



## Victorian Certificate of Education 2018

Name: \_\_\_\_\_

Teacher's name: \_\_\_\_\_

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# PSYCHOLOGY

## Written examination

2018

Reading time: 15 minutes  
Writing time: 2 hours 30 minutes

## QUESTION AND ANSWER BOOK

### Structure of book

| Section | Number of questions | Number of questions<br>to be answered | Number of marks |
|---------|---------------------|---------------------------------------|-----------------|
| A       | 50                  | 50                                    | 50              |
| B       | 12                  | 12                                    | 70              |
|         |                     |                                       | Total 120       |

- Students are permitted to bring into the examination room: pens, pencils, highlighters, erasers, sharpeners and rulers.
- Students are NOT permitted to bring into the examination room: blank sheets of paper and/or white out liquid/tape.
- No calculator is allowed in this examination.

### Materials supplied

- Question and answer booklet.
- Answer sheet for multiple-choice questions.
- Additional space is available at the end of the booklet if you need extra paper to complete an answer.

### Instructions

- Write your **student number** in the space provided above on this page.
- Check that your **name** and **student number** on your answer sheet for multiple-choice questions are correct.
- All written responses must be in English.

### At the end of the examination

- Place the answer sheet for multiple-choice questions inside the front cover of this book.

**Students are NOT permitted to bring mobile phones and/or any other unauthorised electronic devices into the examination room.**

**SECTION A – Multiple-choice questions****Instructions for Section A**

Answer **all** questions in pencil on the answer sheet provided for multiple-choice questions.

Choose the response that is **correct** or that **best answers** the question.

A correct answer scores 1; an incorrect answer score 0.

Marks will **not** be deducted for incorrect answers.

No marks will be given if more than one answer is completed for any question.

**Question 1**

\_\_\_\_\_ are the branch-like structures that receive messages from other neurons.

- A. Synapses
- B. Axons
- C. Dendrites
- D. Neurotransmitters

**Question 2**

Which of the following is true of neurotransmitters?

- A. neurotransmitters can bind to any receptor site; the neurotransmitter then passes through a neuron before being released into the synaptic cleft
- B. neurotransmitters can bind to any receptor site, and are responsible for the communication of a neural message between neurons
- C. neurotransmitters bind to receptor sites that are specific to that type of neurotransmitter; the neurotransmitter then passes through a neuron before being released into the synaptic cleft
- D. neurotransmitters bind to receptor sites that are specific to that type of neurotransmitter, and are responsible for the communication of a neural message between neurons

**Question 3**

The divisions of the autonomic nervous system include the

- A. peripheral nervous system and the central nervous system.
- B. parasympathetic nervous system and the somatic nervous system.
- C. parasympathetic nervous system and the sympathetic nervous system.
- D. sympathetic nervous system and the somatic nervous system.

**Question 4**

Which of the following is a machine that records the patterns produced by the electrical activity of the muscles that move the eyes?

- A. electroencephalogram
- B. electro-oculogram
- C. electromyogram
- D. magnetic resonance imaging

**Question 5**

Damage to the cerebellum is likely to disrupt which of the following memories?

- A. your memory of how to pass a ball without running, in netball
- B. the memory of your fifth birthday party
- C. knowing who your Psychology teacher is
- D. knowing the capital city of Victoria

**Question 6**

Which of the following is not required for an experiment?

- A. systematic manipulation of an independent variable
- B. measurement of a dependent variable
- C. random allocation
- D. random sampling

**Question 7**

Sleepiness at night-time due to a lack of light is likely a consequence of activity in the

- A. cerebellum.
- B. hypothalamus.
- C. amygdala.
- D. cerebral cortex.

**Question 8**

Alcohol is considered a \_\_\_\_\_; caffeine is considered a \_\_\_\_\_.

- A. stimulant; stimulant
- B. stimulant; depressant
- C. depressant; stimulant
- D. depressant; depressant

**Question 9**

Cause and effect relationships can only be determined by

- A. experiments.
- B. correlational studies.
- C. case studies.
- D. cross-sectional studies.

**Question 10**

Lindy experiences sleepwalking during her sleep. Which stage of sleep is she most likely in while sleepwalking?

- A. NREM stage 1
- B. NREM stage 2
- C. NREM stage 3
- D. REM

**Question 11**

Sleepwalking is considered a

- A. insomnia.
- B. parasomnia.
- C. dyssomnia.
- D. circadian rhythm.

*Use the following information to answer Questions 12 and 13.*

Ken drinks some water when he begins to feel a headache. This results in his headache going away.

**Question 12**

Which of the following best describes the three-phase model of conditioning for Ken?

- A. antecedent: drinking water  
behaviour: the headache going away  
consequence: reinforcement of drinking water
- B. antecedent: beginning to feel a headache  
behaviour: drinking water  
consequence: the headache going away
- C. before conditioning: no response to water  
during conditioning: pairing water with the removal of a headache  
after conditioning: not having headaches after drinking water
- D. before conditioning: no response to headaches  
during conditioning: pairing water with the removal of a headache  
after conditioning: not having headaches after drinking water

**Question 13**

Because the water takes away his headache, Ken is more likely to drink more water in future. The water is acting as a

- A. negative reinforcer.
- B. positive reinforcer.
- C. negative punisher.
- D. conditioned stimulus.

**Question 14**

In preparation for a SAC, Tina reads a list of ten definitions over and over without linking them to anything she already knows, whereas Lisa reads a list of ten definitions and thinks about how they might relate to other concepts she's learnt before and comes up with real-life examples of each definition. Tina is engaging in \_\_\_\_\_, and Lisa is engaging in \_\_\_\_\_.

- A. elaborative rehearsal; elaborative rehearsal
- B. elaborative rehearsal; maintenance rehearsal
- C. maintenance rehearsal; elaborative rehearsal
- D. maintenance rehearsal; maintenance rehearsal

**Question 15**

Which of the following is **not** an example of an implicit memory?

- A. classically conditioned responses
- B. procedural memory
- C. episodic memory
- D. the emotional content of an episodic memory

**Question 16**

Which of the following brain regions is least active in the consolidation and long-term storage of implicit memories?

- A. hippocampus
- B. cerebral cortex
- C. amygdala
- D. cerebellum

*Use the following information to answer Questions 17-22.*

Ms Fun wanted to test the effect of eating lollies on the memorisation of a list of 20 words. To test this, Ms Fun utilises her Year 12 Psychology class of 20 students. She flips a coin to divide her class into Group A, who eat a lolly while memorising a list of 20 words, or Group B, who do not eat any lollies while they memorise a list of 20 words. Below is the raw data she collected from each group.

|         | Number of words correctly recalled for each student |    |    |    |    |    |    |    |    |    |
|---------|-----------------------------------------------------|----|----|----|----|----|----|----|----|----|
| Group A | 12                                                  | 13 | 13 | 12 | 14 | 14 | 14 | 12 | 11 | 1  |
| Group B | 1                                                   | 3  | 7  | 9  | 11 | 13 | 15 | 17 | 19 | 20 |

Mean of Group A: 11.6 words correctly recalled

Mean of Group B: 11.5 words correctly recalled

### Question 17

What was the sampling technique that Ms Fun employed?

- A. convenient sampling
- B. random sampling
- C. stratified sampling
- D. convenience sampling

### Question 18

Which of the following descriptive statistics would be the best measure of central tendency for Group A, and why?

- A. mean, as this takes into account the whole dataset
- B. median, as this accounts for any outliers
- C. mode, as this accounts for any outliers
- D. standard deviation, as this takes into account the whole dataset

### Question 19

Which of the following is correct regarding the standard deviations of each group?

- A. Group A has a higher standard deviation than Group B because Group A has a higher spread of scores
- B. Group A has a higher standard deviation than Group B because Group A has a lower spread of scores
- C. Group B has a higher standard deviation than Group A because Group B has a higher spread of scores
- D. Group B has a higher standard deviation than Group A because Group B has a lower spread of scores

### Question 20

Extraneous variables such as Ms Fun's participants' baseline memory ability were not taken into account. Which of the following is most threatened by these extraneous variables?

- A. internal validity
- B. construct validity
- C. test-retest reliability
- D. construct reliability

**Question 21**

Which of the following graphs would best represent Ms Fun's descriptive statistics?

- A. pie chart
- B. line graph
- C. histogram
- D. bar chart

**Question 22**

Which of the following would be required for Ms Fun to generalise her finding that lollies improve the memorisation of a list of 20 words?

- A. inferential statistics showing a statistically significant difference between Group A and B, which is likely given her data
- B. inferential statistics showing a statistically significant difference between Group A and B, which is unlikely given her data
- C. descriptive statistics showing a statistically significant difference between Group A and B, which is likely given her data
- D. descriptive statistics showing a statistically significant difference between Group A and B, which is unlikely given her data

**Question 23**

The pruning of synaptic connections is characteristic of

- A. long term depression.
- B. long term potentiation.
- C. synaptogenesis.
- D. neural proliferation.

*Use the following information to answer Questions 24-26.*

In the 'Little Albert' experiment, classical conditioning was used to condition a fear response to a white rat.

**Question 24**

In this experiment, the white rat

- A. was initially unconditioned, but became the neutral stimulus.
- B. was initially unconditioned, but became the conditioned stimulus.
- C. was initially neutral, but became the conditioned stimulus.
- D. was initially neutral, but became the unconditioned stimulus.

**Question 25**

If Little Albert feared all white furry objects, this would be a demonstration of \_\_\_\_\_, whereas if Little Albert only feared the white rat, this would be a demonstration of \_\_\_\_\_.

- A. stimulus generalisation; stimulus generalisation
- B. stimulus discrimination; stimulus generalisation
- C. stimulus generalisation; stimulus discrimination
- D. stimulus discrimination; stimulus discrimination

**Question 26**

Little Albert's surname was not publicly disclosed in Watson and Raynor's report on the study of fear conditioning. This suggests that the researchers attempted to uphold

- A. debriefing.
- B. no harm principle.
- C. confidentiality.
- D. informed consent.

**Question 27**

A stressor is a \_\_\_\_\_; stress is a \_\_\_\_\_.

- A. stimulus; stimulus
- B. stimulus; response
- C. response; stimulus
- D. response; response

**Question 28**

Ashley has recently had her pet hamster pass away. She loved her hamster very much and is heartbroken. Instead of ignoring her sadness, she decides to write a diary whenever she feels down, which has helped her with her grief. Ashley is most likely employing both a/n \_\_\_\_\_ and an \_\_\_\_\_.

- A. problem-focused coping strategy; approach strategy
- B. problem-focused coping strategy; avoidance strategy
- C. emotion-focused coping strategy; approach strategy
- D. emotion-focused coping strategy; avoidance strategy

**Question 29**

In which stage/sub-stage of Selye's General Adaptation Syndrome is the onset of the fight-flight response most likely to occur?

- A. resistance
- B. alarm reaction: countershock
- C. alarm reaction: shock
- D. exhaustion

**Question 30**

The hand-withdrawal reflex is an example of a/n \_\_\_\_\_ initiated by the \_\_\_\_\_.

- A. conscious response; spine
- B. conscious response; spinal cord
- C. unconscious response; spine
- D. unconscious response; spinal cord

**Question 31**

Parkinson's Disease is characterised in part by the loss of dopaminergic (dopamine-producing) neurons in the \_\_\_\_\_.

- A. substantia nigra
- B. hypothalamus
- C. pituitary gland
- D. adrenal gland

**Question 32**

Which of the following symptoms of Parkinson's disease is **not** likely due to the loss of dopamine-producing neurons?

- A. bradykinesia
- B. anosmia (loss of the sense of smell)
- C. postural instability
- D. akinesia

**Question 33**

A neurotransmitter often involved in long term potentiation is \_\_\_\_\_. This neurotransmitter makes it \_\_\_\_\_ likely for an action potential to continue in the post-synaptic neuron.

- A. glutamate; more
- B. glutamate; less
- C. GABA; more
- D. GABA; less

**Question 34**

Which of the following is false regarding the evolutionary (circadian) theory of sleep?

- A. it explains why an organism must sleep
- B. sleep protects an organism from predators during the most dangerous parts of the day
- C. sleep promotes survival
- D. animals that eat relatively nutritious foods require less sleep

**Question 35**

Which of the following is true regarding sleep across the lifespan?

- A. the proportion of REM sleep increases as we age
- B. the proportion of NREM sleep increases as we age
- C. the amount of REM sleep increases as we age
- D. the amount of NREM sleep increases as we age

**Question 36**

Research suggests that a blood-alcohol concentration (BAC) of 0.05% appears to have similar cognitive effects of

- A. 24 hours of staying awake.
- B. 24 hours of sleep deprivation after a normal day awake.
- C. 17 hours of staying awake.
- D. 17 hours of sleep deprivation after a normal day awake.

**Question 37**

Benzodiazepines are considered \_\_\_\_\_ that help to reduce anxiety by \_\_\_\_\_.

- A. glutamate antagonists; inhibiting glutamate's effects
- B. glutamate agonists; mimicking glutamate's effects
- C. GABA antagonists; inhibiting GABA's effects
- D. GABA agonists; mimicking GABA's effects

**Question 38**

Larry, a smoker who aims to quit smoking, has just bought his first packet of nicotine-patches to reduce his smoking. In which stage of the transtheoretical model is Larry likely to be in?

- A. contemplation
- B. preparation
- C. action
- D. maintenance/relapse

**Question 39**

Larry has now quit smoking completely for one week. In which stage of the transtheoretical model is Larry likely to be in?

- A. contemplation
- B. preparation
- C. action
- D. maintenance/relapse

**Question 40**

Meditation would be considered \_\_\_\_\_.

- A. a naturally occurring altered state of consciousness
- B. an induced altered state of consciousness
- C. a naturally occurring state of normal waking consciousness
- D. an induced state of normal waking consciousness

**Question 41**

Which of the following best describes a mentally healthy person?

- A. an individual who does not have a mental disorder
- B. an individual who has high self-efficacy
- C. an individual who has high self-esteem
- D. an individual who can cope with the normal stresses of life, and is able to make a positive contribution to her or his community

**Question 42**

Rumination involves

- A. taking action to solve a problem.
- B. thinking productively and actively about negative emotions.
- C. thinking repetitively and passively about negative emotions.
- D. problem-focused coping strategies.

**Question 43**

Specific phobias may be \_\_\_\_\_ by classical conditioning and \_\_\_\_\_ by operant conditioning.

- A. precipitated; perpetuated
- B. perpetuated; precipitated
- C. predisposed; precipitated
- D. predisposed; perpetuated

**Question 44**

Avoidance behaviours such as running away from spiders if fearful of them are likely due to

- A. positive reinforcement.
- B. negative reinforcement.
- C. punishment.
- D. response cost.

**Question 45**

Resilience can be increased through a variety of protective factors. Which of the following correctly categorises biological, psychological and social protective factors that can increase resilience?

|    | <b>Biological</b>                | <b>Psychological</b>             | <b>Social</b>                    |
|----|----------------------------------|----------------------------------|----------------------------------|
| A. | adequate diet                    | support from friends             | cognitive behavioural strategies |
| B. | cognitive behavioural strategies | adequate sleep                   | support from family              |
| C. | cognitive behavioural strategies | support from the community       | adequate diet                    |
| D. | adequate sleep                   | cognitive behavioural strategies | support from friends             |

**Question 46**

Which of the following is true regarding the concept of cumulative risk?

- A. the risk to mental health is not affected by the aggregation of risk factors
- B. single risk factors are more predictive of the development of a mental disorder rather than multiple risk factors
- C. multiple risk factors are more predictive of the development of a mental disorder rather than any single risk factor
- D. a large aggregate of risk factors will always lead to mental disorders

**Question 47**

Disorganised attachment is characterised by

- A. a lack of conscientiousness.
- B. a lack of a loving caregiver.
- C. readily being comforted by the attachment figure.
- D. behaving in contradictory ways that reflect a difficulty predicting or understanding the way their attachment figures will behave.

*Use the following information to answer Questions 48-50.*

Jen has unexpectedly broken up with her partner of five years, which leads her to feel very sad. She is unable to motivate herself to get out of bed, has outbursts of intense crying, and has lost her appetite for food she normally enjoys. Jen believes that she is at increased risk of depression because her identical twin sister battled the condition last year, and many other family members have experienced depression.

**Question 48**

Jen's apparent genetic vulnerability to depression would be considered a \_\_\_\_\_ factor.

- A. protective
- B. predisposing
- C. perpetuating
- D. precipitating

**Question 49**

Jen unexpectedly breaking up with her partner would most likely to be considered a \_\_\_\_\_ factor.

- A. protective
- B. predisposing
- C. perpetuating
- D. precipitating

**Question 50**

Jen visits her GP, Dr Jones, to seek treatment. Dr Jones believes that Jen's condition makes her eligible for a study into a new anti-depressant drug. If Dr Jones does not tell Jen that she may be allocated into a placebo treatment or actual treatment group, then Dr Jones is not following the ethical principle of \_\_\_\_\_.

- A. informed consent
- B. withdrawal rights
- C. no harm
- D. confidentiality

### Instructions for Section B

Describe the primary and secondary appraisals that Goldie and Mr Wolf are likely to make in this situation (that is, 'completing the practice exams and revision list').

[illegible]

**Question 2 (20 marks)**

Jamie has a specific phobia of bees. When he was five years old, he was stung seven times by a swarm of bees, which caused him to cry from the pain. Several years on, he is still very fearful of bees; whenever he sees one, he runs away, screaming at the top of his lungs. Jamie believes that all bees are evil, are out to sting him, and that he will die if he gets another sting.

At home, Jamie spends a lot of time sealing any gaps where he thinks a bee could enter his room; he tapes the spaces between his bedroom door and the floor, and the edges of his window.

One day, he spotted a bee on his walk to school and ran back home. He could not leave his room for a week without experiencing a panic attack. Jamie is very distressed about encountering bees, but also is upset that his phobia has detrimentally affected his Year 12 studies.

- a.** Would Jamie be considered to be mentally healthy, experiencing a mental health problem, or experiencing a mental disorder? Justify your response with reference to the scenario. 4 marks

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- b.** What is the difference between specific phobia and anxiety? 2 marks

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- c.** What is a similarity between specific phobia and anxiety? 1 mark

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**d.** Define catastrophic thinking and provide an example of this from the scenario.

2 marks

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**e.** Use the three-phase process of classical conditioning to explain how Jamie might have acquired his phobia.

7 marks

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**f.** As a result of acquiring a phobia of bees, Jamie also has a phobia of anything that looks or sounds like a bee, such as wasps. This additional phobia is a result of which process of classical conditioning?

1 mark

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- g.** What is the role of the amygdala and the hippocampus in the consolidation of the stinging incident when Jamie was five years old?

3 marks

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**Question 3** (8 marks)

Twenty students in Ms Muffet's Year 12 Psychology class take part in her serial position effect experiment. The class has two minutes to memorise a list of 15 words that are read aloud by Ms Muffet.

Group 1 (10 students) is only allowed to write down any words they remember (in any order) after they have completed an additional page of maths sums (taking approximately two more minutes to complete).

Group 2 (the remaining 10 students) can write down as many words as they can remember, in any order, immediately after the two minutes of memorisation.

- a.** What method to retrieve information was used by both groups? 1 mark
- 
- b.** Draw an appropriately labelled graph of the expected results for Group 1 and Group 2. Draw a trend line for both Groups 1 and 2. 4 marks

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- This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Why is sleep considered an altered state of consciousness? Using key terms, describe five changes to a person's psychological state in your answer.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Researchers in 2004 trained Monkey A (the model) to touch four pictures in a certain order, to be rewarded with a banana. After watching Monkey A, the researchers found that Monkey B (the learner) learnt to touch the four pictures in the same order, even when the configuration of the pictures was altered. Use the five stages of observational learning to describe the learning process for Monkey B.

[illegible]

Describe how bright light therapy can be used to treat sleep-wake shifts in adolescence.

[illegible]

Name the specific part of the brain that would lead to anterograde amnesia of declarative memories, if removed.

**Question 8 (3 marks)**

What is meant by the reconstructive nature of memory? Refer to how encoding, storage and retrieval may be affected by leading questions.

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**Question 9 (8 marks)**

- a. Distinguish between recall, recognition and relearning, with reference to an example of each. 6 marks

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- b. If you were to ask a group of participants to engage in a recall or a recognition task, which of the tasks would you expect would lead to greater levels of retrieval? Justify your answer. 2 marks

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**Question 10** (2 marks)

With reference to context dependent cues, describe why listening to music while studying for the Psychology exam may not be a good strategy for performance in the exam.

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**Question 11** (2 marks)

Last night, Andy was kept awake for most of the night due to his baby daughter, and only managed to sleep for two hours. List two possible impacts of this sleep deprivation on Andy's affective functioning.

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Design a study to investigate the relative benefits of cognitive behavioural therapy (CBT) and breathing retraining in reducing the symptoms of specific phobia.

In your response,

- operationalise the independent and dependent variables, including definitions of the interventions in their use for the treatment of specific phobia,
- formulate a research hypothesis and justify your prediction,
- design, justify and apply an appropriate experimental research design, and
- discuss how evidence-based conclusions may be formed from your research design.

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

**END OF QUESTION AND ANSWER BOOK**

**Clearly number all responses in this space.**

[illegible]



# VCE PSYCHOLOGY

## Written Examination

### ANSWER SHEET – 2018

STUDENT  
NAME:

Use a **PENCIL** for **ALL** entries. For each question, shade the box which indicates your answer.

Marks will **NOT** be deducted for incorrect answers.

**NO MARK** will be given if more than one answer is completed for any question.

If you make a mistake, **ERASE** the incorrect answer – **DO NOT** cross it out.

|    |   |   |   |   |
|----|---|---|---|---|
| 1  | A | B | C | D |
| 2  | A | B | C | D |
| 3  | A | B | C | D |
| 4  | A | B | C | D |
| 5  | A | B | C | D |
| 6  | A | B | C | D |
| 7  | A | B | C | D |
| 8  | A | B | C | D |
| 9  | A | B | C | D |
| 10 | A | B | C | D |
| 11 | A | B | C | D |
| 12 | A | B | C | D |
| 13 | A | B | C | D |
| 14 | A | B | C | D |
| 15 | A | B | C | D |
| 16 | A | B | C | D |
| 17 | A | B | C | D |
| 18 | A | B | C | D |
| 19 | A | B | C | D |
| 20 | A | B | C | D |
| 21 | A | B | C | D |
| 22 | A | B | C | D |
| 23 | A | B | C | D |
| 24 | A | B | C | D |
| 25 | A | B | C | D |
| 26 | A | B | C | D |
| 27 | A | B | C | D |
| 28 | A | B | C | D |
| 29 | A | B | C | D |
| 30 | A | B | C | D |
| 31 | A | B | C | D |
| 32 | A | B | C | D |
| 33 | A | B | C | D |
| 34 | A | B | C | D |
| 35 | A | B | C | D |
| 36 | A | B | C | D |
| 37 | A | B | C | D |
| 38 | A | B | C | D |
| 39 | A | B | C | D |
| 40 | A | B | C | D |
| 41 | A | B | C | D |
| 42 | A | B | C | D |
| 43 | A | B | C | D |
| 44 | A | B | C | D |
| 45 | A | B | C | D |
| 46 | A | B | C | D |
| 47 | A | B | C | D |
| 48 | A | B | C | D |
| 49 | A | B | C | D |
| 50 | A | B | C | D |