

Q1.

Outline **one** limitation of the use of drug therapy in the treatment of stress.

(Total 2 marks)

Q2.

Using an example of **each**, explain the difference between instrumental support and emotional support.

(Total 4 marks)

Q3.

Evaluate drug therapy as a way of managing stress.

(Total 8 marks)

Q4.

Beth and Oscar both experience stress. Beth worries a lot about her family whereas Oscar thinks about how to solve problems at work. Each of them has developed strategies for managing and coping with their stress. Oscar asks his friends for practical help, whereas Beth relies on her friends to cheer her up with positive comments.

Discuss gender differences **and** the role of social support in coping with stress. Refer to Oscar and Beth in your answer.

[illegible]

(Total 16 marks)

Q5.

Nadine has a busy job and is very stressed most of the time. When she thinks about work at night she feels her heart pounding very fast. She often feels anxious and is experiencing frequent headaches.

Explain how a biofeedback therapist might help Nadine manage her stress.

(Total 4 marks)