal peoples' songlines

- **A.** were developed thousands of years ago as a mnemonic device.
- **B.** enhance memory for simple information such as the compass points (north, south, east and west).
- C. are multimodal and contain complex information about navigation, landscape and the environment.
- **D.** demonstrate the musical traditions of a written culture.

#### **Ouestion 25**

Sleep is described as a psychological construct, this means that it

- **A.** is a concept studied by psychologists.
- **B.** cannot be directly observed or measured.
- **C.** is unique to each person.
- **D.** follows a 24 hour cycle in humans.

#### **Question 26**

Bryan is watching television on the couch and starts to doze off. Bryan is most likely experiencing

- **A.** NREM 1 sleep
- B. NREM 2 sleep
- C. NREM 3 sleep
- D. REM sleep

#### **Ouestion 27**

Which of the following is true of REM sleep?

- **A.** It is the deepest stage of sleep.
- **B.** It only occurs early in the night.
- **C.** It is when dreaming most often happens.
- **D.** It is associated with very high levels of electrical activity of the muscles in the body.

#### **Question 28**

Reproducibility in research refers to

- **A.** the closeness of the agreement between the results of measurements of the same quantity being measured, carried out under changed conditions of measurement.
- **B.** the closeness of the agreement between the results of successive measurements of the same quantity being measured, carried out under the same conditions of measurement.
- **C.** how close a measurement is to the true value of the quantity being measured.
- **D.** how closely a set of measurement values agree with each other.

#### **Question 29**

A strength of applying a biopsychosocial approach to mental wellbeing is that it

- **A.** highlights that sleep and nutrition are the most important factors to mental health.
- **B.** demonstrates that people are impacted by both risk and protective factors.
- C. internal and external factors combined always cause mental illness.
- **D.** emphasises that biological, psychological and social factors all interact together to influence it.

#### **Ouestion 30**

According to the social and emotional wellbeing (SEWB) framework for Aboriginal and Torres Strait Islander communities, which of the following is **not** an element of wellbeing?

- **A.** Connection to body
- **B.** Connection to family and kinship
- **C.** Connection to songlines
- **D.** Connection to culture

#### *Use the following information to answer questions 31-33*

Al does not like flying. He avoids travelling by plane as much as possible, preferring to drive long distances even when it is inconvenient. When Al sees a plane or flying scene in a television show he covers his eyes or changes the channel. When someone mentions flying, Al notices that his heart rate increases and palms get sweaty.

#### **Question 31**

Which one of the following is Al likely experiencing and why?

- A. a phobia as he has a persistent and intense fear of flying, which has an impact on his daily functioning.
- **B.** parasympathetic nervous system activation as his increase in heart rate will enhance his ability to deal with the threat of flying.
- **C.** stress as he is demonstrating a very low level of mental wellbeing.
- **D.** anxiety as is fear is future oriented, focusing on what might go wrong if he were to get in a plane.

#### **Question 32**

Al's friends tell him he is being silly and that flying is very safe. Al disagrees and says that he always hears about plane crashes and things going wrong when people are flying. The repeated associations that Al is making between flying and negative experiences has likely resulted in the strengthening of his dislike of flying through

- **A.** operant conditioning principles.
- **B.** positive reinforcement.
- **C.** long-term potentiation.
- **D.** observational learning principles.

#### **Ouestion 33**

Prior to an international flight, Al's doctor would be most likely to suggest he tries

- **A.** anti-anxiety benzodiazepine agents which are long-acting drugs designed to help regulate his heart rate over an extended period of time such as a long haul flight.
- **B.** regulating his autonomic nervous system by learning slow, deep breathing techniques.
- C. a psychological approach involving his family known as psychoeducation.
- **D.** using a GABA-antagonist drug just before he arrives at the airport.

Use the following information to answer questions 34-36

A researcher is investigating the link between mental health and sleep. In interviews, some participants state that when they are stressed they struggle to sleep while others describe their poor sleep as having a negative impact on their mental health.

#### **Question 34**

Based on these interview responses, the relationship between mental health and sleep can be best described as

- A. causal.
- B. negative.
- C. correlational.
- D. complex.

#### **Question 35**

A strength of conducting qualitative interviews is that they

- **A.** allow researchers to gain descriptive and numerical information that can be quickly and easily analysed.
- **B.** are mostly objective, thus leading to more valid data.
- **C.** increase the reproducibility of results.
- **D.** provide rich and detailed data from the participants' own words and expressions, which can reveal their underlying feelings and motivations.

#### **Ouestion 36**

Adequate sleep is considered to be a

- **A.** psychological evidence-based intervention for anxiety disorders.
- **B.** psychological protective factor for mental wellbeing.
- **C.** biological evidence-based intervention for anxiety disorders.
- **D.** biological protective factor for mental wellbeing.

#### **Question 37**

Supporting Aboriginal and Torres Strait Islander communities to make decisions about their own social, cultural and economic needs is said to be integral to their wellbeing. This is best described as

- **A.** connection to Country.
- **B.** self determination.
- **C.** a cultural determinant of wellbeing.
- **D.** resilience

#### **Question 38**

Cultural continuity as a determinant of wellbeing emphasises the importance of

- **A.** the passing down and practice of cultural knowledge and traditions from one generation to another.
- **B.** having a strong sense of cultural identity.
- **C.** using songlines to communicate tradition.
- **D.** the large number of community factors that can influence a person's sense of self.

*Use the following information to answer questions 39 and 40.* 

Ranjini has recently been promoted at work. Whilst she is enjoying the challenges of the new role she has noticed that she is more stressed than usual.

#### **Question 39**

After speaking with the workplace psychologist, Ranjini has started using mindfulness meditation to manage her stress. Mindfulness meditation is likely to reduce Ranjini's stress by

- A. encouraging her to mindfully think through her stresses from least stressful to most.
- **B.** decreasing her breathing rate through slow counting.
- C. allowing her to focus her mind on the present moment rather than on future worries.
- **D.** prompting her to challenge and replace unhelpful thoughts with more helpful thoughts.

#### **Ouestion 40**

An alternative psychological approach to reducing stress and enhancing mental wellbeing that Ranjini could use is/are

- **A.** going for a run with a friend.
- **B.** cognitive-behavioural strategies.
- **C.** nutrition and hydration control.
- **D.** undertaking a course in breathing techniques.

**END OF SECTION A** 

# **SECTION B**

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Answer all questions in the spaces provided.

# Question 1 (15 marks)

Sam is a Year 9 Student who loves playing video games. During intense video game sessions, Sam quickly presses the buttons on the controller and strategically moves his character through the virtual world.

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|         |   |      |
| While n | laying Sam often notices that their heart heats factor than usual   |      |
| _       | laying, Sam often notices that their heart beats faster than usual. and outline the biological response involved when Sam's heart rate increases. |      |
| _       |   | 3 ma |

# Question 1 (continued)

| c. | Sam's aunty Liane comes over to visit and asks Sam to teach her how to play the video game. At first Liane is very slow and struggles to know how to use the buttons on the controller, however she gets better with practice.   |                 |
|----|--|-----------------|
|    | Outline how long-term potentiation was involved when Liane learnt how to play the video game.  | 2 marks         |
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| d. | In which type of long-term memory is the skill of playing the video game encoded?  | 1 mark          |
| e. | Sam spends most of their weekends playing video games and struggles with completing homework on time. To encourage Sam to prioritise homework, their parents offer them extra game time for each homework task completed before its due date. As a result, Sam becomes motivated to complete homework on time in order to earn the reward of additional game time. |                 |
|    | i. According to opemt conditions, what were the antecedent, behaviour and consequence f or   | Sam?<br>3 marks |
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|    | ii. What type of consequence is Sam being given by their parents?  |                 |
|    |  | 1 mark          |

**Question 2** (19 marks)

#### Eating more fruit and vegetables linked to less stress, study finds

Eating a diet rich in fruit and vegetables is associated with less stress, according to new research. The study examined the link between fruit and vegetable intake and stress levels of more than 8,600 Australians aged between 25 and 91 participating in the Australian Diabetes, Obesity and Lifestyle (AusDiab) Study from Baker Heart and Diabetes Institute.

The findings revealed people who ate at least 470 grams of fruit and vegetables daily had 10 per cent lower stress levels than those who consumed less than 230 grams. The World Health Organization (WHO) recommends eating at least 400 grams of fruit and vegetables per day.

"We found that people who have higher fruit and veggie intakes are less stressed than those with lower intakes, which suggests diet plays a key role in mental wellbeing," said Ms Radavelli-Bagatini.

#### A growing issue

Mental health conditions are an increasing problem in Australia and around the world. Around one in two Australians will experience a mental health issue in their lifetime. Globally, approximately 1 in 10 people live with a mental health disorder.

According to Ms Radavelli-Bagatini, some stress is considered normal, but long-term exposure can significantly impact mental health.

"Long-term and unmanaged stress can lead to a range of health problems including heart disease, diabetes, depression and anxiety so we need to find ways to prevent and possibly alleviate mental health problems in the future," said Ms Radavelli-Bagatini.

The benefits of a healthy diet are well known, but only 1 in 2 Australians eat the recommended two serves of fruit per day and fewer than 1 in 10 eat the recommended five serves of vegetables each day.

Adapted from: htts://www.sciencedaily.com/releases/2021/05/210513100030.htm

| a. | Write a possible hypothesis for the Australian Diabetes, Obesity and Lifestyle (AusDiab) Study from Baker Heart and Diabetes Institute. |         |
|----|---|---------|
|    | Trom Baker Treatt and Bladetes institute.   | 3 marks |
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#### Question 2 (continued)

| b. | If the research was to be extended and conducted as a controlled experiment, suggest an      |
|----|--|
|    | appropriate experimental design that could be used. Justify your answer with reference to an |
|    | advantage of the design.   |

3 marks

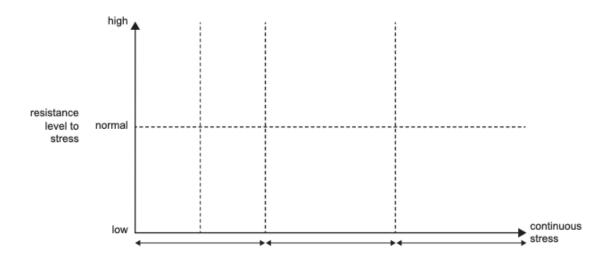
**c.** The study refers to long-term exposure to stress.

i. What is the name given to long-term stress?

1 mark

**ii.** On the diagram below, draw a graphical representation of Selye's General Adaptation Syndrome to show how an individual's resistance level to stress changes when a stressor is present over an extended period of time.

1 mark



Adapted from htts://wvaa.vic.edu.au/Documents/exams/psychology/2021/2021psych

-wpdf (see page 20)

# Question 2 c. (continued)

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| gest how the researchers may have measured physiological and psychological stress onses in the study. |   |
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# Question 2 (continued)

| e. | i.    | Name the nerve which connects the brain and the gut.   | 1 mark<br>— |
|----|-------|--|-------------|
|    | ii.   | Identify the main type of neural messages that are transmitted along the nerve named in <b>part i.</b>   | 1 mark      |
|    | iii.  | With reference to the gut-brain axis, explain the findings of this study.  | 4 marks     |
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| Wi | th re | on 3 (2 marks) eference to relationships, describe one difference between observational learning and Aborigin Strait Islander ways of knowing. | nal and     |
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# **Question 4** (5 marks)

Marjorie has recently been diagnosed with Alzheimer's disease.

| a. | Name the brain region which is most affected in the early stages of Alzheimer's disease.   | 1 mark  |
|----|--|---------|
| b. | At one of her appointments with her doctor, Marjorie was asked to complete a series of tasks, including to imagine and describe a future trip to the beach.  Explain how the degeneration of the region identified in part a. would impact on Marjorie's ability to do this task of creating a possible imagined future of being at the beach? |         |
|    |  | 4 marks |
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#### **Question 5** (13 marks)

As part of his VCE Psychology practical investigation, Elijah is planning a controlled experiment to investigate the effect of sleep on memory.

Elijah selected 10 volunteers from his school to participate in the investigation. The participants were required to meet with Elijah for testing once per week for two consecutive weeks. Each week they were provided with different instructions regarding their sleep the night before testing.

On each day that the participants were at being tested they were given a list of twenty words to study for two minutes and then asked to write down as many words as they could recall. The participants were provided with a different list of words each week.

A summary of Elijah's results is shown in the following table.

|  | Condition 1: 4 hours sleep | Condition 2: Total sleep deprivation |
|--|----------------------------|--------------------------------------|
| Mean number of words recalls (out of 20) | 12.2                       | 6.1                                  |
| Standard deviation                       | 3.1                        | 2.7                                  |

| Identify and describe the controlled experimental design that Elijah used for his study. | 2 |
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| Ou | oction | 5 | (continued) |
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| Ou | estion | 3 | (continued) |

| • | What can the standard deviations tell us about the results for the two conditions? | 2 mark |
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|   | Identify the independent variable and outline how Elijah manipulated it.           | 2 mar  |
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| Question | 5 | (continued) | ١ |
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| Question | J | (Commuca)   | , |

|    | Elijah's teacher suggested that he should have included a group that had a normal night's sleep. Explain why Elijah's teacher would have made this suggestion.                                  |             |
|----|---|-------------|
|    |   | 2 marks     |
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| p  | Elijah realised that when he was calculating the participants' scores, the list words he was using to participants' responses did not match the words that he had provided to the participants. | correct the |
| I  | dentify the type of error that Elijah has introduced and how he should correct for it.  | 2 marks     |
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| f. | With reference to the effects of sleep deprivation on a person's functioning, suggest whether   |             |
|    | Elijah's results were consistent with what he would have predicted.   |             |
|    |   | 3 marks     |
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#### **Question 6** (7 marks)

Kareem, a 28-year-old accountant, has been struggling with a specific phobia of heights for as long as he can remember. This fear intensifies whenever he finds himself in tall buildings, on elevated platforms, or even when he sees images or videos depicting heights. His phobia has significantly impacted his daily life, making it difficult for him to enjoy activities such as travelling, visiting tourist attractions, or even using elevators. Kareem has become increasingly frustrated and wants to find ways to overcome his fear so that he can live a more fulfilling and unrestricted life.

| a. | Kareem's brother tells him that cognitive biases may be making his phobia worse. Identify and describe one cognitive bias that Kareem might be exhibiting. | 2 marks |
|----|--|---------|
| b. | Identify and explain a psychotherapeutic treatment that could be used to help Kareem overcome his phobia.  | 5 marks |
|    |  |         |

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#### **Question 7** (9 marks)

Sophia, a newborn baby, sleeps for most of the day, while her parents, David and Emily, struggle to get enough sleep due to frequent nighttime awakenings. As Sophia grows older, her sleep patterns change, and she starts sleeping for shorter durations during the day and longer durations at night. Meanwhile, David and Emily find that their sleep patterns become more stable and aligned with a typical adult sleep pattern.

| a. | Outline and explain two unique characteristics of Sophia's sleep patterns as a newborn.   | 4 marks      |
|----|---|--------------|
| b. | David sees an advertisement in the local paper for a sleep study investigating the sleep patterns on new parents.  Identify and describe one objective measure that may be used in this study to collect data on the quality of sleep. Justify your answer. | f<br>3 marks |
|    |   |              |
| c. | Describe two features of David and Emily's likely sleep patterns when Sophia is older.  | 2 marks      |

#### **Question 8** (10 marks)

Mark, a 19-year-old University student, has been struggling with his sleep-wake schedule since starting University. Despite his best efforts to establish a consistent sleep routine, he finds it incredibly difficult to fall asleep at a "normal" time in the evening. Instead, Mark experiences a strong urge to stay awake until the early hours of the morning and then struggles to wake up early for his morning classes. This disrupted sleep pattern has taken a toll on his academic performance and overall well-being, leaving him feeling constantly fatigued and out of sync with the rest of the world.

Mark sees his doctor who diagnoses him with delayed sleep phase syndrome [DSPS] and provides him with a pamphlet so that he can learn more about it.

| Provide a summary of the key information that would be included in the pamphlet. In your response, refer to the involvement of internal biological mechanisms for the regulation of sleep-wake patterns and possible treatment and strategies that Mark could use to improve his sleep. |
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| Question 8 (continued)                                      |        |
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# Extra space for responses Clearly number all responses in this space.

End of 2023 Kilbaha VCE Psychology Units 3 and 4 Trial Examination



# 2023 VCE PSYCHOLOGY Units 3 and 4 Trial Written Examination

#### MULTIPLE-CHOICE ANSWER SHEET

| Student Name   |  |
|----------------|--|
|                |  |
| Student Number |  |
| Signature      |  |
|                |  |
|                | a entries. For each question, shade the box that indicates your answer. enpleted like <b>THIS</b> example. |
|                |  |

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.

## ONE ANSWER PER LINE ONE ANSWER PER LINE

| 1.  | A | В | C | D | 16. | A | В | C | D |
|-----|---|---|---|---|-----|---|---|---|---|
| 2.  | A | В | С | D | 17. | A | В | С | D |
| 3.  | A | В | С | D | 18. | A | В | С | D |
| 4.  | A | В | С | D | 19. | A | В | С | D |
| 5.  | A | В | С | D | 20. | A | В | С | D |
| 6.  | A | В | С | D | 21. | A | В | С | D |
| 7.  | A | В | С | D | 22. | A | В | С | D |
| 8.  | A | В | С | D | 23. | A | В | С | D |
| 9.  | A | В | С | D | 24. | A | В | С | D |
| 10. | A | В | C | D | 25. | A | В | С | D |
| 11. | A | В | C | D | 26. | A | В | С | D |
| 12. | A | В | С | D | 27. | A | В | С | D |
| 13. | A | В | С | D | 28. | A | В | С | D |
| 14. | A | В | C | D | 29. | A | В | С | D |
| 15. | A | В | С | D | 30. | A | В | С | D |