

Mark schemes

Q1.**[AO1 = 1]**

Answer: **D – The level of moisture on the surface of a person's skin increases and skin conductivity increases.**

[1]**Q2.****[AO1 = 6 AO3 = 10]**

Level	Mark	Description
4	13-16	Knowledge of self-report measure(s) is accurate and generally well detailed. Comparison with physiological measures 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	Knowledge of self-report measure(s) is evident but there are occasional inaccuracies/omissions. Comparison with the physiological measures is mostly effective. The answer is mostly clear and organised but occasionally lacks focus. Specialist terminology is used appropriately.
2	5-8	Limited knowledge of self-report measure(s) is present. Focus is mainly on description. Any comparison with physiological measures is of limited effectiveness. The answer lacks clarity, accuracy and organisation in places. Specialist terminology is used inappropriately on occasions.
1	1-4	Knowledge of self-report measure(s) is very limited. Comparison 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 content:**SRRS (Holmes and Rahe):**

- scale of 43 life events experienced over a specified time
- each event is scored in terms of life-change units (LCUs) – this was based on judgements of a sample of 100 'judges'
- LCUs accrue to give an overall life-change score
- scores given to indicate likelihood of suffering poor health, eg score over 300 LCUs related to 80% chance of illness in next year
- credit variations on the original SRRS.

Daily Hassles and Uplifts Scale (Kanner):

- used to measure events over a monthly period

- 117 negative events that could occur in a normal day, eg bad weather, arguments
- 135 positive events that could occur in a normal day, eg good news, seeing friends
- each hassle is measured on a 3-point scale (somewhat, moderate, extreme)
- hassles are correlated with undesirable psychological symptoms such as anxiety and depression; effects of uplifts were unclear.

Possible comparisons:

- self-report measures are used retrospectively whereas physiological measures can be used to record stress in real time
- self-report measures are less objective – they reflect subjective experience whereas physiological measures (eg GSR) are objectively observable
- self-report measures are used in correlational research whereas physiological measures can be used experimentally, eg exposing a participant to a stressor whilst recording GSR
- self-report measures are more useful for measuring on-going stress and in long-term research
- both measures provide quantitative data that can be analysed, eg LCUs can be correlated with health conditions
- both measures have validity issues – there are individual differences in interpretation of the events on a self-report scale and GSR may reflect general arousal (general ANS activity) rather than stress.

Credit other relevant material.