

Candidate evidence

Candidate 1

Q1) A) method: dement and kliezman used a lab experiment with polysomnography procedure; to test their first aim they waited until participants were in rem sleep then woke them and asked if they were dreaming to test the second aim they waited for four types of eye movement then woke the participant and asked the content of their dream and for the third aim they woke participants after five or fifteen minutes of dreaming and asked them how long they thought they were dreaming

b) Oswald says we need Nrem sleep to repair the body and rem sleep to repair the brain so if we do not get enough rem sleep we wont be able to focus on anything because our neurotransmitters will not be replenished. if we do not get any Nrem sleep we will not be able to grow as much because the growth hormone is released during Nrem also during Nrem we speed up cell repair so cuts will be staying long and our immune system will be damaged due to our chemical energies not maintaining homeostasis or balanced which happens during Nrem. another thing is our muscles will hurt and be run down since in Nrem muscle waste is removed

c) a weakness of restoration theory is that people who exercise less than average do not sleep less this is a weakness because it goes against what Oswald says about sleep only being about repairing the body

d) Freud says that our dreams are wish fulfilment wishes we do not even realise we have. the conscious mind is unaware of these wishes but they come out during dreams as symbols the unconscious mind is the largest part of the mind and is hidden from the conscious mind this is where the wishes that may be against the norms of the world are. during dreaming our unconscious mind has more control and spills out these wishes as symbols for example in Freud's little Hans study Hans dreamed that he married his mother the hidden meaning is that he has romantic feelings for her. the hidden meaning of a dream is called the latent content this is the hidden wish that Hans had

Candidate 2

Q2) A) personality is the unique and relatively unchanging characteristics and behaviours that make a person	
b) the EPQ-r was a questionnaire that tested for a few things these were extraversion people high in this are more dominant and like being around people low in extraversion is people who are more closed off emotionally. neuroticism people high in this are more anxious and handle stress badly people low in neuroticism are better at handling stress and are more stable. psychoticism people high in this have bad impulse control and are more spontaneous low in psychoticism means better impulse control. the EPQ-r also had a lie scale to catch anyone trying to make themselves look more desirable in the long versions also had an addiction and criminality scales these tested for disorders. there was a hundred questions on the questionnaire	
c) It has been thought that APD is caused by differences in the brain there are two parts of the brain that are involved they are the amygdala and the prefrontal cortex. people think that the amygdala can cause APD the amygdala is part of our brain's limbic system that controls emotion and memory this is also the part of the brain that helps us recognise facial expressions like fear and sadness so if the amygdala is damaged then the person will not be able to learn from their actions for example if someone with a damaged amygdala hits someone they will not recognise that this is bad and may do it again this is a sign of APD lack of remorse. another part of the brain that people think has something to do with APD is the prefrontal cortex this is part of the brain that deals with emotions too and a study by Raine (2000) found that people with APD have an average of eleven percent less prefrontal grey matter on their brains this makes a clear link to APD and a damaged prefrontal cortex.	
D) (I) Farrington (1995) aimed to see if there was a link between growing up in a poor part of London and committing a crime (II) a weakness of Farrington (1995) was that the researcher did not consider the biological there may have been a biological reason in the forty one percent that compelled them to commit a crime	
e) $6+4+2 = 12$ $12/3=4$ mean =4	

Candidate 3

3a	phobias are an extreme fear of an object or situation that can develop overtime and influence our day-to-day lives	
3b	Systematic desensitiation is designed to help people become less fearful of their phobia. Stage one starts with the therapist teaching the patient how to completely relax their body and stay calm. Stage two the therapist and patient together make a list of anxiety inducing situations each getting more anxiety inducing than the previous one. Stage three the patient begins the list of fearful situations. once the patient can remain calm while in the situation they are thought	

to have mastered it and can move on to the next step. Stage four the patient continues to make their way through the list being reminded to relax their muscles as they go. Stage 5 is when the patient has mastered all steps in the list and are now no longer scared of the object or situation they once were scared of.

3a) The two process model is the idea that phobias are both conditioned and unconditioned. A study on conditioned stimulus is Pavlov's dog where he was taught to associate a bell ringing with food. The same can happen with phobias for example you see a video of the plane crash and now associate that video with flying so you develop a phobia of flying. The aim of the 2 process model

QUESTION	MARGIN
<p>Study was to see if people could be conditioned into fearing a certain situation or object through association. What is the study about?</p>	
3cii	<p>One weakness of this study is that not all phobias are helpful. Example being scared of chicken because you associate it with food poisoning. This won't help in any situation it is irrational.</p>
3d	<p>A study on genetic inheritance is refer et al. They studied mice by giving giving them electrical shocks when the chemical acetophenone was smell was also present. This caused the mice to associate the smell of the chemical with being in pain even when there was no shock given. The offspring of these mice were then studied to see whether they had the same fear of the chemical and</p>

it was found that they did even though they had never come in contact with the chemical before in their life. The offspring of these mice so the 3rd generation of original mice, the grand children were also found to fear the chemical. This suggests that phobias can be genetically inherited from parents or even grandparents even though you may have never come in contact with the feared situation or object in your life.

$$3e \quad 6 + 4 + 2 = 12$$

$$12 \div 3 = 4$$

$$\text{mean} = \underline{3}$$

Candidate 4

Q4) A) compliance is when you change your behaviour in public but you do not actually change your behaviour when in private this is usually done to fit in and not stand out a study by Asch (1951) gave a group an easy task but all but one were confederates and told to answer the same wrong answer the one person who was labeled the true participant was then asked last and they saw if the true participant conformed to the wrong answer or not the results of this study was that 32% of participants did conform on average 75% of people got one wrong answer. this study shows compliance because it was an easy task the participants knew the answer but got it wrong because they conformed to the others in the group

b) Janice is showing informational influence to conform this means that when in a unknown environment you look to others and copy them Janice is new to being in a wheelchair so she looks to others for advice. the type of conformity she has could be internalisation this means she fully embraces the change in behaviour in public and private forever. if Janice does enjoy the wheelchair basketball she is likely to continue to play but if Janice does not like the game and she continues to play because of some friends who joined in this would then be compliance which is change in behaviour in public but not in private. this was majority influence which means when the bigger number of people the majority convinces the smaller number of people the minority to change Janice was in the minority because there was more than one message online. a individual factor that might affect Janice is her self esteem because Janice is new to being in a wheelchair she may have low self esteem and confidence in herself so instead of finding a sport she likes she looks to others instead so having low self esteem increases the conformity rate. a situational factor that may affect Janice is group size if the amount of people who tell her to play basketball is high there is a higher conformity rate. A cultural factor that could have affect the conformity rate is if Janice is from a collectivist culture these cultures are taught to value putting the groups needs first rather than the individuals individualist cultures are taught to value themselves rather than the group so if Janice is from a collectivist culture like Peru her conformity rate is higher

c) Asch's study found that on average 32 percent of men conformed and 75% of the men conformed at least once but Mori and Arai found that the men in their study did not conform at all. Asch's study did not have any women in it but Mori and Arai found that the women conformed similarly to how the men in Asch conformed Mori and Arai thought this was either a cultural factor since Asch had Americans and Mori and Arai had Japanese people but it also could be because of a generational factor since Asch did his study in 1951 and Mori and Arai in 2010

Candidate 5

5a	Diffusion of responsibility - assuming somebody else will help a person in need of help and therefore as a result, no help ends up being given.
5b	Collectivist cultures such as Japan value group harmony over individuality and therefore, have higher emergency response ^{altruism} rates because somebody else's needs are put before their own. Individualistic cultures such as the UK or USA value one's own needs before other people. They believe in competition and therefore, are less likely to perform altruistic acts.
5c	The kin selection theory of altruism states that people are more likely to help close - relatives and family in an emergency before helping others. It is linked to the human instinct ^{instinct} of survival of your genes.

5d Madsen et al

weakness - The study does not consider personality or individual ~~being~~ factors such as emotional closeness to relatives.

5e The empathy altruism theory states that people help others out of genuine concern rather than for self-interest purposes.

Batson and Toi

aim: to confirm the empathy altruism hypothesis and to see if people are more likely to help from genuine empathy or for personal gain.

method: It was an experiment with high levels of control where students listened to a taped audio of a classmate ~~who~~ had recently been in a

Se	- car accident and needed notes from her classmates as she was unable to attend class. Students were put in a high empathy and low empathy group - some were told she would be in class and others were told she wasn't. The point of this was to see if people who were told she would be in class were more likely to give her notes in order to avoid feeling guilty for not sharing them when they'd see her in class whereas the low empathy group who were told she wouldn't return to class would be less likely to share notes as they'd never have to see her again. Results confirmed the empathy altruism hypothesis and high empathy group was more likely to share notes as opposed to the low empathy group.
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Candidate 6

6a	In Japan when people meet for the first time they exchange ^{business cards} and assess each other them. Then the person with the lowest status bows first and lower than the person with higher status. This is a result of nurture.
6b	Gender differences in NVC include that women smile more than men in social situations. Men make more direct eye contact when talking whilst women make more eye contact when listening. Another difference is men assert more dominance compared to women who are not as dominant. Another difference is women focus on eyes more when smiling and men focus on mouths.
6c	A study on NVC is Ekman and Friesen where they studied the Fore tribe people. They read them a script

story indicating an emotion eg. A boy's Mum died indicating the sad emotion they then had to match the emotion to a photo they had 3 options to choose from. They also studied 24 people who had lots of contact with the western world and the Fore people had none, there was over 100 Fore people being studied. The results showed that isolated people with no contact to the outside world ~~were~~ ~~put~~ ~~had~~ almost the exact same emotions as westernized people. The only confusion was between surprise and fear but that may be because the Fore's people surprising events are also terrifying. This study shows that facial expressions are universal across cultures and are a result of nature not nurture. Yuki et al studied the differences between

	<p>American and Japanese people NVC. They found that Japanese people had a hard time recognizing the sad emotions as well as that may be because in their culture it is unacceptable to show such emotions in public. It was also found that Japanese people focus on eyes more when smiling and Americans focus on mouths more. This shows that there are some differences in NVC across different cultures and collectivist culture and individualistic cultures have different things. Collectivists value family and society more than the individual whilst individualistic cultures have the opposite approach.</p>	
6d:	<p>A study on nature in NVC is Ekman on Friesen. The method of their study was to take from Fore tribe people who had</p>	

no contact with the westernised world were read a story indicating an emotion e.g. A boy's Mum died, which indicates sadness. They would then have to pick the picture indicating the sad emotion. The also studied 24 westernised people to compare results too. They had multiple different pictures to choose from which emotion is being indicated from the story.

6dii The results of the Ekman and Friesen showed that people like the Inuit people with no contact with the outside world picked almost the exact same emotions as people who had lots of contact with the westernised world. The only confusion was that the Inuit people could not tell the difference between surprise and fear but that may be because

QUESTION	ANSWER
	<p>These fearful events are also surprising. These results support the nature NVC as it suggests people all over the world express the same facial expressions for emotions no matter your background. This means that it is not learnt facial expressions and that it is innate.</p>