Pearson BTEC Level 3 Nationals Extended Certificate

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 ▶

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.

> Riley works full time and is also taking a course that they hope will get them a better job in the future. They mostly study in the evening after work. At weekends, Riley volunteers at a local charity shop. They are finding working, studying, volunteering and home life hard, causing them stress. Riley loves to go shopping and thinks this is a way of coping with their stress. They are in a long-term relationship and have started to argue with their partner. The arguing increases Riley's stress levels, so they shop even more. They told their mother about their shopping. Riley's mother laughed and suggested that shopping must run in the family. She often spends a lot of money on shoes and has dozens of pairs.

1   The cognitive approach suggests that the maintenance of a behavioural addiction can be explained by cognitive biases.

Define cognitive bias.

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(Total for Question 1 = 1 mark)

2   One model of health is the biopsychosocial model.

Explain **how** the biopsychosocial model of health helps in understanding why Riley may have a shopping addiction.

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(Total for Question 2 = 2 marks)

3 (a) Describe how the learning approach could be used to understand the **initiation** of a shopping addiction.

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Riley intended not to go shopping for a month. After a week they relapsed by buying clothes with their friends. Riley's partner asked why they had bought the clothes and they said:

"I was just so fed up not buying things and I knew that I wouldn't be bored if I went shopping. Everything I tried to distract myself didn't work; I just needed some excitement. The smell of the perfume and seeing all the displays just made me remember how happy I felt shopping and made me want to buy things".

(b) Explain how the learning approach may help to understand why Riley has **relapsed** by shopping again.

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(c) Explain how the **cognitive** approach is an alternative way to understand Riley's relapse.

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(Total for Question 3 = 8 marks)

Riley is having severe headaches and sleepless nights. They know they need to do something about their shopping addiction. Riley is worried that shopping is causing them to be ill and depressed. Their partner worked out how much Riley had spent since the New Year; the amount was shocking. Riley thinks they will not be able to give up shopping because they have tried before and failed. Riley's partner and friends remind them that they have succeeded in everything they have done before, so they can succeed again. Riley's friends say they will all give up shopping and save for a big holiday together.

4 Assess the extent to which the Health Belief Model can help predict whether Riley will continue to be addicted to shopping.

(9)

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(Total for Question 4 = 9 marks)

TOTAL FOR SECTION A = 20 MARKS

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

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

> Johanna is a mature student studying psychology at university. She is a single mother with two school-aged children. Johanna insists that she can cope with university and her family commitments, but she has not completed her last two assignments. Yesterday, Johanna had a car accident whilst driving. She saw a car coming towards her but could not move out of the way fast enough. Her heart rate increased, and she began to sweat. She was not hurt but could not concentrate or eat that day.

5 The sympathomedullary (SAM) pathway responds to acute stressors and prepares the body for fight or flight.

Identify, from the scenario, **two** signs which show that Johanna's SAM pathway has been activated.

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(Total for Question 5 = 2 marks)

6 Psychologists suggest that there are gender differences in the physiological responses to stress.

Explain **one** physiological difference in the way men and women may respond to stress.

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(Total for Question 6 = 2 marks)

A few days later Johanna feels like leaving university as she is struggling to cope. Her friends and family try to persuade her not to leave. Her mother offers to take the children to school each day and have them overnight once a week. Johanna's university friends remind her that she helps them to understand their work and she gets top marks.

7 Social support can be used to help lower an individual's stress levels.

Explain **two** types of social support that may help Johanna lower her stress levels.

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(Total for Question 7 = 4 marks)

Johanna's friends are worried because she never relaxes. They show her a television programme where an attractive person discusses the benefits of relaxing. Johanna is interested in the discussion because a celebrity she likes is in it.

8 The Elaboration Likelihood Model can be used to persuade an individual to change their behaviour.

(a) Identify **one** example from the scenario that shows the peripheral route of persuasion is being used to influence Johanna to change her behaviour.

(1)

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(b) Explain **one** way the Elaboration Likelihood Model is effective in persuading people to change their behaviour.

(2)

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(Total for Question 8 = 3 marks)

Johanna sees her doctor and tells them that sometimes she does not even realise she is stressed until she gets a headache or feels like her heart is racing. Johanna says that when she has too much work she does not know how to cope and sometimes feels angry and tearful. The doctor gives her some patient information leaflets that describe different treatments for stress.

9 Evaluate Biofeedback and Stress Inoculation Therapy as possible ways of reducing Johanna's stress.

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(Total for Question 9 = 9 marks)

TOTAL FOR SECTION B = 20 MARKS

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

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

Aarin remembers their first cigarette clearly, they were at a club with friends, and everyone cheered. Aarin felt good. They now smoke 20 cigarettes a day much like their parents and twin used to. The family thinks smoking is in their genes.

Aarin has failed each time they have tried to stop smoking. They feel angry and get headaches when they cannot have a cigarette. Aarin and their partner often argue about smoking. Family and friends have also warned them about the dangers of smoking. Aarin thinks they are being unfair and that friends and family just do not understand why Aarin still smokes. They no longer talk to each other.

10 One of Griffiths' six components of addiction is conflict.

Identify **one** example of conflict from the scenario.

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(Total for Question 10 = 1 mark)

11 The learning approach considers how environmental factors could lead to addiction.

(a) Explain how the learning approach could be used to understand the maintenance of Aarin's smoking addiction.

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(b) Explain how effective the learning approach is to understand smoking addiction.

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(Total for Question 11 = 4 marks)

12 The Hovland-Yale theory of persuasion can be used to increase the likelihood of behavioural change.

(a) Explain how the Hovland-Yale theory of persuasion can be used in a 'stop smoking' advert to persuade people to give up smoking.

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(b) Identify **one** reason why the Hovland Yale theory of persuasion may not be effective to help understand behaviour.

(1)

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(Total for Question 12 = 4 marks)

13 The Theory of Planned Behaviour can be used to understand health-related behaviours in people.

Explain **two** ways how the Theory of Planned behaviour can be used to understand whether Aarin is able to stop smoking.

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(Total for Question 13 = 6 marks)

Aarin told their doctor they want to stop smoking. The doctor spoke for a long time about the benefits of giving up smoking and gave Aarin some leaflets. However, Aarin does not feel like they know how to stop. They are still struggling with withdrawal symptoms and feels alone. Aarin does not take the doctor's advice and starts to smoke even more to help relieve their withdrawal symptoms.

14 Discuss methods that could be used to improve Aarin's adherence to medical advice.

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(Total for Question 14 = 6 marks)

15 Assess the extent to which the biological approach can help understand Aarin's smoking addiction.

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(Total for Question 15 = 9 marks)

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

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