

Please check the examination details below before entering your candidate information

Candidate surname	Other names	
Pearson BTEC Level 3 Nationals Extended Diploma	Centre Number <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	Learner Registration Number <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>
Wednesday 15 May 2019		
Afternoon (Time: 2 hours)	Paper Reference 21331L	
Applied Psychology Unit 3: Health Psychology		
You do not need any other materials.	Total Marks	

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 70.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

P62820A

©2019 Pearson Education Ltd.

1/1



SECTION A

Read the following scenario carefully. The questions in this section relate to this scenario.

Answer ALL questions. Write your answers in the spaces provided.

Stefan is 22-years old, he has just finished university and has got his first job as an electrical engineer. It has been more difficult and stressful than he thought it would be. When he was at university he started going out drinking beer with his new friends. Stefan said that he felt pressurised into taking alcohol to feel part of the group. Stefan has ~~carried on drinking~~ beer after finishing university as he says that it helps him cope when he feels stressed at work. Stefan's mother and father also drink alcohol. His father has had to get help from an alcohol service because of how much he drinks.

Stefan has been in a relationship with his girlfriend for three years, but recently Stefan and his girlfriend have been arguing and she keeps threatening to leave him. Stefan has been getting really upset about these arguments. He blames the arguments for his continued drinking of alcohol. He finds that the only thing that helps him relax and calm down is a drink of beer. Stefan used to drink five pints of beer on a Saturday and Sunday to relax but now he finds that he needs to drink the same amount of alcohol every day to get the same feelings of relaxation. Stefan realises that the amount he drinks often makes his problems worse, not better, and knows that the only person who can change his behaviour is himself. Stefan has not been able to stop drinking alcohol because he gets withdrawal symptoms, such as headaches and tremors, and because drinking makes him feel good. Stefan's girlfriend has now told him that he needs to give up alcohol or she is leaving him, and he turned to his doctor for expert help.

The doctor provided Stefan with expert information about different methods of support that could help persuade him to quit drinking beer such as Alcoholics Anonymous. Stefan is determined to gain control over his drinking and has attended Alcoholics Anonymous meetings. During these sessions Stefan said that the fact that his parents drank made it more likely he would continue drinking in the future.

- 1** Psychologists suggest that Stefan's daily drinking of alcohol is a physiological addiction.

Explain why Psychologists suggest that Stefan has a physiological addiction, with evidence from the scenario.

.....

.....

.....

(Total for Question 1 = 2 marks)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



2 Locus of control looks at the degree to which people believe that they have control over events in their lives.

Identify **two** examples from the scenario which would suggest that Stefan has an external locus of control.

1

.....

2

.....

(Total for Question 2 = 2 marks)

3 Cooke et al (2016) looked at how well the Theory of Planned Behaviour predicts alcohol consumption.

(a) Explain **two** findings from Cooke et al's (2016) study which could help psychologists understand Stefan's current drinking behaviour.

(4)

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



(b) Explain **one** strength of Cooke et al's (2016) study on alcohol consumption.

(3)

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(Total for Question 3 = 7 marks)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Handwriting practice area with horizontal dotted lines.

(Total for Question 4 = 9 marks)

TOTAL FOR SECTION A = 20 MARKS



SECTION B

Read the following scenario carefully. The questions in this section relate to this scenario.

Answer ALL the questions in the spaces provided.

Jameson's are a medium sized company that resells phones. They employ around one hundred people. Most of the employees work within a highly skilled department which tests and repair phones. This department has a number of targets. If these targets are achieved, the whole company gets a £2000 bonus at the end of the year. A number of the employees have been working longer hours, and weekends, to make sure all of the targets are hit.

Company bosses have recently noticed that the amount of sick days that the employees within this department are taking have risen sharply. A number of employees have been signed off sick by their doctor for stress related illnesses.

The bosses decide to find out from their employees, about any issues they have at work, including how stressed they feel. Results show that employees feel that the work is the same every single day which makes it boring; and because it is a highly skilled job they need to concentrate all of the time. This is made worse by the poor lighting in their room.

The bosses decide to begin a health campaign at work. This campaign will show employees the dangers of stress, and the importance of achieving a work life balance. The campaign will also highlight the support within the company for employees if they feel stressed. When asked at the start of the campaign, a number of employees say that this it is a waste of time, and that they won't change their behaviour.

- 5 Company bosses realise that lowering stress levels amongst employees is important, as time off for work related stress costs money and reduces profits.

- (a) State, using the scenario, one stress management technique that Jameson's employees could use to reduce their stress levels.

(1)

.....

.....



(b) Explain **one** strength and **one** weakness of a stress management technique that Jameson's employees could use to reduce their stress levels.

(4)

Strength.

.....

.....

.....

.....

.....

Weakness.

.....

.....

.....

.....

.....

(Total for Question 5 = 6 marks)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



6 You have learned about Johansson's (1978) study on workplace stress.

Explain **two** ways that Johansson's study can help the company bosses understand the reasons behind the high levels of stress within the company.

1

.....

.....

.....

.....

2

.....

.....

.....

.....

(Total for Question 6 = 4 marks)

7 Health professionals suggest that one reason for non-adherence to advice is rational non-adherence.

Explain how rational non-adherence could be a reason why Jameson's employees have stated they won't listen to advice or change their behaviour.

.....

.....

.....

.....

.....

(Total for Question 7 = 2 marks)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Handwriting practice area with 20 horizontal dotted lines.

(Total for Question 8 = 9 marks)

TOTAL FOR SECTION B = 20 MARKS



SECTION C

Read the following scenario carefully. The questions in this section relate to this scenario.

Answer ALL the questions in the spaces provided.

Misaki is 19 years old and has been referred to her doctor for a gambling addiction. Misaki was brought up in a seaside town where fruit machines were a normal part of life. Misaki suffered with anxiety as she grew up and said she only felt calm when in the arcade. Misaki said her addiction began when she won a lot of money on one fruit machine. She said that the buzz it gave her made her want to play again.

Misaki said that not knowing how long it would be before she would win again made it more exciting. It could be five minutes or five days, take 10 spins or 100 but she knew she would eventually win. Misaki said that even when she had a day of losses "the machine was only borrowing her money and that they would return it the next time she played; as she had the skill to beat the machine", and that "you lose when the machines are against you".

Misaki now plays at least twice a day and feels anxious when she doesn't play. She admits that fruit machines are all that she thinks about, from morning until night. She said that she no longer socialises with her friends, she just plays machines. The doctor suggests that Cognitive Behavioural Therapy may help her overcome her addiction.

9 Salience is one of Griffiths' six components of addiction.

Give **one** example of Salience from the scenario.

.....

.....

.....

(Total for Question 9 = 1 mark)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



10 The learning approach suggests that one reason for the maintenance of a gambling addiction is variable reinforcement schedules.

Explain how variable reinforcement schedules can help psychologists understand Misaki's continued gambling behaviour.

.....

.....

.....

.....

.....

(Total for Question 10 = 2 marks)

11 Psychologists carry out investigations into human behaviour. Misaki has volunteered to be part of a research project replicating Griffith's (1994) study on gambling behaviour.

(a) Describe the procedure of Griffith's study.

(3)

.....

.....

.....

.....

.....

.....

(b) Explain **one** way Griffith's (1994) study could be said to be unethical.

(2)

.....

.....

.....



(c) State **one** way that the work of Griffith's (1994) is useful to help Misaki overcome her gambling addiction.

(1)

.....

.....

(Total for Question 11 = 6 marks)

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



14 Evaluate Cognitive Behavioural Therapy (CBT) as a way of treating Misaki's gambling addiction.

Handwriting practice area with 20 horizontal dotted lines.

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

Area with horizontal dotted lines for writing.

(Total for Question 14 = 9 marks)

TOTAL FOR SECTION C = 30 MARKS
TOTAL FOR PAPER = 70 MARKS



DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

BLANK PAGE



P 6 2 8 2 0 A 0 1 9 2 0

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

DO NOT WRITE IN THIS AREA

BLANK PAGE

