Mark schemes

Q1.

[AO1 = 2]

Award **1 mark** for **each** of the following:

A – Constantly checking the oven is switched off
D – Constantly washing their hands

[2]

Q2.

[AO1 = 2]

Answer **C** – Low mood
Answer **E** – Self-loathing

[2]

Q3.

[AO1 = 1]

D

[1]

Q4.

(a) **[AO1 = 2   AO2 = 2]**

In each case award:
1 mark for a behavioural characteristic that would
be seen in someone who has a phobia of dogs.

PLUS

1 mark for appropriate application to Rita.

Possible characteristics and application:
•   avoidance – Rita no longer going to her
    friend's house where a dog might be
    encountered/Rita tries not to leave the house
    in case she sees a dog on the street
•   freeze response/endurance behaviours – Rita
    cannot move until the dog has walked away
•   panic behaviours – Rita shakes in the
    presence of her friend's dogs.

Credit other relevant information.

4

(b)   **[AO2 = 4]**

Level	Marks	Description
2	3-4	The explanation of how the therapist could use systematic desensitisation to treat Rita's phobia of dogs is clear with some accurate detail. The answer is generally coherent with effective use of appropriate terminology.
1	1-2	The explanation of how the therapist could use systematic desensitisation to treat Rita's phobia of dogs is partial or has limited detail. The answer lacks coherence and use of appropriate terminology.
	0	No relevant content.

Possible content:
*   Rita would be taught relaxation techniques she could use when she encounters dogs as part of the therapy
*   Rita would devise her hierarchy so it reflects her least to most feared dog situation, for example, hearing a dog bark, picture of a dog, then seeing a dog through a window
*   Rita would then be exposed to dogs gradually, ensuring she is relaxed at each stage.

Credit other relevant content.

4

[8]

Q5.

[AO1 = 2]

1 mark each for two of the following:

*   changes in sleep patterns: sleeping less (insomnia)/sleeping more (hypersomnia)
*   changes in eating patterns: eating more/eating less
*   social withdrawal
*   reduced movement
*   reduced speech.

Accept alternative wording.

Accept other valid characteristics. If more than two characteristics are identified, only the first two should be marked.

[2]

Q6.

[AO1 = 2   AO2 = 2]

In each case award:

1 mark for an outline of a characteristic of OCD.

PLUS

1 mark for appropriate application to Sami.

Possible characteristics:
- irrational belief/catastrophic thought/obsession – Sami thinking her family are in danger or she might make them ill
- feelings of extreme anxiety – being terrified of germs
- performing repetitive actions/compulsions – washing food items three times/not touching food with bare hands.

Credit other relevant characteristics.

[4]

Q7.

[AO1 = 4]

For each characteristic award marks as follows:

2 marks for a clear, coherent cognitive characteristic.

1 mark for a limited, muddled cognitive characteristic.

Possible characteristics:
- obsessive thoughts – persistent and intrusive thoughts of, eg germs
- hypervigilance/selective attention – increased awareness of source of obsession in new situations
- insight into irrationality of thoughts/behaviour
- cognitive strategies to deal with obsessions.

Award **1 mark** only for two cognitive characteristics just named.

Accept other valid characteristics.

[4]