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Candidate surname

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Pearson BTEC  
Level 3 Nationals  
Extended  
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Centre Number

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Learner Registration Number

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**Thursday 14 January 2021**

Afternoon (Time: 2 hours)

Paper Reference **21333L**

**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 ►

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**SECTION A**

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

**Answer ALL the questions in the spaces provided.**

Glenda is 57 years old and drinks a large amount of alcohol every day. She has regularly drunk alcohol for 30 years as have her family and friends. Glenda has tried to quit drinking several times but only succeeded twice. She did not drink for two years after she became pregnant with her first child, and then, for the whole of her pregnancy with her second child. Glenda said that she started to drink because she thought it was 'cool'. She started to drink at the same time as her friends and believes that they only became friends because they all drank.

Glenda enjoys the pleasure and relaxation drinking gives her, but over the years she needs to drink more to get the same feeling. Both of Glenda's parents drink and she often goes out drinking with them.

Glenda says that she wants to quit drinking but uses alcohol to relieve stress at home and it is the only thing that helps her sleep. Glenda admits that as she has got older, she has become more anxious about little things and drinking alcohol helps her to calm down. She also admits that she becomes anxious when she does not have a drink so she feels like she cannot win. She says that when she tries to stop drinking the withdrawal symptoms of headaches and nausea make her feel awful and so she drinks again to feel better.

Glenda's family are determined to support her efforts to stop drinking and have agreed to also give up drinking. She doubts that she will succeed, but her family remind her that she has done it before and can do it again. However, Glenda's friends have told her that she will never stop drinking because she likes drinking too much. They try to persuade her that it is fine to carry on drinking, saying that they are worried it will affect their nights out together. Glenda's nights out with her friends make her feel happy, so she is now worried about stopping drinking.

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1 Two types of addiction are behavioural addiction and physiological addiction.

(a) Identify whether Glenda's addiction is behavioural or physiological.

(1)

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(b) State **one** difference between a behavioural and a physiological addiction.

(1)

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**(Total for Question 1 = 2 marks)**

2 Self-efficacy is a theory that tries to predict health behaviours by looking at an individual's belief in their own ability to succeed.

Explain how the following **two** concepts from self-efficacy theory could predict whether Glenda will continue to drink alcohol.

1 Mastery experiences

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2 Social persuasion

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**(Total for Question 2 = 4 marks)**



3 Bandura and Adams (1977) analysed self-efficacy theory by studying individuals with a snake phobia.

(a) Describe the procedure of Bandura and Adams (1977) study.

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(b) Explain **one** weakness of Bandura and Adams (1977) study.

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(Total for Question 3 = 5 marks)

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**(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.

Jason is 35 years old and has a gambling addiction. He started gambling on fruit machines, but now gambles online. He usually bets on football. When he started gambling online, he only bet one pound and often won. He often joked that *'the teams knew I had bet on them and would try even harder to win'*. His success led Jason to bet up to £100 a week on matches, but he hasn't won for several weeks. After another loss Jason said to his girlfriend that he often felt that *'I wouldn't win because those teams hate me'*.

Jason started to become angry and irritable at home, often accusing his girlfriend of making him lose. He knew that he needed to do something about his addiction so went to his doctor for advice. His doctor referred him for cognitive behavioural therapy (CBT). Jason agreed to attend CBT but came out of the doctor's surgery confused. The doctor didn't allow him to ask questions. Jason said that because of this he had forgotten most of the information.

Two weeks after attending his first CBT session Jason refused to attend any more sessions. He said he was worried about the time off work he needed to attend sessions and travelling a long way was expensive, especially when he doesn't have much money. He also said that he knew CBT would not work as he didn't understand what was going on in the session.

5 Griffiths (1994) study used gamblers and non-gamblers to look at the cognitive processes involved in gambling. One of his findings was that verbalisation of irrational thoughts were more common in gamblers than non-gamblers.

(a) State what is meant by an irrational thought.

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(b) Identify **one** example of an irrational thought from the scenario.

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The ethics of Griffiths (1994) study have been criticised.

(c) Explain **one** weakness of Griffiths (1994) study on gambling, other than ethical issues. (2)

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**(Total for Question 5 = 4 marks)**

**6** The elaboration-likelihood model would suggest that there are a number of factors that will affect how likely a change of behaviour is.

Explain how a gambling awareness campaign could use concepts from the elaboration-likelihood model to help persuade Jason to stop gambling.

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7 Jason has not gambled for a month. Volpp et al (2009) studied the use of incentives to improve adherence to medical advice.

(a) Explain how Volpp et al's (2009) study could be used to encourage Jason not to gamble again.

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(b) Explain **one** weakness of using Volpp et al's (2009) study to encourage Jason to stop gambling.

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**(Total for Question 7 = 4 marks)**

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**(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.**

Donovan has worked for Silverton's for five years. For the last year he has been responsible for the company's finances. Donovan found this role stressful, because a fall in profits would mean less money and lower wages for workers.

At a performance meeting the Managing Director felt that he was not coping in his current role and should consider an alternative position. Donovan agreed. When asked by colleagues, he said that he had not worked hard enough in the role, and any errors he made were his fault and not the company's.

Donovan found his new role boring. He worked regular overtime as he now earned less money. This caused him anxiety as he recently moved into a new house following his marriage to Keisha, who is pregnant with their first child.

Keisha became anxious about Donovan because he couldn't sleep and often had a headache or cold. One night Keisha woke up and saw that Donovan was very upset. He said that he was struggling to cope, felt depressed and wanted to give up. He thought he would never succeed in any job. He said he felt stressed about little things such as having to drive to and from work in busy traffic. He told his doctor about his stress and the doctor suggested that he should try biofeedback to help manage his stress.

- 9 There are a number of different models of health, including the biomedical model and the biopsychosocial model.

State what is meant by the 'biopsychosocial model' of health.

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**(Total for Question 9 = 1 mark)**

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**10** Psychologists have suggested that in addition to the fight or flight response to stress there is also the freeze response.

Explain what is meant by the freeze response to stress.

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**(Total for Question 10 = 2 marks)**

**11** The general adaptation syndrome (GAS) is a three-part process that describes the body's physiological response to stress. The third part of the process is the exhaustion stage.

Explain, using the scenario, why Donovan may be in the exhaustion stage of the process.

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**(Total for Question 11 = 3 marks)**

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**12** Lustman et al (2000) studied whether using fluoxetine to treat an individual's depression could improve their adherence to a diabetic regime.

Explain **one** strength of Lustman et al's study.

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**(Total for Question 12 = 3 marks)**

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**13** Biofeedback is one treatment that may help individuals to manage their stress levels.

Explain **one** strength and **one** weakness of Donovan using biofeedback as a way of managing his stress levels.

Strength

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Weakness

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**(Total for Question 13 = 6 marks)**

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15 Psychologists suggest that there are a number of reasons why individuals may suffer with high levels of stress.

Assess the possible causes of Donovan's high levels of stress.

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**(Total for Question 15 = 9 marks)**

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

