



National
Qualifications
2026

X863/76/11

Psychology

TUESDAY, 26 MAY

1:00 PM – 3:00 PM

Total marks — 60

SECTION 1 — INDIVIDUAL BEHAVIOUR — 20 marks

Attempt Question 1.

SECTION 2 — SOCIAL BEHAVIOUR — 20 marks

Attempt Question 2.

SECTION 3 — ADDITIONAL TOPICS — 20 marks

Attempt **ONE** Question.

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.



SECTION 1 — INDIVIDUAL BEHAVIOUR — 20 marks

Attempt Question 1

Question 1

Individual behaviour — sleep and dreams

- | | |
|---|-----------|
| (a) Explain non-REM and REM sleep and dreaming. | 6 |
| (b) Analyse psychodynamic processes relating to sleep and dreams. | 14 |

SECTION 2 — SOCIAL BEHAVIOUR — 20 marks

Attempt Question 2

Question 2

Social behaviour — conformity and obedience

- (a) Explain normative and informational social influence in conformity. 6
- (b) What can be concluded from Mori and Arai's (2010) study of conformity? 4

- (c)

Claire has just started an apprenticeship at a local car garage. One of the mechanics asks her to check the oil on a car he is working on. The owner of the garage then phones her and asks her to check the tyre pressure instead. The mechanic tells Claire that he will agree with the owner for her to check the oil first.

Using your knowledge of obedience, explain the factors that might affect who Claire obeys. You may refer to research in your answer.

10

[Turn over

SECTION 3 — ADDITIONAL TOPICS — 20 marks

Attempt **EITHER**

Question 3 — depression

OR

Question 4 — memory

OR

Question 5 — stress

OR

Question 6 — prejudice

OR

Question 7 — social relationships

OR

Question 8 — aggression

Question 3

Individual behaviour — depression

- (a) Explain major depressive disorder. 4
- (b) Evaluate **one** biological treatment for depression. 6

- (c)

Rudy is a 16-year-old boy who has recently been diagnosed with depression. Rudy's parents are discussing this diagnosis:

Mother: 'We have always done everything to make him happy. Although I've noticed that he only focuses on the negative aspects of his school report.'

Father: 'He is so hard on himself. Even though we have always given him plenty of praise he never thinks he is good enough.'

With reference to Rudy's diagnosis, explain negative self-schema and faulty information processing.

10

Question 4

Individual behaviour — memory

- (a) Explain the sensory register in the multi-store model of memory. 4
- (b) Evaluate **one** study relating to the working memory model. 6

- (c) Joshua and Gina are starring in the lead roles of a school play. Gina decides to learn her lines after school by standing on the school stage where they will perform. Joshua spends the same amount of time learning his lines, but does so at home, relaxed lying in his bedroom.
- At the first play rehearsal Gina perfectly recalls all her lines, but Joshua gets flustered and keeps forgetting his lines.

With reference to the scenario, explain the absence of cues explanation of forgetting. 10

Question 5

Individual behaviour — stress

- (a) Explain daily hassles as a source of stress. 4
- (b) Evaluate **one** study into individual differences in the stress response. 6

- (c) Kim is afraid of flying and her parents have booked a holiday abroad. She is becoming more stressed the closer the flight gets. Her parents suggest that she may benefit from undergoing stress inoculation therapy (SIT).

With reference to the scenario, explain stress inoculation therapy. 10

[Turn over

Question 6

Social behaviour — prejudice

- (a) Explain direct discrimination. 4
- (b) Evaluate the jigsaw technique as a way of reducing prejudice. 6
- (c)

A talent show is being organised. The competition is open to everyone regardless of age, background or experience. Amelia, who is 70 years old, has developed a passion for playing the piano. However, she has never entered a competition due to younger people telling her she is too old. Despite this prejudice, she has decided to compete in the talent show.

With reference to the scenario, explain two explanations of prejudice. 10

Question 7

Social behaviour — social relationships

- (a) Explain reasons why couples may stay together according to Rusbult's investment theory. 4
- (b) Evaluate Walther's hyperpersonal theory. 6
- (c)

Millie is 13-years-old and really loves music. She only listens to the celebrity singer Teagan's music. She follows Teagan on social media and messages her every day, although Teagan never responds. Millie went to a Teagan concert, and read her autobiography. Millie does everything she can to live just like Teagan. Millie thinks that they are soulmates and would do anything for her.

With reference to Millie's behaviour, explain parasocial relationships. 10

Question 8**Social behaviour — aggression**

- (a) Explain evolutionary influences on aggression. **4**
- (b) Evaluate social learning theory as an explanation of aggression. **6**

- (c) In a local community, there has been a noticeable increase in the level of aggressive behaviour displayed by teenagers. Several cases involved fights and property damage. Concerned local people are questioning whether the media, specifically the recent release of a new violent movie, may be responsible for the increase in aggression.

With reference to the scenario, explain cognitive priming and disinhibition. **10**

[END OF QUESTION PAPER]

[BLANK PAGE]

DO NOT WRITE ON THIS PAGE