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**Joseph Banks  
Secondary College**

**Cognition: Learning and behaviour modification project validation  
Worth 3% of the School Mark**

**Question/Answer Booklet**

**PSYCHOLOGY**

**Units 3 and 4**

Student name : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Project score:**

# Time allowed for this paper

## Reading time before commencing work**: two minutes**

Working time for the paper: **thirty minutes**

# Materials required/recommended for this paper

***To be provided by the supervisor:***

This Question/Answer Booklet

Formulae and Data Booklet

***To be provided by the candidate:***

Standard items: pens (blue/black preferred), pencils (including coloured), sharpener,

correction tape/fluid, eraser, ruler, highlighters.

Special items: non-programmable calculators approved for use in the WACE examinations

# Important note to candidates

No other items may be taken into the examination room. It is **your** responsibility to ensure that you do not have any unauthorised notes or other items of a non-personal nature in the examination room. If you have any unauthorised material with you, hand it to the supervisor **before** reading any further.

1) Define the term extinction. (1 mark)

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| Descriptor | Marks |
| Extinction refers to the conditioned behavior (CR) eventually stopping as the CS and the UCS have not been presented together over an extended period of time. |  |

2) Four months ago, Hugh was in a petrol station while it was being robbed. The thieves shot Hugh accidentally whilst trying to intimidate the cashier, luckily, he spent two weeks in hospital and survived. Recently, Hugh experienced an adverse physical response to the sound of an engine backfiring, including sweating, heart palpitations and panic. This reaction starts to occur every time that Hugh hears loud, sudden mechanical sounding noises, causing him to flinch and panic.

1. Referring to the scenario, briefly outline and explain what type of learning has occurred and identify the variables of this type of learning present in the scenario. (9 marks)

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| Descriptor | Marks |
| Classical conditioning as occurred (1) this is a form of stimulus response learning (1) where an individual learns to associate (1) a stimulus which naturally evokes a reflexive response (UCS) (1) with a stimulus which previously evoked no response (1),  UCS is the traumatic experience of being shot (or the robbery itself) (1)  this naturally produced the reaction of fear and stress UCR (1)  The previously neutral stimulus that evoked no response was “loud mechanical noises” (1)  This stimulus has turned into a conditioned stimulus and now evokes the conditioned response of fear and panic (1), similar to that of the UCS. |  |

Hugh goes to see a Psychologist regarding the reactions he keeps having at the sound of loud noises. He also now has developed an irrational fear of leaving his house. He believes a traumatic event could happen at any time and the outside world is only full of negative experiences that could harm him and others. He feels anxious and stressed at the thought of leaving his house and avoids doing so when necessary, choosing to work from home online, avoids seeing his friends and chooses to “click and collect” for his groceries.

b) Using cognitive behavioural therapy, briefly outline and explain the process and steps involved in helping Hugh to overcome this fear. (13 marks)

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| Descriptor | Marks |
| Outline:  CBT is based on the premise that negative emotions /feelings and maladaptive behaviours/action result from unrealistic or irrational thoughts about oneself, others or situations (1)  CBT is aimed at changing these negative thoughts so that a corresponding positive change in feelings and behaviour can come about (1)  Explain the process: 11  **Any of the following points:**  **Must apply to the scenario**  Hugh would be guided to briefly explain the traumatic experience that occurred (1)  Hugh would be guided to identify how the incident is currently impacting his life (1)  The therapist would help Hugh to identify the negative thought patterns that occur when Hugh  thinks about leaving this house (1)  *applies / gives an example: (1)*  e.g. “believes a traumatic event could happen at any time” OR  e.g. “the outside world is only full of negative experiences that could harm him”  The therapist may get Hugh to write and keep a thought diary to track and objectively see his thought patterns and attempt to reframe them to more objective or positive thought patterns (1)  *gives an example* (1)  Hugh will then be challenged to counter or “reframe” his negative thoughts with positive thoughts about going outside (1)  Hugh would then be asked to describe and identify the behaviours that reinforce his negative beliefs (1)  *Gives an example (1)*  e.g. “avoids seeing his friends” or *“chooses to “click and collect” for his groceries”*  The therapist may challenge Hugh to certain small tasks that get him to challenge his fears (1) and prove them wrong  *Gives an example (1)*  e.g. Gets Hugh to walk to the local shops or have a short coffee with a friend for half an hour  The therapist may also teach and guide Hugh with relaxation techniques to address the emotional patterns he has (fear, anxiety) (1) such as meditation / breathing exercises. |  |

c) Compare token economy and systematic desensitisation as behaviour modification strategies. (4 marks)

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| Similarities | Differences |
| Both are based off of stimulus-response learning theories (1)  Both involve multiple steps to help shape and guide towards a target behaviour (1) | TE is based off of operant conditioning, where an individual learns through consequences, whereas SD is based off of classical conditioning which is where an individual learns through association (1)  TE is used to change voluntary behaviors that the individual I consciously making whereas SD is used to change the automatic involuntary response to a stimulus (1)  *Must show both TE and SD contrast for 1 mark* |

3) The famous Bobo doll experiment demonstrated how observational learning occurred in children.

1. Discuss one practical application of these findings to either business or media outlets. (2 marks)

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| Descriptor | Marks |
| Applications in film rating systems (1) to ensure that children are not exposed to certain behaviours and language in movies, TV, and games this ensures that children do not learn and normalize behaviours which are not age appropriate (1).  Applications in kids TV shows (1) to ensure that the characters are positive role models and demonstrate pro-social behaviours and model healthy ways of dealing with challenges in life (1)  *Accept any correct reasonable answer. 1 mark for identifying the application 1 mark for discussing how it has been applied* |  |

1. The experiment was thought to be unethical for a number of reasons, without reference to ethics. Using psychological terminology evaluate the Bobo Doll experiment. (4 marks)

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| Descriptor | Marks |
| The Bobo Doll experiment has been found to have highly reliable results (1) as the experiment follows a highly standardized procedure, with high control of extraneous variables so the results have been reproduced since (1)  The experiment has been found to have low ecological validity (1) as the experiment is highly staged and the violence shown towards the doll may not be transferable to violence in real life against another person. The children knew the doll was not real. (1)  Or  The experiment has been found to have low ecological validity (1) as it does not show the long-term effects of viewing violence and whether the information was retained and would be reproduced long-term(1) |  |