



National
Qualifications
2021 ASSESSMENT RESOURCE

X863/75/11

Psychology

Duration — 2 hours

Total marks — 70

SECTION 1 — INDIVIDUAL BEHAVIOUR — 35 marks

Attempt Question 1 and **EITHER** Question 2 **OR** Question 3.

SECTION 2 — SOCIAL BEHAVIOUR — 35 marks

Attempt Question 4 and **EITHER** Question 5 **OR** Question 6.

Write your answers clearly in the answer booklet provided. In the answer booklet you must clearly identify the question number you are attempting.

Use **blue** or **black** ink.

Before leaving the examination room you must give your answer booklet to the Invigilator; if you do not, you may lose all the marks for this paper.



* X 8 6 3 7 5 1 1 *

SECTION 1 — INDIVIDUAL BEHAVIOUR — 35 marks
Attempt Question 1 and EITHER Question 2 OR Question 3

Question 1**Individual behaviour — sleep and dreams**

- (a) Describe REM sleep. 2
- (b) (i) Describe **two** aims of the Dement and Kleitman (1957) study. 2
- (ii) Explain **one** strength and **one** weakness of the Dement and Kleitman study. 4
- (c)

Bart has recently moved to Scotland from a hot country. He says he loves the cold days in Scotland. However, he is not getting enough sleep. When Bart does sleep, he dreams about being on a sunny beach.
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Using your knowledge of sleep and dreams explain Bart's behaviour. In your answer you should

- (i) explain Bart's dreams by referring to the **psychoanalytic theory** (Freudian) of dreams 4
- (ii) explain how lack of sleep may affect Bart by referring to the **restoration** theory of sleep (Oswald, 1966). 4
- (d) Explain **one** strength and **one** weakness of the restoration theory of sleep. 4

Individual behaviour — optional topic

Attempt EITHER

Question 2 — Personality

OR

Question 3 — Phobias

Question 2 — Personality

(a)

Sam is very outgoing and enjoys going to parties.

Describe how Sam would score on the **Big 5** personality scale. 2

(b) Describe **three** characteristics of anti-social personality disorder (APD). 3

(c) Explain the **biological** causes of APD. Refer to research evidence in your answer. 6

(d) Describe a research study into the **situational** causes of APD. In your answer, you must include

- name of researcher(s)/name of study
- aim(s)
- method/procedure
- results. 4

[Now go to Question 4 on *page 05*]

Do not attempt Question 3 if you have already answered Question 2

Question 3 — Phobias

(a) Describe the characteristics of agoraphobia. 2

(b) The therapist models the desired behaviour. The therapist and client(s) then role-play the desired behaviour.

Explain the therapy in the above scenario. 3

(c) Explain the role of genetic inheritance in the creation of phobias. Refer to research evidence in your answer. 6

(d) Describe a research study related to the **two-process model** of phobias. In your answer, you must include

- name of researcher(s)/name of study
- aim(s)
- method/procedure
- results.

4

[Now go to Question 4 on *page 05*]

SECTION 2 — SOCIAL BEHAVIOUR — 35 marks

Attempt Question 4 and EITHER Question 5 OR Question 6

Question 4

Social behaviour — Conformity

(a) Describe what is meant by conformity. 2

(b)

The Government want to improve the health of the nation and protect the environment. They want more people to cycle to work instead of using their cars.

Explain how knowledge of **minority influence** could help the government to increase the number of people cycling to work. 3

(c)

A group of five friends saved up money together. Four of them want to spend the money on a trip. However, one girl, Fiona, wants to buy bean bags for the school common room.

Explain **one** individual and **one** situational factor that may affect whether or not Fiona conforms to the majority. 4

(d) Explain how the Mori and Arai (2010) research study attempted to improve upon the Asch (1951) study into conformity. 6

[Turn over

Social behaviour — optional topic

Attempt EITHER

Question 5 — Altruism

OR

Question 6 — Non-verbal communication (NVC)

Question 5 — Altruism

(a) Describe what is meant by altruism. 2

(b) Although the supermarket car park was busy with shoppers, no-one helped the man sitting slumped against the wall.

Explain why the shoppers may not have helped this man using your knowledge of **diffusion of responsibility**. 3

(c) Explain the **kin-selection** theory of altruism. Refer to research evidence in your answer. 8

(d) (i) Describe a research study related to the **empathy-altruism** theory. In your answer you must include

- name of researcher(s)/name of study
- aim(s)
- method/procedure
- results. 5

(ii) Explain **one** strength of this study. 2

Do not attempt Question 6 if you have already answered Question 5

Question 6 — Non-verbal communication (NVC)

- | | |
|---|---|
| (a) Describe one function of eye contact. | 2 |
| (b) Describe one function of facial expressions. | 2 |
| (c) Describe one function of body language. | 2 |
| (d) Explain cultural differences and gender differences in NVC. You may refer to research evidence in your answer. | 8 |
| (e) (i) Describe a research study relating to the contribution of nature (innate) in NVC. In your answer you must include <ul style="list-style-type: none">• name of researcher(s)/name of study• aim(s)• method/procedure• results. | 4 |
| (ii) Explain one strength of this study. | 2 |

[END OF QUESTION PAPER]

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