



Year 11

Paper 2

Topic D: Why do we have phobias?



Section: Introduction



1. Which two of the following are social explanations of phobias?

- A. It is to do with our genes – we are born with a fear of certain things.
- B. We can learn to fear certain things through Social Learning Theory – by observing others and imitating them.
- C. Through the idea of evolution and preparedness.
- D. Through Classical conditioning and association.



2. Which of the following is a biological explanation?

- A. It is to do with our genes – we are born with a fear of certain things.
- B. We can learn to fear certain things through Social Learning Theory – by observing others and imitating them.
- C. Through the idea of evolution and preparedness.
- D. Through Classical conditioning and association.



3. Which of the following is the research method you need to know for phobias?

- A. Laboratory experiments
- B. Observations
- C. Case studies
- D. Questionnaires.



4. Which of the following are the key studies you need to know for phobias?

- A. Charlton, Williams and Anderson and Dill.
- B. Palmer and Freud.
- C. Jones, Bennett-Levy Marteau and Heinrichs.
- D. Thielgaard, Madon and Sigall and Ostrove.



5. Which job of a psychologist do you need to know for Topic D?

- A. Forensic psychologist
- B. Educational psychologist
- C. Psychoanalyst
- D. **Clinical psychologist.**



6. Which of the following are methods you need to know for treating phobias?

- A. Psychoanalysis and flooding.
- B. Systematic desensitisation and medication.
- C. Flooding and systematic desensitisation.
- D. Acupuncture and exercise.



7. What is the nature-nurture debate in psychology?

- A. How much our behaviour is to do with biological explanations or social explanations.
- B. How much our behaviour is to do with just social explanations.
- C. How much our behaviour is to do with just biological explanations.
- D. A research method used by psychologists.



8. What is a phobia?

- A. Saying you don't like something.
- B. Having a strong reaction to the situation or object that is feared.
- C. Having a mild reaction to the situation or object that is feared.



9. Which two of the following are not symptoms of having a phobia?

- A. Feeling anxious
- B. Being hungry.
- C. Feeling happy.
- D. Having a racing heart.
- E. Sweating
- F. Feeling relaxed.
- G. Being short of breath.
- H. Suffer intense fear.



Section: Classical conditioning and phobias.



1. Which is the best description of classical conditioning?

- A. An intense fear that prevents 'normal living in some way.
- B. A learning process which builds up an association between two stimuli through repeated pairings.
- C. The loss of a classically conditioned response.
- D. When a conditioned response is produced to stimuli that are similar to the conditioned stimulus.
- E. The link between the neutral stimulus and the unconditioned stimulus that makes the neutral stimulus cause the same response.



2. Which famous scientist showed how classical conditioning works using dogs?

- A. Bandura
- B. Webster
- C. Narburgh
- D. Pavlov
- E. Freud



3. What is meant by the term 'association'?

- A. An intense fear that prevents 'normal living in some way.
- B. A learning process which builds up an association between two stimuli through repeated pairings.
- C. The loss of a classically conditioned response.
- D. When a conditioned response is produced to stimuli that are similar to the conditioned stimulus.
- E. The link between the neutral stimulus and the unconditioned stimulus that makes the neutral stimulus cause the same response.



4. What is meant by the term 'generalisation'?

- A. An intense fear that prevents 'normal living in some way.
- B. A learning process which builds up an association between two stimuli through repeated pairings.
- C. The loss of a classically conditioned response.
- D. When a conditioned response is produced to stimuli that are similar to the conditioned stimulus.
- E. The link between the neutral stimulus and the unconditioned stimulus that makes the neutral stimulus cause the same response.



5. What is meant by the term 'extinction'?

- A. An intense fear that prevents 'normal living in some way.
- B. A learning process which builds up an association between two stimuli through repeated pairings.
- C. **The loss of a classically conditioned response.**
- D. When a conditioned response is produced to stimuli that are similar to the conditioned stimulus.
- E. The link between the neutral stimulus and the unconditioned stimulus that makes the neutral stimulus cause the same response.



6. Which is the correct order before conditioning takes place?

- A. Conditioned stimulus (CS) – conditioned response (CR)
- B. Neutral stimulus (NS) + unconditioned stimulus (UCS) – Unconditioned response (UCR)
- C. Neutral stimulus (NS) = has no effect – Unconditioned stimulus (UCS) has – Unconditioned response (UCR)



7. What is the correct sequence during conditioning?

- A. Conditioned stimulus (CS) – conditioned response (CR)
- B. Neutral stimulus (NS) + unconditioned stimulus (UCS) – Unconditioned response (UCR)
- C. Neutral stimulus (NS) = has no effect – Unconditioned stimulus (UCS) has – Unconditioned response (UCR)



8. What is the correct sequence after conditioning has taken place?

- A. Conditioned stimulus (CS) – conditioned response (CR)
- B. Neutral stimulus (NS) + unconditioned stimulus (UCS) – Unconditioned response (UCR)
- C. Neutral stimulus (NS) = has no effect – Unconditioned stimulus (UCS) has – Unconditioned response (UCR)

9. Fill in the blanks to show how someone can learn to have a fear of water.

Before conditioning

(**NS**) water – no effect, (**UCS**) falling over - (**UCR**) fear

During conditioning

(**NS**) water + UCS (**falling over**) - (**UCR**) fear

After conditioning

(**CS**) water - (**CR**) fear



10. Can phobias be learnt?

- A. No.
- B. Yes through classical conditioning – by learning to associate one thing with another.



11. Can phobias be unlearnt?

- A. No
- B. Yes, this is called being deconditioned. People get over their phobia by learning to associate it with something pleasant.



12. What is the problem of using classical conditioning to explain phobias?

- A. Classical conditioning usually takes many trials and often, if someone is frightened once, they won't repeat the behaviour again. However, some people might develop a phobia through one-trial association.
- B. There is no evidence to support that people can develop a phobia through classical conditioning.



Section: Social Learning Theory and phobias.



1. Which is the best definition of Social Learning Theory?

- A. Observing someone else.
- B. Learning through our genes.
- C. Learning new behaviours by watching and imitating a role model.
- D. Learning by copying.
- E. Learning through watching someone else get rewarded for their behaviour, which we then copy.



2. What does vicarious reinforcement mean?

- A. Imitating the behaviour of someone.
- B. Learning through watching someone else get rewarded for their behaviour, which we then copy.
- C. When someone else acts as a role model for us.
- D. When we are forced to learn something by doing it over and over again.



3. What does modelling mean?

- A. Imitating the behaviour of someone.
- B. Learning through watching someone else get rewarded for their behaviour, which we then copy.
- C. When someone else acts as a role model for us.
- D. When we are forced to learn something by doing it over and over again.



4. What was Coombs' research to show that Social Learning can create a phobia?

- A. Let two rats drink from a spout but one rat had been given an injection that would make it sick. Later, both rats avoided drinking from the water spout.
- B. Monkeys brought up in a lab were not afraid of snakes but the ones brought up in the wild were.
- C. Getting children to observe adult role-models being aggressive.



5. Can social learning affect our emotions as well as our behaviour?

- A. Yes. Evidence suggests that people will imitate the anger or sadness of a role model.
- B. No. There is no evidence for social learning affecting our emotions.



6. What did Mineka find in his laboratory experiment on monkeys?

- A. Let two rats drink from a spout but one rat had been given an injection that would make it sick. Later, both rats avoided drinking from the water spout.
- B. Monkeys brought up in a lab were not afraid of snakes but the ones brought up in the wild were.
- C. Getting children to observe adult role-models being aggressive.



7. Which is the best example to show how social learning might lead to phobias in humans?

- A. A child might observe a role model being scared of something and then copy it.
- B. A child might observe their mother's phobia and then see their father comforting the mother. The child might copy the fear in order to be comforted.
- C. A child might copy a fear through vicarious reinforcement.



Section: Phobias and preparedness



1. Which is the best example of the term evolution?

- A. Animals that can adapt their behaviour are most likely to survive and these adaptations will be passed on through their genes.
- B. The survival of the fittest.
- C. Gradual changes over time.
- D. Passing on your genes.
- E. Being genetically ready to fear things that may harm us because these fears have helped our survival and have been passed down through our genes.



2. What does preparedness mean?

- A. Animals that can adapt their behaviour are most likely to survive and these adaptations will be passed on through their genes.
- B. The survival of the fittest.
- C. Gradual changes over time.
- D. Passing on your genes.
- E. Being genetically ready to fear things that may harm us because these fears have helped our survival and have been passed down through our genes.



3. Which psychologist suggested we pass some phobias on through our genes?

- A. Bandura
- B. Seligman
- C. Darwin
- D. Freud
- E. Pavlov



4. Which of the following phobias are most likely to have been passed on to us by our ancestors.

- A. Scared of lightening
- B. Scared of shoes
- C. Scared of heights
- D. Scared of snakes
- E. Scared of cars
- F. Scared of water
- G. Scared of electric sockets



5. Can evolution and preparedness explain all phobias?

- A. Yes because all our phobias are passed on through our genes.
- B. No because we learn all our phobias through social learning.
- C. No, because some phobias are about modern things such as electric sockets and not things that might have killed our ancestors.
- D. Yes, definitely.



Section: The nature-nurture debate in psychology



1. What do psychologists mean by 'nature'?

- A. About biological factors that affect our behaviour.
- B. About social factors that affect our behaviour.
- C. About both biological and social factors that affect our behaviour.



2. What do psychologists mean by 'nurture'?

- A. About biological factors that affect our behaviour.
- B. About social factors that affect our behaviour.
- C. About both biological and social factors that affect our behaviour.



3. What is the nature-nurture debate about in psychology?

- A. How much our behaviour is just to do with biological factors.
- B. How much our behaviour is to do with biological factors or social factors.
- C. How much our behaviour is just to do with social factors.



4. Which two of the following support the nature debate for phobias?

- A. The idea of preparedness.
- B. Mineka's research that monkeys learn fears through social learning.
- C. Watson and Raynor used classical conditioning to make Albert frightened of a white rat.
- D. Bennett-Levy and Marteau showed that more people were afraid of animals with certain characteristics.



5. Which two of the following support the nurture debate for phobias?

- A. The idea of preparedness.
- B. Mineka's research that monkeys learn fears through social learning.
- C. Watson and Raynor used classical conditioning to make Albert frightened of a white rat.
- D. Bennett-Levy and Marteau showed that more people were afraid of animals with certain characteristics.



6. What is the best conclusion about the nature-nurture debate for phobias?

- A. Phobias are mostly learnt through social learning theory.
- B. Phobias are mostly passed on through our genes.
- C. Both nature and nurture seem to be important in explaining how people develop phobias but some phobias are probably better explained through nature and other through nurture.



Section: Research methods - Questionnaires



1. What is meant by the term standardised instructions?

- A. Giving the same information about how to complete the questionnaire to everyone.
- B. Telling the participant what to do.
- C. Making sure that each participant does something different in a study.
- D. Designing the questionnaire.



2. What is a questionnaire?

- A. A research method when you investigate one person or a small group in great detail.
- B. A research method that involves completing the research in a lab.
- C. A research method to find out how many times a behaviour occurs.
- D. A research method that uses written questions to find out what people think.



3. Which is the best definition of a closed question?

- A. A simple question with few possible answers.
- B. A question that asks for description and detail about what you think and feel about a subject.
- C. A question type using statements with five choices such as strongly agree, agree, not sure, disagree and strongly disagree.
- D. Question with points either in order that can be chosen or that can be put in order.



4. Which of the following is a closed question?

- A. How do you feel when you see a spider?
- B. Snakes move suddenly:
Strongly agree / agree / not sure / disagree / strongly disagree
- C. **Are you afraid of spiders? Yes / No**
- D. Give each animal below a number from 1 (most scary) to 4 (least scary):
Cat Worm Fish Hamster



5. Which is the best definition of an open question?

- A. A simple question with few possible answers.
- B. A question that asks for description and detail about what you think and feel about a subject.
- C. A question type using statements with five choices such as strongly agree, agree, not sure, disagree and strongly disagree.
- D. Question with points either in order that can be chosen or that can be put in order.



6. Which one of the following is an open question?

- A. How do you feel when you see a spider?
- B. Snakes move suddenly:
Strongly agree / agree / not sure / disagree / strongly disagree
- C. Are you afraid of spiders? Yes / No
- D. Give each animal below a number from 1 (most scary) to 4 (least scary):
Cat Worm Fish Hamster



7. What is a rank-style question?

- A. A simple question with few possible answers.
- B. A question that asks for description and detail about what you think and feel about a subject.
- C. A question type using statements with five choices such as strongly agree, agree, not sure, disagree and strongly disagree.
- D. Question with points either in order that can be chosen or that can be put in order.



8. Which one of the following is a rank-style question?

- A. How do you feel when you see a spider?
- B. Snakes move suddenly:
Strongly agree / agree / not sure / disagree / strongly disagree
- C. Are you afraid of spiders? Yes / No
- D. Give each animal below a number from 1 (most scary) to 4 (least scary):
Cat Worm Fish Hamster



9. What is a Likert-scale question?

- A. A simple question with few possible answers.
- B. A question that asks for description and detail about what you think and feel about a subject.
- C. A question type using statements with five choices such as strongly agree, agree, not sure, disagree and strongly disagree.
- D. Question with points either in order that can be chosen or that can be put in order.



10. Which one is the likert-scale question?

- A. How do you feel when you see a spider?
- B. Snakes move suddenly:
Strongly agree / agree / not sure / disagree / strongly disagree
- C. Are you afraid of spiders? Yes / No
- D. Give each animal below a number from 1 (most scary) to 4 (least scary):
Cat Worm Fish Hamster



Section: Evaluating questionnaires



1. Which four of the following are strengths of the questionnaire method?

- A. Can allow standardised instructions
- B. Allow for informed consent
- C. You might not get all the questionnaires back that you have handed out
- D. Social desirability bias
- E. Allow for the right to withdraw
- F. Can represent real life.
- G. Response bias



2. Which strength of a questionnaire is being described?

- You can either tell everyone completing the questionnaire or have it written on the questionnaire what you expect them to do when completing it. This increases the chances that people will complete the questionnaire in a similar way and hand it back in.

- A. Can allow standardised instructions
- B. Allow for informed consent
- C. Allow for the right to withdraw
- D. Can represent real life



3. Which strength of a questionnaire is being described?

- There should be enough information given at the start of the questionnaire for participants to make up their minds whether they want to complete it or not.
-
- A. Can allow standardised instructions
 - B. Allow for informed consent
 - C. Allow for the right to withdraw
 - D. Can represent real life



4. Which strength of a questionnaire is being described?

- Participants should know that they don't have to answer all the questions if they don't want to and they can stop completing it at any time.
-
- A. Can allow standardised instructions
 - B. Allow for informed consent
 - C. Allow for the right to withdraw
 - D. Can represent real life



5. Which strength of a questionnaire is being described?

- Questionnaires can ask a lot of people about their real life experiences.

- A. Can allow standardised instructions
- B. Allow for informed consent
- C. Allow for the right to withdraw
- D. **Can represent real life**



6. Which three of the following are limitations of questionnaires?

- A. Can allow standardised instructions
- B. Allow for informed consent
- C. You might not get all the questionnaires back that you have handed out
- D. Social desirability bias
- E. Allow for the right to withdraw
- F. Can represent real life.
- G. Response bias



7. Which weakness of a questionnaire is being described?

- Some participants may guess what the questionnaire is about and answer as they think the researcher wants them to answer.

- A. You might not get all the questionnaires back that you have handed out
- B. Social desirability bias
- C. **Response bias**
- D. Hiding the aims



8. Which weakness of a questionnaire is being described?

- Sometimes people answer questions in a way that makes them look good rather than giving a truthful and real response.

- A. You might not get all the questionnaires back that you have handed out
- B. **Social desirability bias**
- C. Response bias
- D. Hiding the aims



9. Which weakness of a questionnaire is being described?

- Sometimes researchers have to not make it obvious what the questionnaire is about so that people don't show too much response bias.

- A. You might not get all the questionnaires back that you have handed out
- B. Social desirability bias
- C. Response bias
- D. Hiding the aims



Section: Experiments using animals – ethical issues



1. Why do psychologists carry out experimental research on animals?

- A. Because it is more ethical experimenting on animals than on humans.
- B. Because psychologists are only allowed to research on animals.
- C. Because animals are more interesting than humans.
- D. Because you can find out more from studying animals than humans.



2. What is meant by the term ethical issues?

- A. Having the right to experiment on any animal you want.
- B. Being able to carry out any experiment you want on animals.
- C. A set of things to consider before carrying out research to make sure the animal or human is not harmed or damaged in any way.
- D. What the law says you have to do when carrying out research.



3. Which ethical issue is being described below?

- An experimenter has to make sure that only the minimum amount of pain and fear is experienced by any animal researched on.
-
- A. Social isolation
 - B. Causing pain and fear
 - C. Numbers of animals
 - D. Choice of species



4. Which ethical issue is being described below?

- Animals that are social animals should not be isolated unless it is absolutely necessary
-
- A. Social isolation
 - B. Causing pain and fear
 - C. Numbers of animals
 - D. Choice of species



5. Which ethical issue is being described below?

- Research should be carried out on the fewest animals possible.

- A. Social isolation
- B. Causing pain and fear
- C. **Numbers of animals**
- D. Choice of species



6. Which ethical issue is being described below?

- Researchers should choose animals for their research that will be least distressed by it.
-
- A. Social isolation
 - B. Causing pain and fear
 - C. Numbers of animals
 - D. Choice of species



Section: Experiments using
animals – practical issues.



1. What is meant by the term practical problem?

- A. Issues to do with how well a person or animal is treated whilst taking part in research.
- B. Issues to do with the actual things that make up the experiment or research such as equipment and how to best carry it out.



2. Which strength of animal experiments is being described below?

- Choosing the right species to research on is important. The more like humans they are, then the easier it will be to generalise the results to humans.
-
- A. Environment can be controlled
 - B. Used in deprivation experiments
 - C. **Similar to humans**
 - D. Interesting and can benefit from the experience.



3. Which strength of animal experiments is being described below?

- It is easier to control certain conditions when using animals such as social companions and sexual partners. Clearly, this could NOT be done with humans!
-
- A. Environment can be controlled
 - B. Used in deprivation experiments
 - C. Similar to humans
 - D. Interesting and can benefit from the experience.



4. Which strength of animal experiments is being described below?

- Animals can be used in deprivation experiments such as being denied sleep or food or stimulation.
-
- A. Environment can be controlled
 - B. Used in deprivation experiments
 - C. Similar to humans
 - D. Interesting and can benefit from the experience.



5. Which strength of animal experiments is being described below?

- Researching on animals actually leads to more information being known about how the animals behave which benefits the animals as well.
- A. Environment can be controlled
- B. Used in deprivation experiments
- C. Similar to humans
- D. Interesting and can benefit from the experience.



6. Which weakness of animal experiments is being described below?

- Animals are very different to humans such as the size of their brains and the fact humans use a more sophisticated form of communication so sometimes it is very difficult to make genuine comparisons.
-
- A. Environment can be controlled
 - B. Used in deprivation experiments
 - C. Similar to humans
 - D. Interesting and can benefit from the experience.
 - E. **Humans and animals are different**



Section: Key study – Jones (1924):
curing a boy's phobia.



1. Which psychologists showed that classical conditioning could be used to give a boy a phobia?

- A. Freud
- B. Watson and Raynor
- C. Thielgaard
- D. Palmer



2. Is it possible to use classical conditioning to cure a boy's phobia?

A. Yes

B. No



3. What was the aim of Jones' study?

- A. To find out if a phobia in a little boy could be deconditioned and whether this would generalise to other objects.
- B. To find out if there is a criminal gene.
- C. To find out if context affects perception.
- D. To find out what if aggression in children increases with the introduction of television.



4. Who was the patient?

- A. A 10 year old boy named Jacob.
- B. A 5 year old boy named Hans.
- C. A 2 year 10 months old boy named Peter.
- D. A six month old girl named Abigail



5. What does deconditioned mean?

- A. To create a fear in a person using classical conditioning.
- B. To take away a fear using classical conditioning by getting the person to associate the object feared with something pleasant.
- C. Not to use again.
- D. Something that has stopped working and cannot be restarted.



6. What did Peter fear and how did Jones know this?

- A. Peter feared birds because he screamed when he saw one.
- B. Peter feared other people because he would cry when a stranger came near.
- C. Peter feared a white rat because the psychologist showed him a white rat and he screamed.
- D. Peter feared hair because the psychologist had hair.



7. What does 'his fear of the rat had generalised mean'?

- A. Peter only feared the white rat and nothing else.
- B. Peter's fear of the white rat also transferred to other things such as a fur coat and cotton balls.
- C. Peter got used to his fear and eventually it went away.
- D. Peter could not stop thinking about the white rat even when it wasn't there.



8. Which animal did Jones use to decondition Peter of his fear and why?

- A. A cat because it was similar to a rat but larger.
- B. A bird because it was completely different from the rat.
- C. A rabbit because he feared this even more than the rat (it looked like a very large rat).
- D. No animal was used because it would be unethical.



9. Jones created a fear hierarchy so that Peter would be gradually introduced to more challenging situations with the rabbit. Which of the following shows some of these situations in the correct order – least challenging to most challenging?

- A. Rabbit free in the room / alone in room with rabbit / lets rabbit nibble fingers / rabbit in cage in the room
- B. Alone in room with rabbit / lets rabbit nibble fingers / rabbit in cage in the room / rabbit free in the room/
- C. Rabbit in cage in the room / rabbit free in the room / alone in room with rabbit / lets rabbit nibble fingers.
- D. Lets rabbit nibble fingers / rabbit in cage in the room / rabbit free in the room / alone in room with rabbit .



10. Which four of the following is also true about the experiment?

- A. Peter was always left alone in the room with the rabbit
- B. Peter had daily play sessions with three other children.
- C. The other children did not fear the rabbit.
- D. Sometimes Peter was observed alone.
- E. Peter sometimes made progress but sometimes didn't.
- F. The experimenters used a video recorder to monitor his progress.



11. Which method was used after session 8 and how was it used?

- A. Classical conditioning – he was given his favourite food every time the rabbit was brought into the room.
- B. Blood tests – to see how anxious Peter was.
- C. Counselling – a psychologist would talk to Peter and his parents.



12. How many sessions did it take overall to get to the most challenging stage of Peter's fear hierarchy - letting the rabbit nibble his fingers?

- A. 10
- B. 19
- C. 28
- D. 45
- E. 32



13. What did the other children act as during the treatment?

- A. Friends
- B. Role models
- C. Enemies
- D. Distractions



14. Which example from the experiment best shows the children acting as role models?

- A. The children kept looking at the rabbit and smiling.
- B. The children kept picking up the rabbit.
- C. The children ignored the rabbit and would not go near it.
- D. When the rabbit made Peter cry the children ran over and comforted him and helped him move closer to the rabbit.



15. What did the therapy do to Peter's fear?

- A. Increased his fear of furry things.
- B. Peter lost his fear of the rabbit as well as his fear of other things that looked similar to the rabbit.
- C. Peter lost his fear of rabbits but was still scared of other furry things such as rats.
- D. Nothing. It didn't work.



16. What conclusion did Jones draw from her experiment?

- A. Only classical conditioning helped to decondition Peter.
- B. Only social learning helped to decondition Peter.
- C. Both social learning and classical conditioning helped to decondition Peter.



17. Which two of the following are strengths of Jones' experiment?

- A. The progress made could be due to time rather than the deconditioning because the time between each session was variable.
- B. Different ways were used to help Peter. This has been very useful for other psychologists who have used and improved on her methods.
- C. Very careful observations and records were made of Peter's progress so changes can clearly be seen.
- D. Because two different techniques were used it is difficult to say which one was most effective.



18. Which two of the following are weaknesses of Jones' experiment?

- A. The progress made could be due to time rather than the deconditioning because the time between each session was variable.
- B. Different ways were used to help Peter. This has been very useful for other psychologists who have used and improved on her methods.
- C. Very careful observations and records were made of Peter's progress so changes can clearly be seen.
- D. Because two different techniques were used it is difficult to say which one was most effective.

Section: Key study – Bennett –
Levy and Marteau (1984): fear of
animals





1. What was the aim of Bennett-Levy and Marteau's study?

- A. To find out if a phobia in a little boy could be deconditioned and whether this would generalise to other objects.
- B. To find out if there is a criminal gene.
- C. To see if we are afraid of or avoid animals that move quickly, move suddenly and look very different from us.
- D. To find out if context affects perception.
- E. To find out what if aggression in children increases with the introduction of television.



2. Which research method did they use?

- A. A laboratory experiment
- B. A case study
- C. A questionnaire
- D. An observation
- E. A content analysis
- F. Two questionnaires



3. What did questionnaire one measure?

- A. How cute each animal was.
- B. Fear of animals and how close people would get to them using a 5 point scale.
- C. How interesting each animals was using a 5 point scale.
- D. How friendly each animal was using a 10 point scale.



4. What did questionnaire 2 measure?

- A. How cute each animal was.
- B. Fear of animals and how close people would get to them using a 5 point scale – 1 = enjoy picking up and 5 – move further away from.
- C. How interesting each animals was using a 5 point scale.
- D. How participants felt about each animal using a three point scale 1 = not very and 3 = very.
- E. How friendly each animal was using a 10 point scale.



6. Which best describes the categories used in questionnaire 2?

- A. Ugliness / sliminess / how speedy / how sudden their movement
- B. Speed / cutiness / fierceness/ friendliness
- C. How cuddly / how viscious / how likeable
- D. How attractive / how ugly / how slimy



7. Which best describes the sample for questionnaire 1?

- A. 30 men and 34 women
- B. 24 men and 25 women
- C. 100 men and 34 women
- D. 56 women and 5 men



8. Which best describes the sample for questionnaire 2?

- A. 30 men and 24 women
- B. 24 men and 25 women
- C. 100 men and 34 women
- D. 56 women and 5 men

9. Which other method did they use for some of the participants after they had completed the questionnaires?

- A. Lab experiment.
- B. Case study
- C. Observation
- D. Interview



10. Which two of the following did participants say they feared the most?

- A. Rat and butterfly
- B. Rat and worm
- C. Worm and spider
- D. Ladybird and rabbit
- E. Rat and cockroach



11. Which two of the following did participants say they feared the least?

- A. Rat and butterfly
- B. Rat and worm
- C. Worm and spider
- D. Ladybird and rabbit
- E. Rat and cockroach



12. How did participants describe ugly animals?

- A. Slimy / friendly / hairy
- B. Slimy / hairy / dirty
- C. Funny / hairy / weird
- D. Slimy / dirty / disgusting



13. Which of the following are two strengths of Bennett-Levy and Marteau's research?

- A. Different participants answered the two questionnaires. This helped to make sure they didn't know the aim of the study – so no response bias.
- B. Participants might have felt uncomfortable thinking about some of the animals so it might have been slightly unethical.
- C. it was only carried out on a small sample of people (113) in total. This makes it hard to generalise the findings to everybody.
- D. The participants did not have to see the animals so this actually reduced ethical problems.



14. Which of the following are two weaknesses of Bennett-Levy and Marteau's research?

- A. Different participants answered the two questionnaires. This helped to make sure they didn't know the aim of the study – so no response bias.
- B. Participants might have felt uncomfortable thinking about some of the animals so it might have been slightly unethical.
- C. it was only carried out on a small sample of people (113) in total. This makes it hard to generalise the findings to everybody.
- D. The participants did not have to see the animals so this actually reduced ethical problems.



Section: How to treat phobias.



1. Why is it important to treat a person's phobia?

- A. Because phobias can stop people from living normal lives.
- B. Because it costs too much money.
- C. Because it is embarrassing to have a phobia.
- D. It is not important.



2. Which two of the following are the best methods to use when treating phobias?

- A. Flooding
- B. Acupuncture
- C. Medication
- D. Systematic desensitisation



3. Which of the following best describes what 'flooding' is?

- A. A state of fear or worry
- B. Being exposed to your fear but gradually over a period of time.
- C. A list of fears that are arranged from most to least feared
- D. An extreme way of treating a phobia where someone has to confront their fear directly.



4. What is the purpose of flooding?

- A. To make the phobia worse by getting you to face it for a long time.
- B. By getting you to face your fear directly you learn that it is not as bad as you thought and so you learn to not fear it.
- C. To make a person suffer by getting them to confront their fears.
- D. To give psychologists someone to study.



5. Which one of the following is an advantage of flooding as a method of treating phobias?

- A. It is very unethical and can cause anxiety.
- B. It is very effective if done on the right person and it is quick and cheaper than systematic desensitisation.
- C. It is time consuming
- D. It requires special training by the psychologist to carry out.



6. What is the main problem with using flooding as a method of treating phobias?

- A. It is very unethical and can cause anxiety.
- B. It is very effective if done on the right person and it is quick and cheaper than systematic desensitisation.
- C. It is time consuming
- D. It requires special training by the psychologist to carry out



7. What must a client agree to when undergoing flooding as a treatment for their phobia?

- A. To be filmed having the therapy.
- B. To go through with the treatment no matter how stressful it is because if you drop out it could make your phobia much worse.
- C. To be interviewed after the therapy.
- D. To have their results published.



8. Which of the following best describes what systematic desensitisation is?

- A. A state of fear or worry
- B. Being exposed to your fear but gradually over a period of time.
- C. A list of fears that are arranged from most to least feared
- D. An extreme way of treating a phobia where someone has to confront their fear directly.



9. Which of the following best describes the order of treatment using systematic desensitisation?

- A. Identification of fear / create a fear hierarchy / get taught relaxation techniques / start with the lowest fear on your hierarchy / moves up the hierarchy slowly over time.
- B. Start with the lowest fear on your hierarchy / identification of fear / get taught relaxation techniques / moves up the hierarchy slowly over time / create a fear hierarchy.
- C. Move up the hierarchy slowly over time / identification of fear / create a fear hierarchy / get taught relaxation techniques / start with the lowest fear on your hierarchy



10. Which two of the following are an advantages of systematic desensitisation?

- A. It is very costly and time-consuming as it requires working 1:1 with a psychologist.
- B. It is unethical and can harm the patient.
- C. It is gradual and less stressful than flooding and the patient is in control of how fast they move through their fear hierarchy.
- D. It can teach the patient how to cope with other stressful situations as they are taught how to relax.



11. Which of the following is a weakness of systematic desensitisation?

- A. It is very costly and time-consuming as it requires working 1:1 with a psychologist.
- B. It is unethical and can harm the patient.
- C. It is gradual and less stressful than flooding and the patient is in control of how fast they move through their fear hierarchy.
- D. It can teach the patient how to cope with other stressful situations as they are taught how to relax.



Section: The ethics of therapies
used to treat phobias.



1. What do psychologists have to consider about the patient when deciding on a treatment?

- A. The cost of the treatment.
- B. How much distress the treatment might cause the patient.
- C. How much time it will take.
- D. They don't have to think about the patient's needs.



2. Which therapy to treat phobias gives the patient most control over what happens?

- A. Flooding
- B. Systematic desensitisation



3. Which therapy to treat phobias causes the patient the most distress?

- A. Flooding
- B. Systematic desensitisation

4. Before beginning any treatment, which of the following ethical guidelines must the psychologist get from the patient?

- A. Give them debrief
- B. Informed consent
- C. Protection from harm
- D. The right to withdraw



5. What can't a patient do when undertaking flooding as a therapy for their phobia?

- A. Laugh
- B. Speak to the psychologist delivering the therapy.
- C. **Withdraw from the therapy.**
- D. Use their mobile phone.



6. Which method is probably best to use with someone who suffers from anxiety and has a phobia?

- A. Flooding
- B. Systematic desensitisation



Section: The job of a clinical psychologist



1. Which best describes the job of a clinical psychologist?

- A. A clinical psychologist works with mental health patients.
- B. A clinical psychologist works with people with mental health issues and tries to treat them so they can live 'normal' lives.
- C. A clinical psychologist works with people who have depression.
- D. A clinical psychologist works in prisons.



2. A clinical psychologist has various roles. Which one is being described below?

- The clinical psychologist might have to work with other professionals such as social workers and doctors to help treat a patient.
- A. Working with mental health issues
- B. Working in teams and communities



3. A clinical psychologist has various roles. Which one is being described below?

- Working with people with phobias, anxiety or other mental health issues.

- A. Working with mental health issues
- B. Working in teams and communities



4. Which best describes the correct order of how a clinical psychologist works?

- A. Planning the intervention / keeping a record of treatment and progress / reviewing the treatment / assessment of needs
- B. Assessment of needs / keeping a record of treatment and progress / planning the intervention / reviewing the treatment
- C. Assessment of needs / planning the intervention / keeping a record of treatment and progress / reviewing the treatment



5. Which two methods might a clinical psychologist use when making a assessment of need?

- A. Psychometric testing
- B. Blood tests
- C. Flooding
- D. Standardised tests such as IQ tests



6. Which best describes what is meant by 'planning an intervention'?

- A. Carrying out the treatment.
- B. Deciding on the best treatment based on an understanding of the client's needs.
- C. Stopping the treatment.
- D. Working the the patient.



7. Which two are practical problems a clinical psychologist might face?

- A. Not having enough money to pay for the most effective treatment for the client.
- B. The treatments are often unethical
- C. Not having enough time to work with each client because of cost and the number of people needing therapy.
- D. The clinical psychologist might not be properly trained.



8. Which two other things might a clinical psychologist do?

- A. Train other health care professionals such as nurses in the NHS.
- B. Go into schools and work with children.
- C. Carry out their own research as part of their on CPD.
- D. Analyse a person's dreams.



9. What does CPD mean?

- A. Counting policemen daily.
- B. Creating pretty designs.
- C. Continuing professional development.
- D. Constant petty discrepancies.



Section: Becoming a clinical
psychologist.



1. Which two areas do most clinical psychologists work in?

- A. The prison service
- B. The NHS
- C. Schools
- D. On their own in private practice.



2. What is meant by the BPS?

- A. British Postal Service
- B. The British Psychological Society
- C. Backpackers Packing Service
- D. British Polite Society



3. How much can a clinical psychologist earn per year?

- A. £100,000 +
- B. Between £10, 000 and £30,000
- C. Between £30,000 and £60,000
- D. Over £200,000



4. Which of the following best describes the skills required to become a clinical psychologist?

- A. Be interested in healthcare / interested in science / be good at listening / willing to help others / help with solutions / work as part of a team.
- B. Be talkative / not interested in science / be poor at listening / not willing to help others / help with solutions / not work as part of a team.



5. Which best describes the qualifications required to become a clinical psychologist?

- A. Degree in psychology (recognised by the BPS) / get relevant work experience with the NHS / get a doctorate in clinical psychology / train with the NHS
- B. Degree in any subject / some relevant work experience / masters degree in psychology
- C. Work experience / a job with the NHS



6. What does 'Chartered Status' mean?

- A. That you don't have the correct qualifications to be a clinical psychologist.
- B. That you have the right qualifications and experience to work as a clinical psychologist and you regularly carry out CPD.
- C. That you are part of a club for clinical psychologists.
- D. That you have the right qualifications and experience to be a clinical psychologist but you do not have a job at the moment.



Section: Clinical psychology and phobias.

1. Which one of the following is not a method a clinical psychologist would consider as a treatment to cure a person's phobia

- A. Flooding
- B. Acupuncture
- C. Systematic desensitisation
- D. Hypnotherapy
- E. Cognitive behaviour therapy



2. Which method of treating a phobia is being described below?

- Using a hierarchy of fear and relaxation techniques the patient is gradually introduced to more stressful situations with the object they fear.
-
- A. Flooding
 - B. Systematic desensitisation
 - C. Hypnotherapy
 - D. Cognitive behaviour therapy



3. Which method of treating a phobia is being described below?

- The therapist talks to the client and finds out how and why they think they are scared of the object that causes them the phobia. The therapist then tries to get them to think differently about it.
-
- A. Flooding
 - B. Systematic desensitisation
 - C. Hypnotherapy
 - D. Cognitive behaviour therapy



4. Which method of treating a phobia is being described below?

- The therapist gets the client into a very relaxed state and then instructs them on how to overcome their phobia. In the relaxed state people are more willing to act of suggestions.
-
- A. Flooding
 - B. Systematic desensitisation
 - C. Hypnotherapy
 - D. Cognitive behaviour therapy

Section: Key study – Heinrichs et al (2005): cultural differences and fears.





1. What is meant by the term customs?

- A. Behaviour or belief that is expected and accepted in a particular culture.
- B. **Something that a culture has done for a very long time.**
- C. A culture that encourages independence, personal achievement and competition such as the USA.
- D. A practice that has been handed down through generations.
- E. A culture that encourages cooperation between members of the group and people rely on each other to achieve together such as Japan



2. What is meant by the term traditions?

- A. Behaviour or belief that is expected and accepted in a particular culture.
- B. Something that a culture has done for a very long time.
- C. A culture that encourages independence, personal achievement and competition such as the USA.
- D. A practice that has been handed down through generations.
- E. A culture that encourages cooperation between members of the group and people rely on each other to achieve together such as Japan



3. What is meant by the term social norm?

- A. Behaviour or belief that is expected and accepted in a particular culture.
- B. Something that a culture has done for a very long time.
- C. A culture that encourages independence, personal achievement and competition such as the USA.
- D. A practice that has been handed down through generations.
- E. A culture that encourages cooperation between members of the group and people rely on each other to achieve together such as Japan



4. What is meant by the term collectivist?

- A. Behaviour or belief that is expected and accepted in a particular culture.
- B. Something that a culture has done for a very long time.
- C. A culture that encourages independence, personal achievement and competition such as the USA.
- D. A practice that has been handed down through generations.
- E. A culture that encourages cooperation between members of the group and people rely on each other to achieve together such as Japan



5. What is meant by the term individualist?

- A. Behaviour or belief that is expected and accepted in a particular culture.
- B. Something that a culture has done for a very long time.
- C. A culture that encourages independence, personal achievement and competition such as the USA.
- D. A practice that has been handed down through generations.
- E. A culture that encourages cooperation between members of the group and people rely on each other to achieve together such as Japan
- F. A fear someone has of social situations



6. What is meant by the term social anxiety?

- A. Behaviour or belief that is expected and accepted in a particular culture.
- B. Something that a culture has done for a very long time.
- C. A culture that encourages independence, personal achievement and competition such as the USA.
- D. A practice that has been handed down through generations.
- E. A culture that encourages cooperation between members of the group and people rely on each other to achieve together such as Japan
- F. **A fear someone has of social situations**



7. What was the aim of Heinrichs' study into cultural differences and fears?

- A. To find out if a phobia in a little boy could be deconditioned and whether this would generalise to other objects.
- B. To find out if there is a criminal gene.
- C. To see if we are afraid of or avoid animals that move quickly, move suddenly and look very different from us.
- D. To find out if context affects perception.
- E. To see if being brought up in different cultures affected social anxiety and fear of blushing.
- F. To find out what if aggression in children increases with the introduction of television.



8. Which best describes the sample?

- A. 909 university students.
- B. 1999 university students all studying psychology
- C. 909 university students studying psychology.
- D. 50 men from Nebraska



9. How did Heinrichs recruit his participants?

- A. Volunteers from 8 different universities in 8 different countries.
- B. Volunteers all from the same university.
- C. Volunteers all from the same country.
- D. Volunteers from 12 different universities and three different countries.



10. Which best describes how the participants were divided?

- A. Divided according to gender.
- B. Divided according to how many languages they could speak
- C. Divided into individualist and collectivist groups depending on the country they came from.
- D. They were all put in the same group.



11. How did Heinrichs gather his data?

- A. Questionnaire. They were given a short description of a problem and they had to say what they would do. They also had to complete a questionnaire about social anxiety and blushing.
- B. Questionnaire. They had to complete a questionnaire about social anxiety and blushing.
- C. Getting all the participants together and carrying out a controlled lab experiment.
- D. By conducting a telephone interview with each participant.



12. Which best describes the order of results (from highest social anxiety to lowest social anxiety)?

- A. Spain/ Korea/ Japan / Germany / Canada / Australia / The Netherlands / USA
- B. Japan / Korea / Spain / USA / Canada / Australia / The Netherlands / Germany
- C. Spain / USA / Canada / Australia / The Netherlands / Germany / Japan / Korea



13. Which statement is correct about Heinrichs' findings about collectivist cultures?

- A. Collectivist cultures show more social anxiety and fear of blushing.
- B. Individualist cultures show less social anxiety and fear of blushing
- C. Collectivist cultures show less social anxiety and fear of blushing.
- D. Individualist cultures show more social anxiety and fear of blushing



14. Which statement is correct about Heinrichs' findings about individualist cultures?

- A. Collectivist cultures show more social anxiety and fear of blushing.
- B. Individualist cultures show less social anxiety and fear of blushing
- C. Collectivist cultures show less social anxiety and fear of blushing.
- D. Individualist cultures show more social anxiety and fear of blushing



15. Why is Heinrichs' study relevant for the nature-nurture debate?

- A. This study shows us how behaviour such as social anxiety is influenced by the culture we are part of. Therefore it supports the nurture side of the nature-nurture debate.
- B. It isn't, it tells us nothing about the nature-nurture debate.
- C. It tells us that all our behaviour is down to our genes and nothing to do with the cultures we belong to and the social learning that takes place.



Link to revision notes on the FCC website

- <http://www.felpham.com/Social-Sciences>