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Syllabus points

- Applications of Psychology to Health: stress as defined by Selye (1936), models of stress, health related consequences of stress – maladaptive and adaptive coping strategies
- Science Inquiry: Ethical guidelines and practices for psychological research, Formulating research, Methodology, Processing and analysing data.

Conditions

- Reading time: 5 minutes
- Working time: 50 minutes

Task Weighting

- 8% total weighting

Structure of this paper

Section	Number of questions available	Number of questions to be attempted	Suggested working time (minutes)	Marks	Score
Section One: Short Answer	2	2	35	33	
Section Two: Extended Response	1	1	15	16	
Total				49	

Section One: Short Answer Response

(33 Marks)

This section has two questions. Write your answers in the spaces provided.
Suggested working time: 35 minutes.

Question One

(13 marks)

Mrs Lee and her Psychology class wanted to test their theory that different types of meditation techniques would improve stress levels before exams. The class collected participants from their own school; Year 7's, Year 9's, Year 11's, and Year 12's. The participants were aged between 11 and 18 years old and were randomly allocated into three groups. Group 1 practices mindfulness once a day, and group 2 practice Mantra meditation once a day (a practice that involves repeating a word, phrase, or sound to bring about mental focus and clarity). Group 3 practiced no meditation beyond their normal daily routine. At the end of a two-month trial, a week before the exam period, all the participants completed a stress test.

The following results were collected:

	Mean Score on Stress Test (out of 100)
Group 1: Mindfulness	57
Group 2: Mantra Meditation	65
Group 3: No Meditation	79

A statistical test on the difference between the effect of practicing meditation verses no meditation on stress found that $p = 0.47$

- a) Suggest a directional hypothesis that the class would have developed for this study.

(4 marks)

it is hypothesised that Teenager aged 11 to 18 that
~~practices mindfulness once a day~~ have practiced
no meditation have a higher mean score on stress test
than the group that practiced mindfulness and
mantra meditation, randomly allocated.

- b) Identify two possible sources of error in the conduction of this experiment. (2 marks)

Extraneous variable; Stress level of the student could impact the ~~result~~ result of the test, as everyone react to the same mantra differently. Characteristic demand, as the student might realized ~~how~~ what's the aim of the study and manipulate their behaviour to their liking.

- c) Define stress as defined by Selye (1936) (2 marks)

The non-specific reaction of the body towards any demand,
Both physiological and psycholo-

- d) Outline what type/nature of stressor that being stressed about the upcoming exam is categorised by.

(2 marks)

Psychology, Arise from individual's ~~#~~ belief and thinking towards the upcoming exam. it is eustress.

- e) Name the type of stress these students are experiencing due to exam preparation and outline what this means.

(3 marks)

~~The~~ Eustress, where the stress the student experience enhance performance and push the student to do ~~the~~ achieve higher score. this is a positive stress.

Question Two

(20 marks)

Hugh recently graduated University and was travelling to his first big job interview. Along the way he noticed his car tire had started to go flat and needed replacing. Hugh was panicked and felt instantly stressed about making it on time for the job interview. Luckily a repair shop was close by, and he managed to get it replaced almost instantly.

a) Describe the duration of the stressor.

(1 mark)

Short ^{-term} (acute)

b) Identify the stage of stress Hugh was in when realising he had a flat tire and outline the characteristics of this stage.

(4 mark)

Alarm Stage, ~~where~~ where the amygdala identifies the situation and sends it to the hypothalamus and then the parasympathetic prepare the body to flight or fight response, and lastly sends a signal for the adrenaline glands by bloodstream to release hormones like cortisol, adrenaline and non-adrenaline.

Hugh unfortunately did not get offered the job position, and it is now 3 months later, and he has failed to secure another interview opportunity. His financial situation has been a serious stressor of his for these past few months.

c) Explain what may happen if Hugh is unable to resolve the stress, including both short-term and long-term impacts.

(5 marks)

The short term ^(acute) is that ~~he'll have~~ he'll have a high blood pressure and high beating heart ~~has~~ beating rate. while the long term ^(chronic) impact is low immune system and Hugh will be exposed to diseases or sickness, as his immune system don't have the quantity to fight back. Hugh would feel tired often time and low energy.

diseases

Due to the prolonged stress, Hugh decides to visit a psychologist, seeking help and support in managing his stress. The psychologist decides to assess Hugh's vulnerability to stress through The Social Readjustment Scale, developed by Holmes and Rahe (1967).

- d) Name the type of self-report measure used in the Social Readjustment Scale. (1 mark)

Survey, Quantitative

- e) Outline one strength and one limitation of this measurement tool. (2 marks)

one strength is that it is a quantitative result

so it can be mathematically calculated, while on the other side
limitation is that, it's subjective and people can't
write description of the event.

- f) Using Lazarus and Folkman's (1984) theory, outline the role of the following cognitive appraisals and apply them to Hugh. (4 mark)

Primary: the identifying of the situation whether or not it is a positive
or negative or irrelevant.

Secondary: finding resources that could help the situation
in their environment.

- g) Explain the method of coping Hugh is using in the scenario. (3 mark)

Problem ^{Positive} focused Emotion-focus coping, where Hugh
seek a professional psychologist to help his emotionally
towards the stress.

Section Two: Extended Response

(16 Marks)

This section has **one** question. Write your answers in the spaces provided.

Suggested working time: 15 minutes.

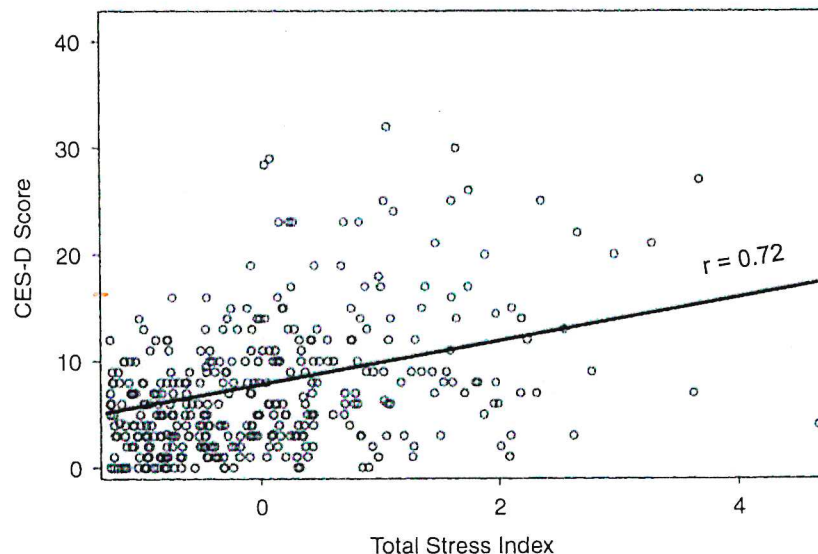
Question three

(16 marks)

Psychology students at Harvard University investigated the relationship between occupational stress and depressive symptoms among coal miners. The participants were 364 coal miners from Ohio, America. The study was approved by the internal review board of Harvard University.

A total stress index score was calculated for each miner to measure the level of stress they experience as part of their occupation. The Centre for Epidemiologic Studies Depression (CES-D) scale was used. It contains 20 items that are self-rated on a four-point Likert scale according to how often each symptom occurred in the past week. The sum of the scores represents the overall (CES-D) score between 0 to 60. A score of greater than 16 is considered indicative of depression. The scatterplot below shows the results for the study.

Figure 1: predicted mean CES-D score by miner's stress index



Notes: Adjusted for age, sex, race/ethnicity, alcohol intake and smoking status.

In a series of questionnaires used to gather qualitative data, the miner's reported threat of harm (intentional and unintentional), excessive work in hard conditions and a lack of support from supervisors as their three main stressors.

In your answer, refer to the above scenario by creating a well-constructed response, addressing the following:

- Outline what stress is according to Lazarus and Folkman (1984) and identify two types of stressors that the miner's experience in their work. (4 marks)
- The university's Internal Review Board is an example of an ethics committee. Describe the role of an ethics committee and outline two ethical guidelines that this committee would monitor during the study, stating how this would occur. (6 marks)
- Based on the data illustrated in Figure 1 on page 24, comment on the relationship between stress and depressive symptoms. (4 marks)
- Describe how psychological stress arises according to Lazarus and Folkman (1984) (2 marks)

Question number: 3

Stress according to Lazarus and Folkman is the reaction of the body towards situation around us and psychologically. The two types of Stressor according to Lazarus and Folkman that the miners experience is Environment and Social, Threat of harm and lack of support from Supervisors respectfully respectfully.

Internal Review board is an example of ethic committee, where their role is to go through the aim, purpose, method, strength and limitation of the experience and determine whether or not the investigation/study is ethically appropriate. Two ethical guidelines that this committee would monitor, is Physical/Psychological harm towards the miners, and another one is Privacy, where the question doesn't intervene with their personal information that doesn't necessarily to be taken. The miners could perhaps be questioned while their working which make them more vulnerable to danger, and the question could be asking about their childhood trauma and being pushy about it till they feel uncomfortable (both Psychology and Privacy). These are how this would occur.

Question number: 3

there ~~0~~ 0.72 Correlation, Which is a positive correlation, where when total stress index is increase CDS-D Score is also increase by a little. ~~0.72~~ 0.72 is relatively strong Correlation. So there is a strong relationship between stress and depressive symptoms.

Psychological stress arise from the belief and thinking of the individuals, sometimes it ~~has a~~ ~~emotional~~ ~~relationship~~ ~~with~~ it. influenced by emotion ~~to~~ towards the situation. according to Lazarus and Folkman (1984)

Question number: _____

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Question number: _____

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END OF TEST