

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Pearson BTEC
Level 3 Nationals
Extended
Certificate

Centre Number

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Learner Registration Number

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Thursday 16 January 2020

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.

Charlie is a 20-year-old male who loves to shop. He does not shop online as he really enjoys the physical experience of shopping. Charlie says that the sounds and smells of the stores give him a buzz of excitement. These feelings of excitement grow when he actually buys something. Charlie prefers to go shopping with his friends who also love to shop and get the same feelings of excitement as him.

Charlie still lives with his parents and they have noticed the number of products that he buys and never opens. They suggested to him that he buys far too much and could be addicted. When Charlie discusses this with his friends they laugh and tell him that you can't be addicted to shopping and he should do what makes him happy. Charlie agrees with his friends as he does not get himself into debt when shopping. He doesn't think what he spends is an issue. In fact, Charlie suggests that *'If you can't buy happiness then you are just shopping in the wrong place.'*

Charlie admits that when he does not shop he feels bored, restless and lonely and will then go shopping on his own to take those feelings away. When asked whether he could give up shopping he admitted that he felt that he had no control over his behaviour. He said that the behaviour 'just takes over me'. He suggested that his behaviour is the fault of his friends who are always encouraging him to go shopping. He also blamed his parents who question his behaviour. This annoys him and makes him want to shop even more.

Charlie finally admitted that he had a problem when he spent over £2000 in one day on products he didn't need or want. This meant that a day after he got paid, he had none of his wages left. He agreed to attend therapy to try and overcome his addiction to shopping.

1 One of Griffiths six components of addiction is mood alteration.

Identify **one** example of mood alteration from the scenario.

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(Total for Question 1 = 1 mark)

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2 The Theory of Planned Behaviour (Ajzen 1985) is one model used to predict an individual's behaviour.

Explain Charlie's shopping addiction using **one** concept from the Theory of Planned Behaviour.

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3 Rotter (1966) investigated the effects of internal and external locus of control on behaviour.

(a) Explain, using **one** finding of Rotter's (1966) study, how psychologists could determine the likelihood of Charlie being able to give up shopping.

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(b) Explain **one** strength and **one** weakness of Rotter's (1966) study on internal and external locus of control.

(4)

Strength

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Weakness

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4 When Charlie attended therapy to try and overcome his shopping addiction, the therapist suggested that his addiction may have been learnt rather than being due to internal factors.

Assess the extent to which the learning approach can explain Charlie's shopping addiction.

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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.

Sarah is 40 years old and seems to have a happy and successful life. She is married with two children and has a well-paid job. However, Sarah had been unhappy during her teenage years. She suffered from low self-esteem, depression and a need for other people to accept her.

As a student there were times when she drank too much alcohol with her friends, but she believed that all students did that. She did not think there was anything wrong with drinking too much. As she became older, got a job and had her two children, the times that she drank became more regular.

When asked about her drinking, Sarah explained that drinking had been normal as she was growing up as her mother often went out drinking. She also explained that when her parents argued her mother would have a drink at home to calm herself down and help her relax; something that Sarah now does as well.

When Sarah realised her drinking was out of control she went to her GP. However, she didn't want to hear what he said. He said that the only solution was to stop drinking but she couldn't imagine her life without drink.

Eventually Sarah was drinking so much that it caused her to miss work and lose her job. Sarah went back to her GP for help, explaining that her worries over money had increased her depression and had made her drinking worse. The GP suggested counselling and support meetings. If these did not work, then aversion therapy might be an option.

- 5** The Elaboration Likelihood model of persuasion discusses how Sarah may use two different ways of processing information from her GP: the central route and the peripheral route.

Explain what is meant by the peripheral route.

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6 Explain **two** reasons why the influence of role models may be a cause of Sarah's addiction to alcohol.

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7 Aversion therapy is one method used to help individuals overcome addiction.

(a) Describe how aversion therapy could be used to help Sarah overcome her addiction to alcohol.

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(b) Explain **one** weakness of aversion therapy.

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8 Doctors use physiological and psychological methods to **improve adherence** to medical advice.

Assess the usefulness of physiological **and** psychological methods in making sure Sarah will adhere to medical advice and give up drinking.

(9)

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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.

Jamelia is 25 years old and has recently got married. Two of her friends are also getting married soon and are finding organising the wedding really stressful. Jamelia told her friends that she didn't find her wedding stressful at all, and thought that organising the wedding was a really relaxing experience. Her friends replied that instead of getting stressed about the wedding, Jamelia gets very stressed about things that would not bother them, such as losing her keys. Jamelia admitted that this was true and suggested that things had got worse recently, causing her to feel increasingly stressed at home.

She explained that she started crying that morning when her oven had stopped working and she couldn't find her car keys. She said that her heart was beating so fast and she started to sweat and feel sick. She admitted to her friends that she struggles when she has to think about doing anything slightly stressful as she knows she just can't deal with it. Jamelia felt that things are worse because her husband works away and her family lives overseas which often makes her lonely.

After speaking to her friends Jamelia decided to go to her doctor. The doctor gave her a questionnaire to fill in, asking about her life and stress levels. Jamelia told her doctor that she did not want to take medication to help with her stress levels, so her doctor gave her some other options.

9 Kanner (1981) believes that daily hassles are important factors when looking at whether an individual will suffer from high levels of stress.

(a) State what is meant by the term 'daily hassle'.

(1)

(b) Give **one** example of a daily hassle from the scenario.

(1)

(Total for Question 9 = 2 marks)



10 Psychologists suggest that one important factor in whether an individual has high levels of stress is perceived ability to cope.

Explain why perceived ability to cope could be a factor in Jamelia's high level of stress.

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(Total for Question 10 = 2 marks)

11 Aberousie (1994) studied sources of stress in relation to locus of control and self-esteem in university students.

(a) Explain **one** result from Aberousie's (1994) study.

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(b) Explain **one** weakness of Aberousie's (1994) study.

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(Total for Question 11 = 5 marks)

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12 One way to measure levels of stress is to look at the number of life events a person experiences.

Explain **one** strength and **one** weakness of using life events as a way of measuring Jamelia's level of stress.

Strength

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Weakness

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(Total for Question 12 = 6 marks)

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14 Evaluate the use of **psychological** stress management techniques to reduce Jamelia's levels of stress.

(9)

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(Total for Question 14 = 9 marks)

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

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