This is a Class 3 exam

Lebanon Evangelical School for Boys and Girls

Lebanon Evangelical School
for Boys and Girls
Loueizeh - Baabda

SE01 Exam

09NOV2026

Do NOT write in this box. Your MARK will be placed here.

Subject :	A Level : Psychology 2
Class :	12A
Teacher :	Elissa Bader
Duration :	2 hours

Believe in yourself. I believe in you!

You are to answer the questions to this exam on : Lined paper

Your name :		*Time taken to complete exam*
Your Class :		
Exam Room :		
How many sheets, including cover sheet :		

- Do not open this paper until the teacher in charge instructs you to do so.
- The most important thing to remember in taking an exam is NEVER PANIC.
- If you are caught cheating in this exam, you will be awarded zero for ALL exams that are taken on this day.

SECTION A

Issues and Debates

Answer ALL questions

Question 1

Ferenc is a clinical psychologist. He investigated different attitudes to mental health disorders across cultures. Ferenc gave his participants questionnaires using Likert scales and open-ended questions about their attitudes towards people with mental health disorders. The participants were from his own ethnic group, from a different ethnic group within his own Western country or from a neighbouring, Western country. After Ferenc had collected the data from the returned questionnaires, he analysed the data to see if there were any similarities and differences between the three groups. He found that his own ethnic group had the most positive attitude towards those with mental health disorders.

Discuss Ferenc's use of cross-cultural research to investigate people's attitudes to those with mental health disorders.

You must make reference to the context in your answer.

(Total for Question 1 = 8 marks)

(June 2024, A-Level Paper 2, Q4)

Question 2

Assess the ethical issues in psychological research using humans and animals.

(Total for Question 2 = 8 marks)

(June 2023, A-Level Paper 3, Q6)

Question 3

Explain how socially sensitive research can lead to negative consequences for a specific group using one example from psychology.

(Total for Question 3 = 4 marks)

Question 4

Explain how twin studies contribute to the nature side of the nature–nurture debate.

(Total for Question 4 = 6 marks)

Question 5

What is the main difference between reductionism and holism in psychological explanations? Give examples

(Total for Question 5 = 4 marks)

SECTION B

Clinical Psychology

Answer ALL questions.

Question 6

In your studies of clinical psychology, you will have learned about classification systems for mental health, including DSM and ICD.

(a) Define the term 'reliability' in relation to classification systems used for diagnosing mental health. **(1)**

(b) Explain two reasons why classification systems for mental health may not be valid. **(4)**

(c) Describe the DSM as a classification system. **(2)**

(d) Explain one strength and one weakness of the DSM as a classification system to diagnose mental health disorders. **(4)**

(Total for Question 6 = 11 marks)

(June 2023, A-Level Paper 2, Question 1& June 2024, A-Level Paper 2 Question 1)

Question 7

Patti has been diagnosed with a mental health disorder. She sometimes thinks she is a cat. She regularly dresses as a cat and meows to her partner, rather than talking to them, which upsets her partner. Due to dressing as a cat, Patti has been dismissed from her job as she was required to wear a uniform. This means Patti no longer has enough money to go out for meals with her partner, which she likes to do. Recently, when thinking she was a cat, Patti saw a large dog and climbed up a tree to escape the dog. However, the branch broke, she fell and had to go to hospital. When seeing a psychiatrist, Patti did admit that she was happy when she thought she was a cat. Patti also said that when she realised she was not a cat, she became upset about the effect this had on her life and on her partner.

To what extent are deviance, dysfunction, distress and danger useful in diagnosing Patti with a mental health disorder?

You must make reference to the context in your answer.

(Total for Question 7 = 12 marks)

(June 2024, A-Level Paper 2, Q5)

Question 8

You will have learned about the classic study by Rosenhan (1973).

(a) Describe the results of Rosenhan (1973). **(4)**

(b) Explain one strength of Rosenhan (1973). **(2)**

(c) Explain one improvement that could be made to Rosenhan (1973). **(2)**

(Total for Question 8 = 8 marks)

Question 9

In your studies of clinical psychology you will have learned about Carlsson et al. (2000).

(a) State one aim of Carlsson et al. (2000). **(1)**

(b) Explain how low glutamate levels can lead to both positive and negative symptoms of schizophrenia, according to Carlsson et al. (2000). **(2)**

(c) Outline one difference between the hyperdopaminergic model and the hypoglutamatergic model of schizophrenia proposed by Carlsson et al. (2000). **(2)**

(Total for Question 9 = 5 marks)

Question 10

Assess one non-biological treatment for schizophrenia.

(Total for Question 10 = 8 marks)

Mark Scheme & Worked Solutions

STAGE EXAM 1

November 2026

PSY2

Question 1

AO1 (4 marks), AO2 (4 marks)

AO1

• Cross cultural research is used to gather detailed data to investigate the similarities and differences in behaviour thoughts and attitudes regarding mental health disorders between different cultures.

• The cross cultural research uses participants from a range of different cultures rather than participants from the same culture to get a more holistic idea of how mental health disorders are perceived.

• Cross cultural research on mental health disorders aims to move research away from the focus on western, educated, rich democratic cultures.

• A variety of research methods could be used within research across different cultures such as experiments, interviews and questionnaires to assess cross-cultural differences.

AO2

• After analysing his data Ferenc did find that there were differences between his culture and the other two cultures attitudes towards those with a mental health disorder.

• Ferenc is using participants from three different cultures so he may get a more holistic view of people's attitudes towards those with a mental health disorder.

• As Ferenc is using two cultures within his country and a neighbouring country, he may still only get the view of western cultures.

• Ferenc is using a specific research method within his cross-cultural research, a questionnaire to examine attitudes to mental health disorders using open and closed questions.

(Total for Question 1 = 8 marks)

Question 2

THIS QUESTION WAS ORIGINALLY WORTH 20 MARKS IN THE OFFICIAL EXAM (AO1: 8 marks; AO3: 12 marks).

FOR THIS EXAM, THE QUESTION IS WORTH 12 MARKS. THE MARK ALLOCATION SHOULD THEREFORE BE ADJUSTED TO AO1 (4 marks) AND AO3 (8 marks).

AO1

• The BPS code of ethics and conduct (2009) requires psychologists to show responsibility by protecting the participants in their study.

• Psychological research needs to ensure respect by allowing participants to leave the study when they wish without any pressure to remain in the research.

• When conducting psychological research with humans, the researchers are expected to keep all participant records anonymous and confidential.

• Research investigating psychological issues could involve telling the participants everything about the study in giving full informed consent or sometimes the researchers are allowed to purposely deceive the participants.

• Psychological research involving animals requires a personal licence which requires the researcher to only kill any animals when necessary and in an appropriate way.

• A majority of the research used for the review by Carlsson et al. (2000) used animals to show that there were other neurotransmitters than just dopamine involved in schizophrenia, so the benefits must have been considered against the costs for these studies before they were allowed to be conducted.

• When necessary, endangered species of animals can be used in psychological research when it is considered to benefit the species as a whole in terms of its survival.

• The Animal Scientific Procedures Act (1986) states that protected animals are any living vertebrate, other than humans, and any living cephalopod.

AO3

• Burger (2009) wanted to protect the participants in his study by using a two-step screening process to exclude any individuals who may have a negative reaction to the experience in his obedience study.

• It could be said that Milgram (1963) did not protect the participants in his obedience experiment as they reported experiencing psychological distress and three participants had full-blown seizures.

• Sherif et al. (1954/1961) allowed two of the boys from the group called the Eagles to leave the study due to homesickness so research can investigate prejudice whilst also being ethical.

• When conducting his research into the diagnosis of mental health disorders, Rosenhan (1973) took steps to protect the identity of the hospitals used and the pseudopatients.

• If participants or their location are identifiable in psychological research, this could negatively affect the participants or their local area if the research is considered socially sensitive.

• Fully informing participants of the aim of the study may lead to changes in their behaviour so the results will lack validity, but lying to the participants to prevent this may upset the participants and lead to them not wanting to participate in future research.

• Van den Oever et al. (2008) had their study approved by The Animal Users Care Committee (Netherlands) so they were able to show they could competently handle the rats and killed them in an appropriate way.

• It could be argued that Harry Harlow's research into attachment using monkeys led to unnecessary harm and suffering for the animals and led to early death that was avoidable for research purposes.

• Using animals in research studies is considered by some as controversial because animals that are considered similar to humans are not treated in the same way as humans.

• Humans have benefitted from animal research in psychology through advancement in understanding about conditions such as schizophrenia and potential treatments for this such as antipsychotic medication, so this may outweigh the costs for the animals.

• Skinner (1948) used pigeons in his research regarding operant conditioning which are considered a protected animal so his research could have been more ethical if he had not used a protected animal, such as an insect.

• Skinner (1948) used minimal animals in his research as he chose to use only eight pigeons so it could be considered ethical as he used the minimum number required.

(Total for Question 2 = 8 marks)

Question 3

- *Identifies a relevant example of socially sensitive research, such as research into obedience by Milgram (1963).*
- *Explains a relevant finding from the research.*
- *Identifies a specific group that may be negatively affected by the findings.*
- *Explains how the findings could lead to negative consequences, such as stereotyping, discrimination or stigmatisation.*

Milgram's (1963) research into obedience is an example of socially sensitive research, (1) as it demonstrated that 65% of participants obeyed an authority figure to the point of administering what they believed was a 450-volt electric shock. (1)
These findings could negatively affect ordinary individuals who obey authority figures, as they may be stereotyped as lacking moral responsibility or being easily manipulated. (1). This could lead to unfair judgements about individuals who follow orders in hierarchical settings, such as the military, where obedience is often expected.

(Total for Question 3 = 4 marks)

Question 4

- *Identifies that the nature side of the debate emphasises genetic or biological influences on behaviour.*
- *Explains that monozygotic (MZ) twins share virtually 100% of their DNA.*
- *Explains that dizygotic (DZ) twins share approximately 50% of their segregating genes.*
- *Explains that researchers compare concordance rates or similarities between MZ and DZ twins.*

- *Explains that greater similarity between MZ twins provides evidence for a genetic contribution to behaviour.*
- *Uses a relevant psychological example or further explains how twin studies support the nature argument.*

- Twin studies contribute to the nature side of the nature–nurture debate by investigating the extent to which genetic factors influence behaviour.
- Monozygotic (MZ) twins share virtually 100% of their DNA, whereas dizygotic (DZ) twins share approximately 50% of their segregating genes.
- Researchers compare concordance rates between MZ and DZ twins to determine whether certain behaviours or psychological disorders have a genetic component.
- If MZ twins demonstrate higher concordance rates than DZ twins, this suggests that genetic factors contribute to the characteristic being studied.
- For example, Gottesman (1991) reported higher concordance rates for schizophrenia in MZ twins (48%) compared with DZ twins (17%).
- This supports the nature argument because greater genetic similarity is associated with a greater likelihood of sharing the disorder.

(Total for Question 4 = 6 marks)

Question 5

- *Defines reductionism as explaining complex behaviour by breaking it down into simpler components.*
- *Defines holism as explaining behaviour by considering the whole person and the interaction of multiple factors.*
- *Provides an accurate psychological example of reductionism.*
- *Provides an accurate psychological example of holism.*

- Reductionism explains complex human behaviour by breaking it down into simpler components, such as biological processes or individual stimulus–response associations.

- For example, the biological explanation of depression is reductionist when it focuses primarily on neurotransmitter activity, such as serotonin.
- In contrast, holism explains behaviour by considering the individual as a whole, recognising that different factors interact to influence behaviour.
- For example, the humanistic approach is holistic because it considers an individual's subjective experiences, personal growth and self-concept when explaining behaviour.

Question 6

a. A classification system for mental health is reliable if there is consistent diagnosis of mental health between clinicians (1).

b. ***AO1 (2 marks), AO3 (2 marks)***

• Different classification systems such as DSM and ICD may diagnose different mental health for a person presenting with the same symptoms so they may lack concurrent validity (1), as shown by Cooper et al. (1972) where the same patient was diagnosed with schizophrenia twice in New York two times more than in London (1).

• Classification systems cannot always accurately predict how effective treatments will be for a given disorder, so they may lack predictive validity (1) as shown by Kuyken et al. (2008) who found that 75% of his participants stopped taking anti-depressants and more relapsed compared to MCBT, so classification systems cannot predict who anti-depressants will work for (1).

c. The DSM-5 has three sections, with section II having the classification of the main mental health disorders (1). Within section III, there is a cultural formulation interview guide to help with diagnosis of the disorder (1).

d. **Strength**

• Kim-Cohen et al. (2005) found that the DSM has predictive validity for conduct disorders in children (1) as a larger majority of children who had at least three conduct disorder symptoms at five years old according to DSM had at least one educational difficulty two years later (1).

Weakness

• The DSM may not be an accurate classification system for mental disorders as patient factors may affect the information the clinician receives (1), as the patient may not tell the clinician certain aspects of their behaviour due to cultural differences or the stigma attached to such behaviours (1).

(Total for Question 6 = 11 marks)

Question 7

THIS QUESTION WAS ORIGINALLY WORTH 16 MARKS IN THE OFFICIAL EXAM (AO1: 8 marks; AO2 (4 marks), AO3 (8 marks))

FOR THIS EXAM, THE QUESTION IS WORTH 12 MARKS. THE MARK ALLOCATION SHOULD THEREFORE BE ADJUSTED TO AO1 (4 marks) A02 (4 marks), and AO3 (4 marks).

AO1

• Deviance is when a behaviour is not statistically normal or socially normal and is a socially unacceptable behaviour.

• If a behaviour is not within two standard deviations for the population it can be considered statistically abnormal and may be used to diagnose a mental disorder.

• When a behaviour has an impact on a person's ability to carry out their daily life then it can be said to be dysfunctional.

• Dysfunction may not be obvious so when it is used to diagnose a mental health disorder the psychiatrist must look at all aspects of the client's life.

• Distress can be used to diagnose a mental health disorder if the behaviour causes the person to be upset and there is no logical reason for the person to be upset.

• Distress can be used in isolation to diagnose a mental health disorder, as someone could be very upset but not show deviance or danger.

• Danger can be used to diagnose someone with a mental health disorder if they are a danger to themselves and their behaviour may cause them harm.

• If someone's behaviour puts other people at risk of serious harm this would be seen as dangerous and used to diagnose someone with a mental health disorder.

AO2

• Most people do not dress up as a cat and meow instead of talk, so Patti's behaviour is deviant as her partner does not find it acceptable.

• Distress can be used to diagnose Patti, as whilst she is not upset when she thinks she is a cat when she does not think this she does get upset about the effect it has had on her and her partner.

• Patti can be said to be dysfunctional as it has impacted on her ability to go to work as well as going out for meals with her partner which she used to do.

• Patti's belief that she is a cat has put her at risk of serious harm as she had to go to hospital after climbing a tree to escape a dog.

AO3

• Using statistical deviance can give an objective measure of when a behaviour is abnormal so is a more scientific, useful approach to diagnosing a mental health disorder than other factors such as distress.

• Some behaviours, such as Freerunning are deviant but are not considered a mental health disorder so the use of deviance may not be useful when diagnosing mental disorders.

• The use of the 4Ds to diagnose a mental health disorder is useful as it allows clinicians to determine if the patient's behaviour requires further investigation using classification systems.

• Dysfunction can be a subjective measure as what is dysfunctional to a clinician may not be dysfunctional to the patient so it may not be useful if the patient does not agree with the clinician.

• Distress allows the point of view of the client to be heard, as it is based on how distressing they find their behaviour so it is useful when someone else may feel the behaviour is not distressing.

• A fifth dimension has been added, that of duration, how long they all last, so just using the 4Ds on their own without looking at duration may not be useful if it is just for a short time.

• DSM-IV-TR uses the 4 Ds when diagnosing mental health disorders such as schizophrenia where patients must show deviance, distress and dysfunction showing that they are useful in diagnosing mental health disorders.

• Some behaviours, such as motorbike racing may be considered dangerous but are not considered to be a mental health disorder so using danger on its own to diagnose a mental health disorder is not useful.

(Total for Question 7 = 12 marks)

Question 8

a. - All eight pseudopatients were admitted to psychiatric hospitals, with seven diagnosed with schizophrenia and one with bipolar disorder.
   - Their hospitalisation lasted between 7 and 52 days, with an average of 19 days, despite behaving normally after admission.
   - Approximately 30% of real patients suspected that the pseudopatients were sane, whereas hospital staff failed to recognise them.
   - In the follow-up study, 41 out of 193 genuine patients were incorrectly identified as possible pseudopatients, even though Rosenhan had not sent any.

b. One strength of Rosenhan's study was its high ecological validity, as covert participant observation was conducted in real psychiatric hospitals. (1)
   Since hospital staff were unaware that they were being observed, they behaved naturally, making the findings more representative of everyday psychiatric practice. (1)

c. One improvement would be to use more than one pseudopatient in each hospital to collect observations independently. (1)
   This would allow their findings to be compared, increasing the reliability of the study by reducing the influence of individual observer bias. (1)

Question 9

a. To review the dopamine hypothesis of schizophrenia and investigate the involvement of other neurotransmitters, particularly glutamate, GABA and serotonin, in explaining schizophrenic symptoms. (1)

b. Low glutamate activity disrupts GABA's inhibitory control over dopamine, causing dopamine activity to become dysregulated. (1)

In subcortical regions, such as the basal ganglia, this can contribute to positive symptoms such as hallucinations and delusions, whereas low glutamate activity in the cerebral cortex is associated with negative symptoms such as apathy, reduced speech and flat affect. (1)

c. The hyperdopaminergic model proposes that schizophrenia, particularly positive psychotic symptoms, results from excessive dopamine activity. (1)

In contrast, the hypoglutamatergic model suggests that reduced glutamate activity disrupts GABA's regulation of dopamine, producing neurotransmitter imbalances that can explain both positive and negative symptoms.(1)

(Total for Question 9 = 5 marks)

Question 10

AO1

- Cognitive Behavioural Therapy (CBT) is a non-biological treatment for schizophrenia that aims to identify and challenge irrational thoughts and beliefs.

- Therapists use techniques such as reality testing and behavioural experiments to help individuals question their delusions and hallucinations.

- CBT teaches coping strategies, including stress management, to reduce distress and help prevent relapse.

- CBT helps individuals recognise and modify unhelpful thought patterns, improving their ability to manage symptoms and function in everyday life.

AO3

- One strength of CBT is its effectiveness in reducing hospitalisation. NICE (2014) found that CBT reduced rehospitalisation rates for up to 18 months and decreased the average time spent in hospital by 8.26 days.

- Kuipers et al. (1997) found that CBT was beneficial for drug-resistant patients, particularly in addressing hallucinations and delusions. This suggests that CBT is a valuable additional treatment for patients who do not respond adequately to antipsychotic medication.

- However, McKenna and Kingdon (2014) found that CBT was superior in only two out of nine rigorous trials. This questions its effectiveness, suggesting that CBT may not consistently improve symptoms or prevent relapse.

- Another limitation concerns ethical issues, as challenging deeply held delusions may cause psychological distress. Therefore, therapists must approach these beliefs gradually and sensitively to avoid causing further harm.

(Total for Question 10 = 8 marks)