

**Q1.**

Asa plays internet poker when he is alone in the evening, losing large sums of money. Sometimes he goes to casinos for the extra thrill of being around other gamblers.

He talks about all the times he has won and how skilled he is at placing bets. If people point out that he could lose, Asa just ignores them.

Asa goes to a therapist for help with problem gambling. The therapist focuses on changing how Asa thinks about gambling and making the casino much less attractive.

Discuss **one or more** ways of reducing addiction. Refer to Asa in your answer.

**(Total 16 marks)**

**Q2.**

Warren is addicted to gambling. In the evening he plays poker on the computer. He has recently started to attend Bettsoft gambling recovery centre. At the centre, staff aim to change how people think about their addictive behaviour. They also promote coping skills and alternative ways of behaving so addicts are less likely to fall back into their gambling habit.

(a) Which therapy for addiction relies on changing the way the person thinks about his or her addictive behaviour?

---

---

(1)

(b) Referring to your answer to part (a), describe what the staff at the centre might do to help Warren's gambling addiction.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

(4)

(c) Outline **one** limitation of the way of reducing addiction you have described in your answer to part (b).

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

(2)

(Total 7 marks)

**Q3.**

Bertie is talking about his addiction to chocolate.

Bertie says, "I can't stop eating chocolate. I just need more and more. Eating chocolate gives me such a great feeling. I get comfy on the sofa then stuff myself with chocolate till I feel all warm and happy. I'm spending so much money on chocolate, I don't know what to do."

Explain how covert sensitisation could be used to treat Bertie's addiction.

(Total 4 marks)

**Q4.**

Outline **one** strength **and one** limitation of covert sensitisation as a way of reducing addiction.

(Total 6 marks)