

Oxford Revise | AQA A Level Psychology | Answers

Chapter 5

All exemplar answers given would achieve full marks or the top level.

1. Marks for this question: AO1 = 1

Unconditioned stimulus

2. Marks for this question: AO2 = 6

This question is level-marked:

Level	Marks	Description
3	5–6	<ul style="list-style-type: none"> Knowledge of Maslow's hierarchy of needs is clear and generally well detailed. Application is mostly clear and effective. The answer is generally coherent with appropriate use of specialist terminology.
2	3–4	<ul style="list-style-type: none"> Knowledge of Maslow's hierarchy of needs is evident. There is some effective application. The answer lacks clarity in places. Specialist terminology is used appropriately on occasion.
1	1–2	<ul style="list-style-type: none"> Knowledge of Maslow's hierarchy of needs is limited. Application is either absent or inappropriate. The answer as a whole lacks clarity and has inaccuracies. Specialist terminology is either absent or inappropriately used.
	0	No relevant content.

Possible AO2 application:

- If Omar was very rich, he would have his physiological and safety needs met because he would have shelter, food, and a secure place to live.
- If Omar didn't get a job, his money could run out and he would not have his safety needs met.
- Having friends come to his beach house would fulfil Omar's love and belonging needs.
- A beach house in Bermuda, lots of money, and parties that everyone wants to attend would fulfil Omar's esteem needs because people would regard him in high esteem.
- Magda's comment about whether he needs anything else to be truly fulfilled refers to self-actualisation. None of the things Omar has mentioned would cause self-actualisation, which is when people do something that gives them personal fulfilment, not related to others or money. Self-actualisation is often linked to education, sport, or creative arts.

Credit other relevant applications.

3. Marks for this question: AO1 = 4

This question is level-marked:

Level	Marks	Description
2	3–4	<ul style="list-style-type: none"> Knowledge of the mediational processes of attention, retention, reproduction, and motivation in influencing imitation is clear and accurate. The answer is mostly coherent with effective use of specialist terminology.
1	1–2	<ul style="list-style-type: none"> Knowledge of the mediational processes of attention, retention, reproduction, and motivation in influencing imitation is briefly stated with little elaboration. The answer may include inaccuracies and be poorly organised. Specialist terminology is either absent or inappropriately used. <p>OR only one or two of the processes are explained.</p>
	0	No relevant content.

Possible AO1 content:

Note: all four processes should be briefly addressed for 4 marks. Answers could be started with a sentence such as ‘The following factors mediate whether behaviour is imitated: ...’

- Attention: the extent to which we notice (pay attention to) behaviours.
- Retention: remembering the behaviour in order to imitate it.
- Reproduction: having the skills and abilities to replicate the behaviour.
- Motivation: the desire to imitate the behaviour, usually determined by vicarious reinforcement or identification with the model.

Credit other relevant material.

4. Marks for this question: AO3 = 3

3 marks for a clear, coherent strength or limitation of the psychodynamic approach using appropriate terminology.

2 marks for a strength or limitation of the psychodynamic approach that lacks some clarity or detail.

1 mark for a brief or muddled strength or limitation of the psychodynamic approach.

Possible AO3 evaluation:

- It was a pioneering approach that used case study methodology rather than subjective introspection. It was the first approach to suggest psychological rather than physiological treatments for mental ill health.
- There is research support for the role of the unconscious in determining behaviour and for the defence mechanisms of denial, displacement, and repression.
- The approach relies on a subjective and unscientific methodology – it is unrealistic to make universal claims based on a small number of case studies.

- Cultural bias: psychoanalysis, a therapy that requires freely speaking to unlock the unconscious mind, is only applicable in certain cultures.

Credit other relevant evaluations.

5. Marks for this question: AO1 = 6

This question is level-marked:

Level	Marks	Description
3	5–6	<ul style="list-style-type: none"> • Knowledge of the role of theoretical models and computer models in explaining and making inferences about mental processes is clear and generally accurate. • Specialist terminology is used appropriately.
2	3–4	<ul style="list-style-type: none"> • Knowledge of the role of theoretical models and computer models in explaining and making inferences about mental processes is evident but there may be some omissions/lack of clarity. • There is some appropriate use of specialist terminology. <p>OR only the role of theoretical models OR computer models is explained at Level 3.</p>
1	1–2	<ul style="list-style-type: none"> • Knowledge of the role of theoretical models and computer models in explaining and making inferences about mental processes is evident but there may be serious omissions and/or inaccuracies. • Specialist terminology is either missing or inappropriately used. <p>OR only the role of theoretical models OR computer models is explained with inaccuracies.</p>
	0	No relevant content.

Possible AO1 content:

- Theoretical models are used to represent theories of internal mental processes. They are based on research, and they are often pictorial, using boxes and arrows to indicate the stages of a mental process.
- Credit an answer embedded in an example, such as the multi-store model of memory: a theoretical model that shows how information flows through the cognitive system in a sequence. It represents how memories are formed, stored, and retrieved. The characteristics of each store are based on research.
- Cognitive psychology uses the computer model as a way of explaining how information is processed and stored in the brain.
- The computer model uses the language of computing, such as 'input', 'coding' and 'stores', and it sees the brain as the 'central processing unit'.
- Credit an answer embedded in an example, such as long-term memory being the hard disk and short-term memory being RAM, which clears and resets when a task is finished, very much like working memory.

Credit other relevant material.

6. Marks for this question: AO1 = 3

1 mark to describe denial.

A further **2 marks** to give a relevant example of denial and how it protects the ego.

Possible AO1 content:

- Denial is the refusal to accept an aspect of reality.
- Example 1: a person finds a lump in their breast but does not accept the reality that it is a lump and therefore does not seek treatment. The denial protects the psyche from facing the possibility of having cancer, which allows the person to carry on their daily life without worry.
- Example 2: a person sees their partner kissing another person in a nightclub where they thought they could not be seen. The person denies the kissing took place which protects them from the pain of being cheated on – they get to maintain their relationship rather than face ending it.

Credit any relevant example.

7. Marks for this question: AO3 = 4

This question is level-marked:

Level	Marks	Description
2	3–4	<ul style="list-style-type: none"> • Evaluation of the influence of genes on behaviour is clear, appropriate, and effective. • There is appropriate use of specialist terminology.
1	1–2	<ul style="list-style-type: none"> • Evaluation of the influence of genes on behaviour is limited or muddled. • Use of specialist terminology is either absent or inappropriate.
	0	No relevant content.

Possible AO3 evaluation:

- The biological approach uses scientific methods such as scanning techniques, drugs trials, and twin studies. The use of sophisticated imaging and recording techniques produces objective and reliable data that is less likely to be misinterpreted by investigator bias. Experimental methods are highly controlled and systematically reported, allowing for replication.
- Twin studies assume higher concordance rates for MZ twins are because of genetic heritability. However, they are never 100% in MZ twins, indicating there must be environmental influences as well as genetic ones. Also, concordance rates in DZ twins are higher than in regular siblings, even though the genetic similarity between siblings is the same in each case (50%).
- The biological approach has led to the development of drug therapies for mental disorders such as depression. Drug therapies allow people to manage their condition and improve their quality of life.
- The biological approach claims all behaviour is determined by internal forces, such as genes. It therefore doesn't account for free will. Stephen Mobley's criminal defence against his murder was that he was

biologically determined to murder due to inherited aggressive tendencies, but he lost the case because the criminal justice system recognises that humans have free will.

Credit other relevant evaluations.

8. Marks for this question: AO2 = 4

This question is level-marked:

Level	Marks	Description
2	3–4	<ul style="list-style-type: none"> Knowledge of concepts from operant conditioning is clear and mostly accurate. The material is applied appropriately. The answer is generally coherent with effective use of specialist terminology.
1	1–2	<ul style="list-style-type: none"> Some knowledge of concepts from operant conditioning is evident. Application is not always appropriate. The answer lacks accuracy and detail. Use of specialist terminology is either absent or inappropriate.
	0	No relevant content.

Possible AO2 application:

- Positive reinforcement: Lydia enjoys her cigarette breaks with her friends, which is rewarding. This makes the likelihood of repeating the behaviour more likely.
- Negative reinforcement: Lydia removes the unpleasantness of the pictures of throat cancer on the cigarette package by covering them up. The relief at not seeing the pictures is rewarding, making the likelihood of smoking more likely.

Credit other relevant material.

9. Marks for this question: AO1 = 3, AO3 = 5

This question is level-marked:

Level	Marks	Description
4	7–8	<ul style="list-style-type: none"> Knowledge of the origins of psychology is accurate with some detail. Discussion is thorough and effective. Minor detail and/or expansion of argument is sometimes lacking. The answer is clear, coherent, and focused. Specialist terminology is used effectively.

3	5–6	<ul style="list-style-type: none"> Knowledge of the origins of psychology is evident but there are occasional inaccuracies or omissions. Discussion is mostly effective. The answer is mostly clear and organised but occasionally lacks focus. Specialist terminology is used appropriately.
2	3–4	<ul style="list-style-type: none"> Limited knowledge of the origins of psychology is present. Focus is mainly on description. Any discussion is of limited effectiveness. The answer lacks clarity, accuracy, and organisation in places. Specialist terminology is used inappropriately on occasions.
1	1–2	<ul style="list-style-type: none"> Knowledge of the origins of psychology is very limited. Discussion is limited, poorly focused, or absent. The answer as a whole lacks clarity, has many inaccuracies and is poorly organised. Specialist terminology is either absent or inappropriately used.
	0	No relevant content.

Note: there is a huge amount of material for AO1 – description of the origins of psychology. As there is only a maximum of 3 marks for AO1, a very short summary is all that is required, showing how psychology started with Wundt and emerged as a science through the behaviourists.

Possible AO1 content:

- Wundt opened the first psychology laboratory in 1879, moving psychology away from its philosophical roots and towards being a science in its own right.
- Wundt investigated human behaviours in controlled experimental conditions, but later realised he could not study higher mental processes such as memory and thought.
- Wundt's approach was to scientifically study the structure of the human mind by breaking down perceptions and sensations into their constituent parts (structuralism).
- Wundt used introspection: participants were shown a stimulus and asked to reflect on their inner experiences while viewing the stimulus. Introspection gave insight into mental processes such as perception, and comparing the reports of participants allowed general theories on mental processes to be formed.
- Wundt's techniques were important in paving the way for psychology to emerge as a science. He used a structuralist approach that involved a strictly controlled environment, standardised instructions, and the same stimulus for all participants. These factors all theoretically allowed for the replication of experiments and results.

- Watson later criticised introspection for the subjective nature of its data, and its focus on private mental processes. He believed that scientific psychology should only study phenomena that could be observed and measured.
- The behaviourist approach allowed psychology to distinguish itself as a science. Watson used the language and rigour of the natural sciences to perform controlled laboratory experiments. Although this was limited to observable behaviours, behaviourism dominated psychology for the next 50 years.
- The cognitive approach in the 1960s recognised that internal mental processes could and should be investigated, with inferences drawn from scientific studies.
- The biological approach, used from the 1980s onwards, also relies on experimental data as well as highly scientific scanning techniques, such as fMRI, to investigate physiological processes in the brain.

Possible AO3 discussion:

- The behaviourists argued that Wundt's structuralist approach was unreliable because it measured unobservable ideas. His introspective experiments could not be reliably reproduced by other researchers.
- Introspection has limited value in exploring the causes of our behaviour because it relies on self-reporting. Introspection cannot uncover the cause of behaviour if people are unable to report it accurately (their attitudes may exist outside of their own conscious awareness, e.g. if they are racist but don't know they are racist).
- A scientific approach is able to establish the causes of behaviour by gathering objective data and replicating results to check validity. Scientific theories are tested rigorously before they can be accepted.
- Not all psychologists share the view that behaviour should be investigated using classical scientific methods. Critics argue that human behaviour is not subject to the laws implied by natural sciences, and so concrete predictions are impossible. Internal mental processes are unobservable, so psychologists must infer results from data, but there is a subjective gap between the data and the inference.
- Introspection is still in use – teenagers in a recent study were required to report their feelings when a beeper went off during random times throughout the day. Researchers found that when teenagers' energies were focused on a challenging task, they tended to be more upbeat, whereas the rest of the time they were generally unhappy. The results could be applied to improve quality of life.

Credit other relevant material.

10. Marks for this question: AO1 = 2, AO2 = 2

This question is level-marked:

Level	Marks	Description
2	3–4	<ul style="list-style-type: none"> • Knowledge of the relationship between evolution and behaviour is clear and mostly accurate. • The material is applied appropriately to a relevant example. • The answer is generally coherent with effective use of specialist terminology.

1	1–2	<ul style="list-style-type: none"> Some knowledge of the relationship between evolution and behaviour is evident. Application to an example is not always appropriate. The answer lacks accuracy and detail. Use of specialist terminology is either absent or inappropriate.
	0	No relevant content.

Possible AO1 content:

- The biological approach believes that some aspects of human behaviour today are evolutionary adaptations.
- Behaviours seen today would have given our ancestors an advantage in survival and/or passing on their genes.

Possible AO3 discussion:

- Humans prefer fatty foods because food was scarce when we were evolving, so fatty foods would have aided survival.
- Humans are born with ‘social releasers’ such as crying, looking cute, and laughing, all of which elicit caregiving which aids survival and helps attachment.
- Men compete with other men (intrasexual selection) for access to the opposite sex, so they get to pass on their genes.

Credit any valid example.

11. Marks for this question: AO1 = 3, AO2 = 2, AO3 = 3

This question is level-marked:

Level	Marks	Description
4	7–8	<ul style="list-style-type: none"> Knowledge of the role of schemas in processing information is accurate with some detail. Application is effective. Discussion is thorough and effective. Minor detail and/or expansion of argument is sometimes lacking. The answer is clear, coherent, and focused. Specialist terminology is used effectively.

3	5–6	<ul style="list-style-type: none"> Knowledge of the role of schemas in processing information is evident but there are occasional inaccuracies/omissions. Application/discussion is mostly effective. The answer is mostly clear and organised but occasionally lacks focus. Specialist terminology is used appropriately.
2	3–4	<ul style="list-style-type: none"> Limited knowledge of the role of schemas in processing information is present. Focus is mainly on description. Any application/discussion is of limited effectiveness. The answer lacks clarity, accuracy, and organisation in places. Specialist terminology is used inappropriately on occasions.
1	1–2	<ul style="list-style-type: none"> Knowledge of the role of schemas in processing information is very limited. Application/discussion is limited, poorly focused, or absent. The answer as a whole lacks clarity, has many inaccuracies, and is poorly organised. Specialist terminology is either absent or inappropriately used.
	0	No relevant content.

Possible AO1 content:

- Schemas are part of the cognitive approach to psychology.
- Schemas are packages of information we have about everything. They act as a mental framework that allows us to process vast amounts of information quickly because we already have an expectation of what we are about to see.
- Schemas affect our perception based on what we expect to see.

Possible AO2 application:

- Dexter's schema for an airport allowed him to navigate his way through the Vietnamese airport despite not knowing the language on the signs.
- He expected to see features such as passport control, so he knew how to process the sensory information quickly.
- He wrote specific details about the mugger in his journal despite not seeing their face or a weapon based on his schema of what a mugger looks like. His perception was affected by his schema.

Possible AO3 evaluation:

- Schemas are problematic because they alter our perception of events based on what we expect to see.
- Researchers showed participants in 1940s America a photo of a white man threatening a black man with a razor. A week later, participants recalled the reverse happening, due to their racist schemas altering their perception and memory of the picture.

- Knowledge of how schemas work helped to develop the cognitive interview (CI), used by the police when interviewing eyewitnesses. The 'reverse order' and 'changed perspective' components of the CI are difficult tasks that were designed to prevent schemas from distorting and interfering with real memories of the crime.

Credit other relevant material.

12. Marks for this question: AO1 = 6, AO2 = 4, AO3 = 6

This question is level-marked:

Level	Marks	Description
4	13–16	<ul style="list-style-type: none"> • Knowledge of the humanistic approach is accurate and generally well detailed. • Application is effective. • Discussion is thorough and effective. • Minor detail and/or expansion of argument is sometimes lacking. • The answer is clear, coherent, and focused. • Specialist terminology is used effectively.
3	9–12	<ul style="list-style-type: none"> • Knowledge of the humanistic approach is evident but there are occasional inaccuracies/omissions. • Application and/or discussion is mostly effective. • The answer is mostly clear and organised but occasionally lacks focus. • Specialist terminology is used appropriately.
2	5–8	<ul style="list-style-type: none"> • Limited knowledge of the humanistic approach is present. • Focus is mainly on description. • Any discussion and/or application is of limited effectiveness. • The answer lacks clarity, accuracy, and organisation in places. • Specialist terminology is used inappropriately on occasions.
1	1–4	<ul style="list-style-type: none"> • Knowledge of the humanistic approach is very limited. • Discussion and/or application is limited, poorly focused, or absent. • The answer as a whole lacks clarity, has many inaccuracies, and is poorly organised. • Specialist terminology is either absent or inappropriately used.
	0	No relevant content.

Possible AO1 content:

- Basic assumptions of the humanist approach are that humans are self-determining and have free will.
- Environment and biology will affect how people feel and behave, but people have the freedom to make personal choices despite internal and external forces.
- Maslow's hierarchy of needs: humans are motivated to achieve personal growth and fulfilment by progressing through the hierarchy of needs.
- The ultimate goal is to reach self-actualisation. This is often achieved through education, sport, or creative arts.
- The importance of feelings of self-worth.
- Congruence between the ideal self and the actual self gives positive self-worth.
- Incongruence leads to negative feelings of self-worth and possible mental health issues.
- Humanistic therapy: 'person-centred counselling' to achieve congruence. Requires active listening and unconditional positive regard from the counsellor.
- The supportive environment helps self-acceptance, allowing for congruence, personal growth, and the potential for self-actualisation.

Possible AO2 application:

- Conditions of worth: Ping's parents called her stupid, which made her feel worthless.
- Free will: Ping knew it was wrong to steal but used her free will to do it anyway.
- Person-centred counselling to achieve congruence: the counsellor actively listened and helped Ping to be the person she wanted to be (free of drugs, hard-working, family orientated)
- Maslow's hierarchy of needs: Ping has met her physiological needs (lives with her family), safety needs (has a job) and love and belonging needs (husband/children). She feels good about herself (work/family), so her esteem needs are met. Self-actualisation is met through work/volleyball.

Possible AO3 discussion:

- The humanistic approach is positive, focusing on personal growth and self-actualisation rather than what might go wrong with people.
- It is the only approach that supports holism to understand human behaviour (rather than reductionism). Rogers believed that people's personal experiences, e.g. of depression, could only be understood by considering the whole person. Comparison to drug therapy (the biological approach), which is criticised for treating the symptoms but not the cause.
- Evaluating humanistic psychology is difficult because it has untestable concepts such as self-actualisation. Non-experimental methods lack empirical evidence.
- The approach is culturally biased – individual freedom and personal growth are appropriate in some culture more than others. A study in China found that self-actualisation was defined more in terms of contributions to the community than individual development.

- Research support for conditions of worth: adolescents who created a 'false self' to live up their parents' expectations often displayed low self-esteem and depression.
- Comparison with alternative approaches in terms of evaluation and/or application.

Credit other relevant material.

13. Marks for this question: AO1 = 6, AO3 = 10

This question is level-marked:

Level	Marks	Description
4	13–16	<ul style="list-style-type: none"> • Knowledge of the social learning theory approach is accurate and generally well detailed. • Comparison with the cognitive approach is thorough and effective. • Minor detail and/or expansion of argument is sometimes lacking. • The answer is clear, coherent, and focused. • Specialist terminology is used effectively.
3	9–12	<ul style="list-style-type: none"> • Knowledge of the social learning theory approach is evident but there are occasional inaccuracies/omissions. • Comparison with the cognitive approach is mostly effective. • The answer is mostly clear and organised but occasionally lacks focus. • Specialist terminology is used appropriately.
2	5–8	<ul style="list-style-type: none"> • Limited knowledge of the social learning theory approach is present. • Focus is mainly on description. • Any comparison with the cognitive approach is of limited effectiveness. • The answer lacks clarity, accuracy, and organisation in places. • Specialist terminology is used inappropriately on occasions.
1	1–4	<ul style="list-style-type: none"> • Knowledge of the social learning theory approach is very limited. • Comparison with the cognitive approach is limited, poorly focused, or absent. • The answer as a whole lacks clarity, has many inaccuracies, and is poorly organised. • Specialist terminology is either absent or inappropriately used
	0	No relevant content.

Possible AO1 content:

- Social learning theory (SLT) claims all behaviour is learned in a social context.
- Vicarious reinforcement: learning by seeing someone else being rewarded or punished for behaviour.
- Children learn through observation and imitation of significant role models (modelling). They can learn whole patterns of attitudes, values, and behaviours very quickly.
- Identification: children imitate the behaviour of people they identify with. Children tend to identify with models they see as attractive, feel similar to, and like.
- Role models can be 'live' (e.g. parents or teachers) or 'symbolic' (e.g. TV characters or media personalities).
- Mediation factors (cognitive factors) in whether imitation will occur after observation include attention, retention, reproduction, and motivation.
- Bandura's Bobo doll study: children that observed a role model hitting a Bobo doll imitated the behaviour and also took the aggression further (using toy guns). They were more likely to imitate same-sex role models.

Possible AO3 comparison:

- Both are determinist but have elements of free will.
SLT: behaviour is determined by observation and imitation of significant role models, but the mediational factors of attention, retention, reproduction, and motivation indicate free will.
The cognitive approach: behaviour is determined by thoughts, but talking therapies allow for the transformation of thoughts and therefore a change of behaviour.
- Both are reductionist, reducing complex phenomena into constituent parts.
SLT: reduces complex phenomena into observation and imitation, modelling, vicarious reinforcements, and mediational processes.
The cognitive approach: machine reductionist, reducing humans to a series of inputs, processes, and stores.
- Nature versus nurture: SLT is purely on the nurture side of the debate, saying that behaviour is learned from observation and imitation of significant role models, and mediated by cognitive processes. The cognitive approach is also on the nurture side in that it argues that experiences influence the way we process information, such as in schemas. But it is also on the nature side in arguing that processing, such as the formation of memories, is innate.
- A difference is in the treatment of mental ill health. The cognitive approach treats numerous mental health disorders through changing people's thoughts processes. SLT does not have a treatment.
- The use of scientific methods: SLT is based on the experimental method. The cognitive approach uses sophisticated scanning techniques and draws inferences.

Use of topic examples to illustrate and elaborate on comparison points should be credited.

Credit other relevant material.