



National
Qualifications
2026

X863/75/11

Psychology

TUESDAY, 26 MAY

1:00 PM – 3:00 PM

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.

You must leave your answer booklet on your desk; if you do not, you could 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 non-REM sleep and REM sleep. **4**
- (b) (i) Describe the **three aims** of Dement and Kleitman's (1957) study of sleep. **3**
- (ii) Dement and Kleitman (1957) used a laboratory experiment as their research method.
- Explain why this research method was a **strength** of this specific study. **3**
- (c) Explain **one** strength of the Restoration theory of sleep (Oswald, 1966). **2**

- (d)

Lucy has to give a presentation. She tells her friends that she is not nervous about it. The night before her presentation Lucy dreams that when she stands up to give her presentation she is unable to speak.

Using your knowledge of the psychoanalytic (Freudian) theory of dreams, explain Lucy's dream. **8**

Individual behaviour — optional topic

Attempt EITHER

Question 2 — Personality

OR

Question 3 — Phobias

Question 2 — Personality

- | | |
|---|---|
| (a) Describe what is meant by personality. | 2 |
| (b) Describe psychoticism according to Eysenck's type theory of personality. | 3 |
| (c) Explain one strength and one weakness of Eysenck's type theory of personality. | 4 |
| (d) Explain biological causes of anti-social personality disorder (APD).
You may refer to research in your answer. | 6 |

[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 what is meant by phobias. | 2 |
| (b) Describe the characteristics of agoraphobia. | 3 |
| (c) Explain the role of genetic inheritance in development of phobias.
You may refer to research in your answer. | 6 |
| (d) Explain one strength and one weakness of systematic desensitisation. | 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) | Explain minority influence. | 3 |
| (b) | Explain how informational social influence may lead to internalisation.
You may refer to research evidence/everyday examples in your answer. | 6 |
| (c) | In 2010 researchers conducted a study in Japan where one participant in each group of four wore a different type of glasses so that they observed the length of three lines differently. | |
| (i) | Describe the aim(s) of this study.
You must include the names of the researchers. | 3 |
| (ii) | Explain how cultural factors may have affected conformity levels in this study. | 3 |

[Turn over

Social behaviour — optional topic

Attempt EITHER

Question 5 — Altruism

OR

Question 6 — Non-Verbal Communication (NVC)

Question 5 — Altruism

- (a) A person collapses in a busy park. Obi sees this happen but does not help.

Using your knowledge of pluralistic ignorance and diffusion of responsibility explain why Obi does not help in the above scenario.

4

- (b) Lena is a nurse and is at the end of her shift. A young child is brought into the emergency room. The child is severely injured and in pain. Even though it is the end of Lena's work shift, she stays to care for the child.

Using your knowledge of empathy-altruism theory explain why Lena stays to care for the child.

8

You must use research evidence in your answer.

- (c) (i) Describe the **aim(s)** and **results** of one study relating to kin-selection theory of altruism.

4

You must provide the name of the researcher(s)/study.

- (ii) Explain **one** strength and **one** weakness of this study.

4

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

Question 6 — Non-verbal communication

- (a) Toby receives a birthday gift from a friend. He does not like the gift.

Describe the facial expression(s) and eye contact Toby may display to convince his friend that he likes the gift.

4

- (b) Two colleagues find it difficult to work together. One is a female manager from Japan and the other is a male junior employee from the UK.

Using your knowledge of the contribution of **nurture** (learned behaviour) to NVC explain why there may be misunderstandings between the two colleagues.

8

You must use research evidence in your answer.

- (c) (i) Describe the **aim(s)** and **results** of one study relating to the contribution of nature (innate) to NVC.

4

You must provide the name of the researcher(s)/study.

- (ii) Explain **one** strength and **one** weakness of this study.

4

[END OF QUESTION PAPER]

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