

Paper Reference					
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Paper Reference(s)

6949/01

Centre No.				
Candidate No.				

Surname	Initial(s)
Signature	

Examiner's use only

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Team Leader's use only

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Edexcel GCE
Health and Social Care
Unit 12: Understanding Human Behaviour
Thursday 14 June 2007 – Afternoon
Time: 1 hour 30 minutes

Question Number	Leave Blank
1	
2	
3	
Total	

Materials required for examination
Nil

Items included with question papers
Nil

Instructions to Candidates

Your candidate details are printed next to the bar code above. Check that these are correct and sign your name in the signature box above.
If your candidate details are incorrect, or missing, then complete ALL the boxes above.
Check that you have the correct question paper.
Answer ALL the questions. Write your answers in the spaces provided in this question paper.

Information for Candidates

The marks for individual questions and the parts of questions are shown in round brackets: e.g. (2).
There are 3 questions in this question paper. The total mark for this paper is 90.
There are 16 pages in this question paper. Any blank pages are indicated.

Advice to Candidates

You are reminded of the importance of clear English and careful presentation in your answers.

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Turn over
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Answer ALL questions in the spaces provided.

1. Matt is 32 years of age and is obese. He has just been diagnosed with angina, a heart condition that may lead to serious consequences. He has been told to change his lifestyle, but he finds it difficult to lose weight and he has never liked exercise. His friend, Rakesh, says he will help him by being his 'lifestyle coach'.

(a) Explain why a person may over eat.

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- (b) Rakesh decides that he will use a behavioural approach to try and help Matt lose weight. He tells Matt that for every kilo he loses he will buy him one of his favourite magazines. He also tells Matt that for every kilo he gains, he has to buy Rakesh one of his favourite magazines.

Rakesh tries to convince Matt that by losing weight he will no longer become breathless when walking upstairs, something which he currently finds embarrassing and upsetting.

- (i) Explain the term 'positive reinforcement'.

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- (ii) Using the information given, explain Rakesh's use of negative reinforcement.

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(c) Rakesh decides that he will try a token economy system to help Matt lose weight.

Discuss the benefits of a token economy system in helping someone to change their behaviour.

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(d) After several months, Matt has still not lost weight. He is referred to a psychotherapist.

Evaluate the use of a psychodynamic approach in helping someone who finds it very difficult to lose weight.

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(Total 30 marks)

Q1



2. The table comes from a government report on a survey of the mental health of children and young people in Great Britain. It shows the percentages of children's mental health disorders by age and sex in the United Kingdom for 2004.

Types of disorder	5-10 year olds		11-16 year olds		All 5-16 year olds
	Boys	Girls	Boys	Girls	
Emotional disorders	2.2	2.5	4.0	6.1	3.7
Conduct disorders	6.9	2.8	8.1	5.1	5.8
Hyperkinetic disorders	2.7	0.4	2.4	0.4	1.5
Less common disorders	2.2	0.4	1.6	1.1	1.3
Any disorder	10.2	5.1	12.6	10.3	9.6

(Source: www.statistics.gov.uk)

(a) (i) Identify the percentage of all children who have a mental health disorder.

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(1)

(ii) Identify, by gender, age group and type of disorder, the group that has the highest percentage of children.

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(3)



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(b) Using the information given, describe the evidence which shows that the percentage of children with mental health disorders increases with age.

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(ii) Cognitive therapy is one approach used to treat anxiety and depression. This involves helping the service user to examine beliefs which may be dysfunctional.

Explain **two** weaknesses of using this approach when working with young children.

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3. Rashida and Hilary are both 86 years of age and live next door to each other in sheltered accommodation. Rashida is quiet and shy, whereas Hilary is loud and domineering. Increasingly, Rashida has become depressed and believes she is being bullied by Hilary. Rashida is frightened and will not leave her house. The manager of the sheltered housing complex is worried about Rashida. She discusses Rashida with Liz, the social worker, who agrees to visit Rashida as soon as possible. Liz will try to get Rashida to talk to her.

(a) In visiting Rashida and trying to establish effective communication, Liz is promoting one of the principles of the care value base.

(i) Explain why effective communication between Rashida and Liz is important.

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(ii) Explain **one** other principle of the care value base.

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(b) Liz likes to use a humanistic approach in working with her service users. She is also trained in person-centred counselling. Liz feels that Rashida has low self-esteem.

(i) Using the information given, explain why Rashida may have low self-esteem.

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(ii) Describe **two** principles involved in ‘person-centred’ counselling.

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(c) Liz decides to visit Hilary, who denies bullying Rashida. Hilary says that Rashida does not speak to anyone. She believes that Rashida does not like her.

Using the information given, explain why Hilary may have dysfunctional beliefs.

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