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Mark Scheme (Results)

June 2019

Pearson BTEC Level 3 National in  
Applied Psychology

Unit 3: Health Psychology (21333L)

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June 2019

Publications Code 21333L\_1906\_MS

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## **Unit 3: Applied Psychology– Marking grid**

### **General marking guidance**

- All learners must receive the same treatment. Examiners must mark the first learner in exactly the same way as they mark the last.
- Marking grids should be applied positively. Learners must be rewarded for what they have shown they can do, rather than be penalised for omissions.
- Examiners should mark according to the marking grid, not according to their perception of where the grade boundaries may lie.
- All marks on the marking grid should be used appropriately.
- All the marks on the marking grid are designed to be awarded. Examiners should always award full marks if deserved. Examiners should also be prepared to award zero marks, if the learner's response is not rewardable according to the marking grid.
- Where judgement is required, a marking grid will provide the principles by which marks will be awarded.
- When examiners are in doubt regarding the application of the marking grid to a learner's response, a senior examiner should be consulted.

### **Specific marking guidance**

The marking grids have been designed to assess learner work holistically. Rows in the grids identify the assessment focus/outcome being targeted. When using a marking grid, the 'best fit' approach should be used.

- Examiners should first make a holistic judgement on which band most closely matches the learner's response and place it within that band. Learners will be placed in the band that best describes their answer.
- The mark awarded within the band will be decided based on the quality of the answer, in response to the assessment focus/outcome and will be modified according to how securely all bullet points are displayed at that band.
- Marks will be awarded towards the top or bottom of that band, depending on how they have evidenced each of the descriptor bullet points.

## BTEC Next Generation Mark Scheme Template

### Applied Psychology L3U3 (1906)

Question Number	Answer	Mark
1	<p>Award <b>one</b> mark for any appropriate sign/symptom of a physiological addiction and <b>one</b> further mark for evidence of this sign/symptom from the scenario.</p> <ul style="list-style-type: none"><li>• Stefan suffers with (physical) withdrawal symptoms when he doesn't drink alcohol (1) as he said he gets headaches and tremors (if he doesn't drink). (1)</li><li>• Stefan is showing signs of physical tolerance (1) because he only used to drink at weekends now he needs to drink once a day to achieve the same results. (1)</li></ul> <p>Accept any other appropriate response.</p>	(2)

Question Number	Answer	Mark
2	<p>Award <b>one</b> mark for each appropriate example from the scenario that suggests that Stefan has an external locus of control.</p> <p>Any <b>two</b> of the following, up to a maximum of <b>two</b> marks:</p> <ul style="list-style-type: none"><li>• Stefan stated that he would drink more in the future because his mother and father drink.</li><li>• Stefan blamed the arguments with his girlfriend for his continued drinking.</li><li>• Stefan blamed his friends for his drinking, saying they pressured him to start drinking.</li></ul> <p>Accept any other appropriate response.</p>	(2)

Question Number	Answer	Additional Guidance	Mark
3a	<p>Award <b>one</b> mark for each appropriately identified result from Cooke et al's study and <b>one</b> mark for a linked explanation up to a maximum of <b>four</b> marks.</p> <ul style="list-style-type: none"> <li>• Cooke et al found that the more positive the attitude to drinking alcohol the higher the intention to drink. (1) Stefan said that drinking makes him feel good/feel less stressed which means that he is more likely to drink alcohol. (1)</li> <li>• Cooke et al found that the more positive the social approval the more likely you are to drink. (1) Stefan's friends all drank and wanted him to drink which means that he is more likely to drink alcohol. (1)</li> <li>• Cooke et al found that low perception of control over drinking alcohol led to more drinking. (1) Stefan could not give up alcohol which shows a lack of control and therefore he would be likely to drink more. (1)</li> </ul> <p>Accept any other appropriate response.</p>	Accept drinking as a term for drinking alcohol.	(4)

Question Number	Answer	Mark
3b	<p>Award <b>one</b> mark for identification of a strength and up to <b>two</b> further marks for appropriate justification.</p> <ul style="list-style-type: none"> <li>• Cooke et al's study was a review article looking at 40 different studies, (1) this means a large amount of data can be analysed to come to a conclusion. (1) This is a strength as it makes the study more valid/means that the results can be generalised to the wider population. (1)</li> <li>• Cooke et al's study showed that the Theory of Planned Behaviour (TPB) can be used to try and get people to change their behaviour, (1) this makes the results of the study useful when trying to get people to change their attitude to drinking (1) as the results can be applied to real life situations. (1)</li> <li>• One strength of Cookes study is that it has practical application (1) this is because it can be used in therapy/counselling to help people overcome their addiction (1) for example you could change their attitudes to the behaviour which (Cooke said) would help them quit (1)</li> </ul> <p>Accept any other appropriate response</p>	(3)

Question number	Indicative content
4	<p>Answers will be credited according to the learner's demonstration of knowledge and understanding of the material using the indicative content and levels descriptors below. The indicative content that follows is not prescriptive. Answers may cover some/all of the indicative content but should be rewarded for other relevant answers.</p> <p>Approaches</p> <ul style="list-style-type: none"> <li>• The self-medication model would suggest that Stefan began drinking alcohol regularly due to current problems in his life. For example, Stefan was finding his job stressful and more difficult than first thought, so drank beer regularly to help him cope with his job.</li> <li>• Stefan has been having arguments with his girlfriend which has made him more stressed and anxious. This means that he drinks alcohol to help him cope with these problems and reduce his anxiety.</li> <li>• The self-medication model would suggest that Stefan carried on drinking as an association has been formed between him drinking alcohol and the reduction of his stress and anxiety. For example, Stefan stated that he found that the only thing that helps him relax and calm down is a drink of beer; this association would strengthen Stefan's drinking behaviour.</li> <li>• The self-medication model would suggest that Stefan's relapse after trying to give up alcohol is due to avoidance of withdrawal symptoms such as tremors and headaches. Drinking alcohol will immediately stop these symptoms and therefore the addiction will continue.</li> <li>• The learning approach would suggest that Stefan's drinking is due to observation and imitation of role models rather than self-medication. Both of Stefan's parents drank, and his dad had an alcohol problem, so it may be that Stefan's behaviour has been observed, and copied, from his parents.</li> </ul> <p>Strengths</p> <ul style="list-style-type: none"> <li>• The self-medication model is a useful explanation of alcohol addiction as it suggests that if the problems are relieved then the addiction should improve. For example, if Stefan changed his job/improves his relationship, his reliance on alcohol should reduce.</li> <li>• The self-medication model is a more ethical model of addiction as it does not blame Stefan for his current addiction, only the situation. However, this may also be seen as a weakness, as it means that Stefan does not take any personal responsibility for his actions.</li> </ul>

	<p>Limitations</p> <ul style="list-style-type: none"> <li>• The self-medication model fails to explain the initiation of addiction when people do not have a current problem or stressor, suggesting it is not a complete explanation of addiction.</li> <li>• Cause and effect is also a limitation of this model as it is unclear whether Stefan's current problems with his job/girlfriend has caused the alcohol problem or whether the alcohol problem has caused Stefan's current problems with his job/girlfriend.</li> <li>• The self-medication model is too simplistic as it fails to take into account other factors which may have led to Stefan's addiction. For example, it may be a biological factor passed down to Stefan which has caused him to drink.</li> <li>• Both Stefan's parents drink, and his father has had an alcohol problem, therefore it may be that Stefan has inherited an addictive personality or a genetic predisposition to drinking alcohol.</li> </ul>
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**Mark scheme (award up to 9 marks)** refer to the guidance on the cover of this document for how to apply levels-based mark schemes\*.

Level	Mark	Descriptor
Level 0	0	No rewardable material
Level 1	1-3	<ul style="list-style-type: none"> <li>• Demonstrates isolated knowledge and understanding, there be major gaps or omissions</li> <li>• Few of the points made will be relevant to the context in the question</li> <li>• Limited assessment which contains generic assertions rather than considering the factors or events and their relative importance, leading to a conclusion which is superficial or unsupported.</li> </ul>
Level 2	4-6	<ul style="list-style-type: none"> <li>• Demonstrates some accurate knowledge and understanding, with few minor omissions/any gaps or omissions are minor</li> <li>• Some of the points made will be relevant to the context in the question, but the link will not always be clear</li> <li>• Displays a partially developed assessment which considers some of the factors or events and their relative importance leading to a partially supported conclusion.</li> </ul>
Level 3	7-9	<ul style="list-style-type: none"> <li>• Demonstrates mostly accurate and thorough/detailed knowledge and understanding</li> <li>• Most of the points made will be relevant to the context in the question, and there will be clear links</li> <li>• Displays a well-developed and logical assessment which clearly considers the factors or events and their relative importance, leading to a supported conclusion.</li> </ul>



## Section B

Question Number	Answer	Additional Guidance	Mark
5a	<p>Award <b>one</b> mark for an appropriate stress management technique, linked to the scenario.</p> <ul style="list-style-type: none"> <li>• biofeedback.</li> <li>• relaxation training.</li> <li>• social support.</li> <li>• stress inoculation therapy/training.</li> <li>• Exercise/Yoga</li> </ul> <p>Accept any other appropriate stress management technique</p>	Do not accept answers to do with prescription drugs	(1)

Question Number	Answer	Additional Guidance	Mark
5b	<p>Award <b>one</b> mark each for an appropriate strength and weakness linked to the context and <b>one</b> mark for appropriate justification for each one, up to a maximum of <b>four</b> marks.</p> <p>Any <b>two</b> of the following, up to a maximum of <b>four</b> marks:</p> <p><u>Biofeedback</u></p> <ul style="list-style-type: none"> <li>• One strength of the employees using biofeedback that they can apply the techniques in everyday life (1) this means that it will be more effective long term for employees (1).</li> <li>• One weakness of the employees using biofeedback is that it is a time consuming/expensive treatment (1) this may make it unsuitable for employees if they do not earn much/if they have to take time off work for treatment (1).</li> </ul>	Do not accept answers to do with prescription drugs	(4)

Stress inoculation therapy

- One strength of the employees using SIT is that it will address the root cause of their high stress levels (1) this means that it is longer lasting effect (than therapies that just deal with the physical symptoms of stress) (1).
- One weakness of employees using SIT is that it could take a long time for the effects to work (1) this means that it is more time consuming/expensive than other treatments which begin to work immediately (1).

Social support

- One strength of the employees using social support is that research has shown that it will boost the immune system of the employees (1) this means that it is an effective way of reducing the negative effects of stress such as ill health (1).
- One weakness of the employees using social support is that it doesn't take into account individual differences in coping with stress (1) for some employees' high levels of social support may be seen as a weakness/ overwhelming/confusing resulting in higher levels of stress (1).

Accept any other appropriate response.

Question Number	Answer	Mark
6	<p>Award <b>one</b> mark for any relevant aspect taken from Johansson's study and <b>one</b> mark for a linked explanation of each one, up to a total of <b>four</b> marks.</p> <ul style="list-style-type: none"> <li>• Johansson's study showed that repetitive, monotonous work leads to higher levels of stress in the workforce (1) this can explain Jameson's employee's high levels of stress as they had stated that they found their work "boring" and the same every day. (1)</li> <li>• Johansson's study showed that when income level mainly depended on the performance of the high-risk group this contributed to their high stress levels (1) this could explain the Jameson's employees' high levels of stress as they were responsible for all of the company getting a £2000 bonus at Christmas. (1)</li> <li>• Johansson's study showed that work that required a high level of attention contributes to high levels of stress (1) this can explain the employees high stress levels because the employees said that the work was highly skilled, so they have to concentrate all of the time. (1)</li> </ul> <p>Accept any other appropriate response.</p>	(4)

Question Number	Answer	Mark
7	<p>Award <b>one</b> mark for an appropriate linked explanation of rational non-adherence and <b>one</b> further mark for an appropriate linked explanation, up to <b>two</b> marks.</p> <ul style="list-style-type: none"> <li>• Jameson's employees would weigh up the advantages and disadvantages of changing r behaviour (1) and decide that getting the extra money outweighs the high levels of stress caused by work (so won't change their behaviour) (1).</li> <li>• It may be that they feel that the cost of changing their behaviour may outweigh the benefits that they will get from changing (1) for example they may not feel the time/effort it will take to change their behaviour will gain them anything as they have to continue in their stressful job anyway (so no benefit to them) (1)</li> </ul> <p>Accept any other appropriate response.</p>	(2)

Question number	Indicative content
8	<p>Answers will be credited according to the learner's demonstration of knowledge and understanding of the material using the indicative content and levels descriptors below. The indicative content that follows is not prescriptive. Answers may cover some/all of the indicative content but should be rewarded for other relevant answers.</p> <p><b>Hovland-Yale model</b></p> <ul style="list-style-type: none"> <li>• The Hovland-Yale model states that the source, message and the audience are all important factors which will affect how likely it is that the attitude of the Jameson's employees will change.</li> <li>• Source credibility suggests that people are more likely to be persuaded to change their attitude when a source is credible. Therefore, the Hovland-Yale model will be more effective if the company bosses use an expert on stress, such as a health professional/doctor.</li> <li>• The Hovland-Yale model suggests that the content of the message given to the employees will be an important factor. It suggests that messages that show both sides of an argument are more effective.</li> <li>• In the case of the employees, having an argument that explains the costs and benefits of changing behaviour will be more effective than an argument that only focuses on the benefits of changing behaviour.</li> <li>• The model also suggest that moderate levels of fear are more effective than low and high levels of fear which suggests that the bosses need to tell the employees the effects of stress without being too frightening about its consequences.</li> <li>• For example, the campaign can show understanding that workers may potentially lose money due to not getting the bonus because of not working such long hours; however they could then show the health benefits, which would mean they have less time off sick and gain money this way.</li> <li>• The Hovland-Yale model would suggest that who is in the audience will change the type of message which will be more effective. In the case of the employees, intelligent audiences are more likely to be persuaded by facts and figures rather than just emotional messages.</li> </ul>

### Strengths

- The Hovland-Yale model is still used in health promotion campaigns to get the message across to audiences such as Jameson's employees, suggesting it is an effective way of changing behaviour.
- Hovland and Weiss (1951) showed that a higher credibility source is more likely to change the opinion of the employees than a lower credibility source however this was only a short-term effect and did not last over time.

### Limitations

- The Hovland-Yale model doesn't actually explain how persuasion /attitude change occurs, it only looks at the steps in the process, this makes it a less effective explanation of behavioural change.
- The Hovland-Yale model assumes that attitude change/behavioural change always occurs after a message is understood. The Elaboration Likelihood model shows that persuasion can still occur even when a message is not understood or learnt, making the Hovland-Yale model a less effective theory of behavioural change.
- The Hovland-Yale model is too simplistic as it only looks at external factors in changing behaviour and ignores internal factors such as comprehension, emotion, etc. making it a less complete theory of behavioural change.
- Most of the research into the Hovland-Yale model was done on student samples which are not representative of the general population, therefore the results from the study cannot be generalised to the whole population making the theory less reliable, and less effective.

Accept any other appropriate response.

**Mark scheme (award up to 9 marks)** refer to the guidance on the cover of this document for how to apply levels-based mark schemes\*.

Level	Mark	Descriptor
Level 0	0	No rewardable material
Level 1	1-3	<ul style="list-style-type: none"><li>• Demonstrates isolated knowledge and understanding, there be major gaps or omissions</li><li>• Few of the points made will be relevant to the context in the question</li></ul>

		<ul style="list-style-type: none"> <li>Limited assessment which contains generic assertions rather than considering the factors or events and their relative importance, leading to a conclusion which is superficial or unsupported.</li> </ul>
Level 2	4-6	<ul style="list-style-type: none"> <li>Demonstrates some accurate knowledge and understanding, with few minor omissions/any gaps or omissions are minor</li> <li>Some of the points made will be relevant to the context in the question, but the link will not always be clear</li> <li>Displays a partially developed assessment which considers some of the factors or events and their relative importance leading to a partially supported conclusion.</li> </ul>
Level 3	7-9	<ul style="list-style-type: none"> <li>Demonstrates mostly accurate and thorough/detailed knowledge and understanding</li> <li>Most of the points made will be relevant to the context in the question, and there will be clear links</li> <li>Displays a well-developed and logical assessment which clearly considers the factors or events and their relative importance, leading to a supported conclusion.</li> </ul>

Section C

Question Number	Answer	Mark
9	<p>Award <b>one</b> mark for an example of salience from the scenario.</p> <ul style="list-style-type: none"> <li>• Misaki admits that fruit machines are all that she thinks about from morning till night.</li> <li>• Misaki said that she no longer socialises with her friends, she just plays machines.</li> </ul> <p>Accept any other appropriate response.</p>	(1)

Question Number	Answer	Mark
10	<p>Award <b>one</b> mark for a linked explanation of variable reinforcement schedules and <b>one</b> further mark for a linked justification.</p> <ul style="list-style-type: none"> <li>• Misaki has no way of knowing how many times she needs to gamble before she wins (1) this means that she will continue as there is the possibility that the next time she gambles she will win (1).</li> <li>• Variable reinforcement schedules have low rates of extinction (1) this means Misaki is more likely to continue gambling as she never knows when the next reinforcement will come (1).</li> <li>• Variable reinforcement schedules involve variable success rates (1) this means that Misaki will continue to gamble as she never knows whether she will win next time (1)</li> </ul> <p>Accept any other appropriate response.</p>	(2)



Question Number	Answer	Mark
11a	<p>Award up to <b>three</b> marks for an accurate description of the procedure of Griffith's (1994) study.</p> <ul style="list-style-type: none"> <li>• (Sixty) gamblers and non-gamblers were each given £3 (1)</li> <li>• (a certain amount of money) to gamble on a fruit machine in a local arcade (1)</li> <li>• Each participant was asked to stay on their machine for at least 60 gambles which was the break-even point (1).</li> <li>• Half the participants in each condition were asked to say out loud every thought that went through their mind (1)</li> </ul> <p>Accept any other appropriate response.</p>	(3)

Question Number	Answer	Mark
11b	<p>Award <b>one</b> mark for an explanation why Griffith's study may be unethical and <b>one</b> further mark for an appropriate justification.</p> <ul style="list-style-type: none"> <li>• Griffith's study may be unethical as they gave non-gamblers money to gamble (1) this means that these non-gamblers could carry on gambling after the study and become addicted (1).</li> <li>• Griffith's study gave money to participants who were already regular gamblers (1) this could have increased their level of gambling and meant that addiction could occur/get worse (1).</li> </ul> <p>Accept any other appropriate response.</p>	(2)

Question Number	Answer	Mark
11c	<p>Award <b>one</b> mark for an appropriate reason why Griffith's study is useful.</p> <ul style="list-style-type: none"> <li>• This study shows that irrational verbalisations cause addiction and so can be treated effectively through CBT.</li> <li>• This study shows the thinking aloud technique is a valid method for treating addiction.</li> </ul> <p>Accept any other appropriate response.</p>	(1)

Question Number	Answer	Mark
12	<p>Award <b>one</b> mark each for an appropriate strength and weakness linked to the context and up to a further <b>two</b> marks for appropriate justification for each one, up to a maximum of <b>six</b> marks.</p> <p><u>Strengths</u></p> <ul style="list-style-type: none"> <li>• One strength of the cognitive approach is that it has research that supports the idea of cognitive bias/irrational thoughts being the cause of Misaki's addiction. (1) Griffiths (1994) showed that regular gamblers produced more irrational verbalisations and over-estimated their skill more than non-regular gamblers (1) this supports the cognitive approach and makes the theory more valid/reliable. (1)</li> <li>• One strength of the cognitive approach is that it has real world application (1) If irrational thoughts are the cause of addiction then treatments such as CBT which change these thoughts will be effective. (1) CBT is a highly effective treatment for gambling addiction</li> </ul>	(6)

	<p>which suggests that there is a cognitive element involved. (1)</p> <p><u>Weakness.</u></p> <ul style="list-style-type: none"><li>• One weakness of the cognitive approach is that it is difficult to establish cause and effect. (1) It doesn't say whether faulty thinking caused Misaki's addiction or whether the irrational thoughts are just a symptom of her addiction (1) this makes the cognitive approach a less complete explanation for addiction. (1)</li><li>• One weakness of the cognitive approach is that it doesn't take into account individual factors which may cause addiction. (1) It doesn't say why Misaki developed the faulty thinking which caused her gambling addiction whereas others do not develop this thinking. (1) It may be that this is better explained by personality factors such as the 'addictive personality' (1)</li></ul> <p>Accept any other appropriate response.</p>	
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Question Number	Answer	Mark
13	<p>Answers will be credited according to the learner's demonstration of knowledge and understanding of the material using the indicative content and levels descriptors below. The indicative content that follows is not prescriptive. Answers may cover some/all of the indicative content but should be rewarded for other relevant answers.</p> <ul style="list-style-type: none"> <li>• Self-efficacy would suggest that behaviour is affected by vicarious experiences such as seeing others succeed.</li> <li>• Misaki may have observed another gambler at the arcade winning a lot of money and would believe that she could do the same; so would continue gambling.</li> <li>• Misaki could also have seen others succeed at beating their gambling addiction, through treatments, and therefore believe she could give up gambling and beat her addiction.</li> <li>• Mastery experiences suggest that mastering a task or controlling an environment will increase self-belief in being able to succeed at a task.</li> <li>• If Misaki played the fruit machines and succeeded at winning more money than she lost, and believed this was through skill, she is more likely to gamble again.</li> <li>• Emotional and physical states have an effect on our belief in success on a task. If Misaki felt anxious she may feel that she does not have the ability to give up playing fruit machines and would continue playing.</li> <li>• Cooke et al (1996) found that a high confidence in your ability to perform a behaviour, i.e. consume alcohol, is associated with stronger intentions to continue that behaviour. This suggests that if Misaki believed she was highly skilled at gambling then she would be more likely to gamble.</li> <li>• However, this study looked at alcohol consumption rather than gambling therefore you cannot be sure it would apply to that type of addiction.</li> <li>• Bandura and Adams (1977) found that the higher the levels of self-efficacy the more likely the behavioural change will occur. This suggests that if treatments concentrated on increasing Misaki's levels of self-efficacy then she would be more likely to overcome her gambling addiction.</li> </ul>	(6)

Level	Mark	Descriptor
Level 0	0	No rewardable material
Level 1	1-2	<ul style="list-style-type: none"> <li>• Demonstrates isolated elements of knowledge and understanding, with major gaps or omissions</li> <li>• Few of the points made will be relevant to the context in the question</li> <li>• Limited discussion which contains generic assertions rather than considering different aspects and the relationship between them.</li> </ul>
Level 2	3-4	<ul style="list-style-type: none"> <li>• Demonstrates some accurate knowledge and understanding, with only minor gaps or omissions</li> <li>• Some of the points made will be relevant to the context in the question, but the link will not always be clear</li> <li>• Displays a partially developed discussion which considers some different aspects and some consideration of how they interrelate, but not always in a sustained way.</li> </ul>
Level 3	5-6	<ul style="list-style-type: none"> <li>• Demonstrates mostly accurate and detailed knowledge and understanding</li> <li>• Most of the points made will be relevant to the context in the question, and there will be clear links</li> <li>• Displays a well-developed and logical discussion which clearly considers a range of different aspects and considers how they interrelate, in a sustained way.</li> </ul>

Question number	Indicative content
14	<p data-bbox="384 241 1351 398">Answers will be credited according to the learner's demonstration of knowledge and understanding of the material using the indicative content and levels descriptors below. The indicative content that follows is not prescriptive. Answers may cover some/all of the indicative content but should be rewarded for other relevant answers.</p> <p data-bbox="384 439 954 472"><b>Cognitive Behavioural Therapy (CBT).</b></p> <ul data-bbox="435 510 1351 1619" style="list-style-type: none"><li data-bbox="435 510 1351 689">• Cognitive Behavioural Therapy is based on the assumption that behaviours such as gambling are caused by faulty thought processes. Misaki said that the 'machine was only borrowing her money' which suggest that she has faulty/irrational thought processes.</li><li data-bbox="435 730 1351 947">• The goal of CBT when used to reduce gambling addiction is to teach the person to recognise situations when they are most likely to gamble, and then train them to avoid those situations. For example, if Misaki gambles more when she is out in town on her own then CBT would teach her how to avoid these situations, for example by going into town with friends/family.</li><li data-bbox="435 987 1351 1167">• CBT would also teach Misaki how to cope with other problems that she has in her life which may worsen her gambling addiction. For example, if Misaki gambles more when she is feeling anxious then CBT will teach her how to cope with her anxiety in a more constructive way.</li><li data-bbox="435 1207 1351 1424">• CBT would help Misaki identify and change any cognitive biases she has about gambling i.e. her belief that skill is important in gambling, and that the machines are against her. This is done through a process of cognitive restructuring which would help her think differently about gambling and then practice these changes in her daily life.</li><li data-bbox="435 1464 1351 1619">• The thinking aloud technique is also used within CBT as an effective way of gamblers, such as Misaki identifying their irrational thought processes. Saying their thoughts out loud, however irrelevant, will show Misaki how irrational they are.</li></ul>

	<p>Strengths</p> <ul style="list-style-type: none"> <li>• Griffiths (1994) showed that regular gamblers produced more irrational verbalisations than non-regular gamblers, showing that irrational thoughts are a feature of gambling addiction. This supports the assumptions that CBT is based upon, making it a more reliable method of treating gambling addiction.</li> <li>• CBT works well with other forms of treatments such as drugs or skills programmes, making it a more complete form of treatment. However, this also suggests that CBT is more effective when used alongside other treatments rather than on its own.</li> <li>• CBT produces no side effects, this means it may be seen as a more preferable treatment for Misaki than drug therapies which have numerous side effects.</li> </ul> <p>Limitations</p> <ul style="list-style-type: none"> <li>• CBT is only effective when the person being treated is motivated and wants to give up gambling. For example, if Misaki still enjoys gambling and doesn't really want to give up then CBT will be less likely to be effective.</li> <li>• CBT may be less successful due to the hard work that needs to be done between sessions. Maintaining a changed thought process may be difficult once outside the treatment room, so the dropout rate for CBT can be high.</li> <li>• CBT is a costly treatment for Misaki if she goes private, or for the NHS. This means that Misaki may not be able to afford treatment in the long term, making it less effective.</li> <li>• CBT also takes time to become effective, this would mean that the treatment would not be suitable for Misaki if she needed treatment that worked instantly, or if she was in a desperate situation i.e. it was increasing her levels of anxiety.</li> <li>• Other treatments have been shown to be effective such as aversion therapy which is based on the learning approach. Misaki has shown she associates gambling with a buzz and aversion therapy looks to break that positive association which means it may be more effective for Misaki.</li> </ul>
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**Mark scheme (award up to 9 marks)** refer to the guidance on the cover of this document for how to apply levels-based mark schemes\*.

Level	Mark	Descriptor
Level 0	0	No rewardable material

Level 1	1-3	<ul style="list-style-type: none"> <li>• Demonstrates isolated knowledge and understanding, with major gaps or omissions</li> <li>• Few of the points made will be relevant to the context in the question</li> <li>• Limited evaluation which contains generic assertions leading to a conclusion that is superficial or unsupported.</li> </ul>
Level 2	4-6	<ul style="list-style-type: none"> <li>• Demonstrates some accurate knowledge and understanding, with few minor omissions.</li> <li>• Some of the points made will be relevant to the context in the question, but the link will not always be clear</li> <li>• Displays a partially developed evaluation that considers some different competing points, although not always in detail, leading to a conclusion which is partially supported.</li> </ul>
Level 3	7-9	<ul style="list-style-type: none"> <li>• Demonstrates mostly accurate and thorough/detailed knowledge and understanding</li> <li>• Most of the points made will be relevant to the context in the question, and there will be clear links</li> <li>• Displays a well-developed and logical evaluation that clearly considers different aspects and competing points in detail, leading to a conclusion that is fully supported.</li> </ul>



Ofqual



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Welsh Assembly Government



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