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Answer ALL questions in the spaces provided.

1.

Jade is 17 years of age and smokes 20 cigarettes a day. She lives at home with her parents who have both smoked for over 30 years. Jade wants to stop smoking, but she finds it difficult to give up, despite the fact that few of her friends smoke.

(a) Identify **two** reasons why Jade may be finding it difficult to stop smoking.

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(b) Jade is unhappy. Her friends say that her clothes always smell and that she can never walk as fast as them. They say that they will let her go on holiday with them if she stops smoking.

Using your own knowledge and the information given, explain how:

(i) **positive** reinforcement could be used to help Jade give up smoking.

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(ii) **negative** reinforcement could be used to help Jade give up smoking.

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(d) The data show the percentage of adults who smoked cigarettes, by age, from 1978 to 2005.

	age 16–19	age 20–24	age 25–34	age 35–49	age 50–59	age 60+
1978	34	44	45	45	45	30
1988	28	37	36	36	33	23
1998	31	40	35	30	27	16
2000	29	35	35	29	27	16
2005	24	32	31	27	24	14

<http://old.ash.org.uk/html/factsheets/html/fact01.html>

(i) What is the difference in the percentage of people aged 35–49 who smoked in 2005 compared to the same age group in 1978?

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(ii) Compare the percentage of adults aged 16–19 who smoked cigarettes with those aged 60+, between the years from 1978 to 2005.

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(Total 30 marks)

Q1

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2.

Oscar is 67 years of age. He is recovering at home from a stroke which has left his leg muscles weak and his speech slurred. His GP has said he could recover well if he has physiotherapy regularly. Oscar is very depressed and can't be bothered to go to physiotherapy. He was a member of a walking club and enjoyed the company of his friends on their weekly long-distance walks. He believes that he will not be able to go on these walks any more and that his friends will no longer want to see him. He feels that there is no point to his life.

(a) Oscar is an example of someone who has dysfunctional beliefs and an external locus of control.

(i) Define what is meant by a **dysfunctional belief**.

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(ii) Explain how we know that Oscar has an **external** locus of control, rather than an internal locus of control.

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(b) Oscar's GP arranges for a Cognitive Therapist to visit him.

(i) The therapist carries out an initial assessment with Oscar. Explain why it is important to carry out an **initial** assessment.

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(ii) Explain why cognitive therapy might not work for people like Oscar.

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Dotted lines for writing response

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(c) Oscar’s family are upset because he is so depressed. His brother thinks that he should just ‘snap out of it’. He says that no-one in the family has ever been that depressed before, so it can’t be ‘in his genes’.

(i) Explain how a person’s behaviour might relate to their genes.

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Q2

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3.

Marilyn is manager of a hospice for people with terminal cancer. The hospice has recently opened a ward for children.

- (a) Marilyn believes that all users should be empowered, treated with dignity and respected as much as possible.
 - (i) Using an example, explain what is meant by the term **empowerment**.

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(b) Marilyn is finding it difficult to cope with her job, since the ward for children opened. She does not know why this is, as she is experienced in working with people who are ill. She seeks help from a therapist who is unsure whether to employ a psychodynamic or a humanistic (person-centred) approach.

(i) Explain what is meant by a psychodynamic approach.

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(ii) Outline the main principles of a humanistic (person-centred) approach.

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(iii) Evaluate the advantages of a psychodynamic approach compared to the advantages of a humanistic approach for someone like Marilyn.

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