Q1.

Tyler is 10 years old and has a phobia of the dentist. When Tyler was 4 years old, he had a tooth removed, which caused him a lot of pain. Tyler is so scared that if someone mentions the dentist he starts to cry. Last week he locked himself in his bedroom and refused to go to his appointment with the dentist.

Explain Tyler's phobia of the dentist using the two-process model.

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(Total 6 marks)

Q2.

Describe and evaluate the behavioural approach to the treatment of phobias.

You may use this space to plan your answer.

(Total 12 marks)

Q3.

Ken visited his friend, Jules, who has a large dog called Prince. Prince ran in from the garden, jumped at Ken and knocked him down, breaking his arm. Ken now has a fear of dogs and has avoided all dogs ever since.

How would the two-process model of phobias explain Ken's fear of dogs?

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(Total 6 marks)

Q4.

Outline **one** limitation of systematic desensitisation as a treatment for phobias.

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(Total 3 marks)

Q5.

Stan has a phobia of lifts. He was stuck for three hours in a broken lift when he was young. He feels sick when he sees a lift and now he cannot use escalators or ride on roller coasters in case they break down. He feels calm when he uses the stairs.

How could Stan's phobia be explained using the two-process model?

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(Total 4 marks)

Q6.

Briefly outline flooding as a treatment for phobias.

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(Total 2 marks)

Q7.

Max has a phobia of the sea. On a family holiday as a child, he was carried away by the tide and had to be rescued by a lifeguard. Now he has a family of his own, Max refuses to go on beach holidays.

Discuss the two-process model of phobias. Refer to Max's phobia of the sea in your answer.

You may use this space to plan your answer.

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(Total 16 marks)