

Mark schemes

Q1.

[AO2 = 6]

Level	Mark	Description
3	5-6	Explanation of Tyler's phobia of the dentist using the two-process model is clear and generally well detailed. The answer is generally coherent with appropriate use of terminology.
2	3-4	Explanation of Tyler's phobia of the dentist using the two-process model is evident. The answer lacks clarity in places. Terminology is used appropriately on occasions. Maximum 4 marks for an explanation of Tyler's phobia using only one type of conditioning at Level 3.
1	1-2	Explanation of Tyler's phobia of the dentist using the two-process model is limited. The answer as a whole lacks clarity and has inaccuracies. Terminology is either absent or inappropriately used.
	0	No relevant content.

Possible content:

- Tyler's phobia has been acquired via classical conditioning – an association has formed between the neutral stimulus of the dentist and the unconditioned stimulus of the pain felt when Tyler had a tooth removed when he was four years old
- the conditioned response of fear is now triggered every time someone mentions the dentist to Tyler. The dentist has become a conditioned stimulus
- Tyler's phobia has generalised to include the word 'dentist'
- Tyler's phobia is maintained via operant conditioning through negative reinforcement. Reduction in fear/anxiety strengthens Tyler avoiding the dentist (by locking himself in his room).

Credit other relevant content such as an annotated classical conditioning diagram.

[6]

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

Level	Mark	Description
4	10-12	Knowledge of the behavioural approach to the treatment of phobias is accurate and generally well detailed. Evaluation is effective. Minor detail and/or expansion is sometimes lacking. The answer is clear and coherent. Specialist terminology is used effectively.
3	7-9	Knowledge of the behavioural approach to the treatment of phobias is evident but there are occasional inaccuracies/omissions. There is some effective evaluation. The answer is mostly clear and organised. Specialist terminology is mostly used appropriately.
2	4-6	Limited knowledge of the behavioural approach to the treatment of phobias is present. Focus is mainly on description. Any evaluation is of limited effectiveness. The answer lacks clarity, accuracy and organisation in places. Specialist terminology is used inappropriately on occasions.
1	1-3	Knowledge of the behavioural approach to the treatment of phobias is very limited. Evaluation 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:**Systematic desensitisation**

- based on classical conditioning – counterconditioning
- relaxation training – fear and relaxation cannot coexist (reciprocal inhibition)
- formation of anxiety hierarchy
- gradual exposure (stepped approach) leading to eventual extinction.

Flooding

- immediate exposure to phobic stimulus
- exhaustion of phobic response
- prevention of avoidance.

Possible evaluation:**Systematic desensitisation**

- use of supporting evidence of effectiveness, eg Gilroy et al. (2003), Wechsler et al. (2019) etc
- the client is in control as it allows people to make progress in small steps/in their own time scale rather than that

required by the therapist • low attrition rates/high completion rates because the gradual process of the therapy allows respite and the relaxation is pleasant

- gradual exposure is considered to be less traumatic
- may be more successful for certain individuals, eg children, people with learning difficulties etc
- time-consuming as the person with the phobia needs to be trained in relaxation techniques and gradual exposure can take many sessions
- progress in therapy may not generalise outside of the clinical setting when the person with the phobia must face their fear without the support of the therapist
- may not be appropriate for more generalised phobias, such as social phobia, where there is no obvious target behaviour so difficult to devise a hierarchy.

Flooding

- cost effective as it is clinically effective at treating phobias and is relatively cheap
- may not be appropriate for more complex phobias, such as social phobia, where sufferers do not simply experience an anxiety response but also think unpleasant thoughts about the social situation
- immediate exposure is considered to be more traumatic
- high attrition rates/low completion rates because the immediate process of the therapy does not allow respite and is unpleasant.

Credit other relevant content including comparison.

Q3.**[AO2 = 6]**

Level	Mark	Description
3	5-6	Application of knowledge of the two-process model to the phobia of dogs is clear and generally well detailed. The answer is generally coherent with appropriate use of terminology.
2	3-4	Application of knowledge of the two-process model to the phobia of dogs is evident. The answer lacks clarity in places. Terminology is used appropriately on occasions.
1	1-2	Application of knowledge of the two-process model to the phobia of dogs is limited. The answer as a whole lacks clarity and has inaccuracies. Terminology is either absent or inappropriately used.
	0	No relevant content.

Possible content/application:

- Ken's phobia has developed through classical conditioning i.e. by association
- The pain or shock of breaking his arm/being knocked over by the dog was an unconditioned stimulus producing fear, an unconditioned response
- The dog is associated with pain/shock as they occur together in time
- the dog/Prince is a neutral stimulus which becomes a conditioned stimulus producing a fear of dogs as a conditioned response
- the conditioned response is generalised to all dogs
- Ken's phobia is maintained through operant conditioning
- the behaviour of avoiding dogs is negatively reinforced through the relief it brings.

Credit other relevant material – including reference to a classical conditioning diagram applied to the scenario

Note:

- If only one aspect of the two-process model is applied maximum 3 marks
- Two process model (classical and operant conditioning) without application to the scenario, maximum 1 mark

[6]

Q4.**[AO3 = 3]**

3 marks for a clear, coherent and detailed outline, using appropriate terminology.

2 marks for an outline which lacks some detail.

1 mark for a very limited/muddled outline.

Possible limitations:

- SD is time-consuming, when compared to alternatives such as flooding, as the person with the phobia needs to be trained in relaxation techniques and gradual exposure can take many sessions
- progress in therapy may not generalise outside of the clinical setting when the person with the phobia must face their fear without the support of the therapist
- may not be appropriate for more generalised 'free-floating' phobias, such as social phobia, where there is no obvious target behaviour so difficult to devise a hierarchy
- 'expense' if justified through reasoned discussion
- alternative treatments if used to illustrate limitations of SD.

Credit other valid limitations.

[3]**Q5.****[AO2 = 4]**

Level	Mark	Description
2	3-4	Application of the two-process model to Stan's phobia is clear with some accurate detail. The answer is generally coherent with effective use of appropriate terminology.
1	1-2	Application of the two-process model to Stan's phobia is partial/limited. The answer lacks coherence and use of appropriate terminology.
	0	No relevant content.

Possible content:

- Stan's phobia developed/acquired through association of the fear felt when stuck in a lift (classical conditioning)
- this learned response is now triggered whenever he sees a lift, (CS-CR)
- his phobia has generalised to similar situations where moving items might stop such as escalators/roller coasters
- phobia is maintained as it is (negatively) reinforced (operant conditioning) by feeling calm when he avoids lifts and uses stairs.

Credit other relevant information.

[4]

Q6.**[AO1 = 2]****1 mark** for **each** of the following points:

- exposure/bombardment to phobic stimulus (without avoidance)
- until anxiety subsides/extinction of fear response occurs.

Accept the above embedded within an example.

[2]**Q7.****[AO1 = 6 AO2 = 4 AO3 = 6]**

Level	Mark	Description
4	13-16	Knowledge of the two-process model 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	Knowledge of the two-process model 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	Limited knowledge of the two-process model 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	Knowledge of the two-process model 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 content:

- development of phobia through classical conditioning – association of fear/anxiety with neutral stimulus to produce conditioned response; assumes experience of traumatic event; generalisation of fear to other similar objects; one trial learning
- maintenance of fear through operant conditioning – avoidance of phobic object/situation is negatively reinforcing; relief as reward/primary reinforcer.

Accept other valid points.

Possible application:

- Max's phobia has developed through classical conditioning – association formed between the neutral stimulus (sea) and the fearful event (being carried away by the tide)
- the conditioned response is triggered every time Max is near the sea
- phobia has generalised to all 'beach holidays'
- phobia is maintained through operant conditioning – avoidance of fear is reinforcing, so Max avoids the beach.

Possible discussion:

- use of evidence to support/contradict the two-process model, eg Watson and Rayner, DiNardo et al
- not all phobias are the result of trauma
- alternative evolutionary explanations for more common phobias, eg preparedness
- behavioural approach ignores cognitive aspects of phobias
- alternative explanations for avoidance, eg safety
- behavioural principles underpin therapies based on counterconditioning, eg systematic desensitisation.

Accept other valid points. Only credit evaluation of the methodology used in studies when made relevant to the discussion of the explanations.

[16]