



Victorian Certificate of Education 2019

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PSYCHOLOGY

Written examination

2019

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

QUESTION AND ANSWER BOOK

Structure of book

Section	Number of questions	Number of questions to be answered	Number of marks
A	50	50	50
B	6	6	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** on your answer sheet for multiple-choice questions is 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.

Use the following information to answer Questions 1 and 2.

Tom was driving home from dinner when he was pulled over by the police to have a random breath test. He started to panic as he had consumed two glasses of wine over dinner.

Question 1

As Tom is under the influence of a depressant, his brain wave activity would likely _____ in frequency and _____ in amplitude in comparison to normal waking consciousness.

- A. decrease; increase
- B. increase; decrease
- C. increase; increase
- D. decrease; decrease

Question 2

If Tom's blood-alcohol concentration (BAC) was recorded at 0.05%, his driving performance would most likely be _____ that of someone who had been awake for a 24-hour period.

- A. better than
- B. worse than
- C. equal to
- D. none of the above

Use the following information to answer Questions 3-7.

Felicity was driving her fiancé Mark from Melbourne to Adelaide to visit both of their families to celebrate their recent engagement. They were driving for two hours along a 100km/hour zone on an empty freeway and talking about their wedding plans.

Question 3

Felicity is an experienced driver who received her full driver licence ten years ago. For Felicity, driving along the empty freeway is probably a(n)

- A. controlled process allowing divided attention.
- B. controlled process requiring selective attention.
- C. automatic process allowing divided attention.
- D. automatic process requiring selective attention.

Question 4

Felicity was talking nonstop about wedding plans while Mark was sitting in the passenger seat gazing out of the window, not paying attention to his surroundings. Felicity suddenly says, "Mark, are you listening to me?", as he hadn't been responding to any of her questions. Mark had probably been

- A. in normal waking consciousness (daydreaming).
- B. in an altered state of consciousness (daydreaming).
- C. in an altered state of consciousness (controlled processing).
- D. in normal waking consciousness (controlled processing).

Question 5

As they approach Adelaide, a car cuts in front and suddenly brakes while turning off the freeway. Felicity is forced to brake and swerve around the car to avoid a collision. These actions would be made possible by Felicity's _____, which are part of the _____ nervous system.

- A. sensory neurons; central
- B. motor neurons; somatic
- C. sensory neurons; somatic
- D. motor neurons; autonomic

Question 6

Mark witnesses the close encounter and noticed that his heart started to pound rapidly in his chest. His physiological response to the near-accident would most likely be controlled by the

- A. sympathetic division of the autonomic nervous system.
- B. parasympathetic division of the autonomic nervous system.
- C. somatic division of the peripheral nervous system.
- D. sensory-motor division of the peripheral nervous system.

Question 7

According to the General Adaptation Syndrome, Mark's body would have first gone into shock and then countershock after the close encounter. During the countershock phase, a physiological response that Mark may have experienced would be

- A. his blood pressure decreasing.
- B. piloerection/goose bumps (where small bumps appear on the skin's surface as the hairs move upright).
- C. an increase in salivation.
- D. his pupils constricting.

Use the following information to answer Questions 8-12.

Marcelle had been struggling with her sleep for many months; she had been averaging only four to five hours of sleep each night and felt very fatigued. Recently, this had started to affect her performance at work, so she decided to book an appointment with a sleep psychologist. The sleep psychologist arranged for Marcelle to spend a night in a sleep laboratory to help her diagnose any underlying sleep issues.

Question 8

In the sleep laboratory, Marcelle was connected to an electromyograph (EMG). During rapid eye movement (REM) sleep, the EMG would show

- A. low levels of electrical activity in the muscles that move the eyes.
- B. low levels of electrical activity in the muscles of the body.
- C. high levels of electrical activity in the muscles that move the eyes.
- D. high levels of electrical activity in the muscles of the body.

Question 9

The sleep psychologist determined that Marcelle was experiencing a dysomnia rather than a parasomnia. This is because she was

- A. having difficulty with sleep onset.
- B. experiencing abnormal behaviour during sleep.
- C. having nightmares.
- D. sleepwalking.

Question 10

After only four to five hours of sleep, it is likely that Marcelle would

- A. find the task of writing a work presentation easier than usual.
- B. find the task of proof-reading a work presentation easier than usual.
- C. find it easier to problem-solve at work.
- D. find it difficult to decide what her work presentation's format should be.

Question 11

Which of the following would not indicate reduced behavioural functioning due to Marcelle's partial sleep deprivation?

- A. slowed reaction time
- B. clumsiness
- C. an emotional outburst
- D. a microsleep

Question 12

In terms of Marcelle's inability to get adequate sleep, this would primarily be a _____ risk factor in her developing a mental disorder.

- A. biological
- B. psychological
- C. social
- D. protective

Use the following information to answer Questions 13-16.

For many months, Belinda had been working long hours in the hope that she would be given a promotion. She was ecstatic when she received a call the following week to congratulate her on her new promotion.

Question 13

Finding out about her promotion would likely put Belinda in a state of _____, which is a _____ psychological response to a stressor.

- A. eustress; negative
- B. eustress; positive
- C. distress; negative
- D. distress; positive

Question 14

In terms of Lazarus and Folkman's Transactional Model of Stress and Coping, Belinda's initial reaction of excitement would be a result of her _____ of the situation, as she perceived getting a promotion as a _____.

- A. primary appraisal; challenge
- B. secondary appraisal; threat
- C. primary appraisal; threat
- D. secondary appraisal; challenge

Question 15

When she received the call, Belinda would have shown high levels of physiological arousal due to her excitement; afterwards, her bodily processes would return to their normal levels of functioning. This return to physiological balance is achieved by the

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

Question 16

To cope with the long hours and stress of her busy workload, Belinda decided to take up running as a form of exercise and stress release. Which of the following is not a benefit of exercise?

- A. physical exercise can increase the efficiency of the cardiovascular system, aiding in a person's general strength and stamina for encountering future stressors
- B. physical exercise can promote the release of glutamate into the body which can increase a person's mood and general sense of wellbeing
- C. physical exercise can provide a needed distraction from the stressor for a period of time to allow the person to focus their attention on something else
- D. physical exercise can aid in stress reduction by using the excess stress hormones that have been secreted into the bloodstream

Question 17

Veronica was reminiscing about her thirteenth birthday pool party. Which type of long-term memory is most likely to be involved when she recalls this party?

- A. semantic
- B. implicit
- C. episodic
- D. procedural

Use the following information to answer Questions 18-22.

Tom is a 14-year-old who has just started Year 10 and plays football at a state level. His workload has increased dramatically since last year, and he is finding it hard to keep on top of his school work and sporting commitments. He stays up late to finish his school work after training each night, but even when he goes to bed at 10pm, he still finds that he lies awake for hours trying to get to sleep.

Question 18

As an adolescent, what is the desired amount of sleep Tom should be having each night?

- A. 7 hours
- B. 9-10 hours
- C. 12 hours
- D. 6 hours

Question 19

Which of the following sleep stages would you expect Tom to follow when he first went to sleep?

- A. NREM stage 1, NREM stage 2, NREM stage 3, NREM stage 4, REM
- B. REM, NREM stage 1, NREM stage 2, NREM stage 3, NREM stage 4, REM
- C. NREM stage 1, NREM stage 2, NREM stage 3, NREM stage 4, NREM stage 3, NREM stage 2, REM
- D. NREM stage 1, NREM stage 2, NREM stage 3, NREM stage 4, NREM stage 3, NREM stage 2, NREM stage 1, REM

Question 20

Gaining the desired number of hours of sleep is important for Tom's physical and mental health. The restoration theory of sleep suggests that sleep is essential for all but which of the following functions?

- A. replenishing bodily resources
- B. allowing the body to repair
- C. memory formation
- D. conserving energy

Question 21

It is common for young people to experience an adolescent sleep-wake shift. Tom reports having trouble falling asleep for several hours after going to bed at 10pm. A sleep-wake shift is caused by the delayed secretion of the hormone _____ by around _____ hours.

- A. melatonin; five
- B. melatonin; two
- C. endorphin; five
- D. endorphin; two

Question 22

Although Tom is experiencing poor sleep, he is still a mentally healthy person. Which of the following characteristics can be attributed to a person such as Tom, with a high level of functioning?

- A. avoiding extracurricular activities at school
- B. being socially disconnected from his peers
- C. holding negative feelings about himself
- D. participating fully in both school and leisure activities

Use the following information to answer Questions 23-26.

Amelia was involved in a car accident on her way to the shops, with both cars badly damaged in the collision. Amelia knocked her head on the front dashboard when the cars collided. She was unconscious for a short time before an ambulance arrived and follow up brain scans showed some minor signs of brain damage. During Amelia's recovery in hospital she experienced some memory problems.

Question 23

Amelia suffered anterograde amnesia due to the accident. Which of the following is she likely to have experienced?

- A. difficulty forming new long term memories
- B. difficulty forming new short term memories
- C. difficulty retrieving old long term memories
- D. difficulty retrieving old short term memories

Question 24

Anterograde amnesia is often associated with damage to the

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

Question 25

After the incident, there was a dispute with the drivers as to who was at fault. The police called Amelia a few days later to hear her recollection of the incident. She was unable to recall the exact details of the accident. One of the officers decided to take her back to the scene of the accident to act as a

- A. context cue.
- B. state dependent cue.
- C. content cue.
- D. none of the above

Question 26

One month later, Amelia was required to attend court to provide evidence in relation to the car accident. When questioned by a lawyer, some of her responses were different to the statements provided to the police at the time of the accident. The difference in responses is possibly due to

- A. the reconstructive nature of memory.
- B. leading questions asked by the lawyer or police officer.
- C. what Amelia had since read and heard about the accident.
- D. all of the above.

Use the following information to answer Questions 27-30.

Simon teaches Spanish at a secondary school. In December, he was unexpectedly informed that he would not have a job at the school the following year, as his contract would not be renewed. Simon was devastated by this news as it would cause him to be denied a home loan that he had just applied for.

Question 27

The termination of Simon's work contract would most likely be considered which of the following sources of stress?

- A. distress
- B. acculturative stress
- C. a life event
- D. a catastrophe

Question 28

In terms of Lazarus and Folkman's Transactional Model of Stress and Coping, the damage that would occur from losing his job, such as his home loan application being denied in future, would be appraised by Simon as

- A. a threat.
- B. harm/loss.
- C. a challenge.
- D. irrelevant.

Question 29

According to the biopsychosocial model, stress is an example of a _____ risk factor experienced by Simon when losing his job. It contributes to the susceptibility and possible onset of a mental disorder, which is known as a _____ risk factor.

- A. psychological; precipitating
- B. psychological; perpetuating
- C. biological; precipitating
- D. biological; perpetuating

Question 30

Which of the following would not be considered an approach strategy for Simon after he lost his job?

- A. making a list of appropriate jobs that he is going to apply for
- B. seeing a careers advisor to get advice about finding a new job
- C. denying that he had lost his job
- D. looking at losing his job as an opportunity to retrain and start a new career

Use the following information to answer Questions 31-33.

George was sitting in his Psychology class learning about the functioning of the human nervous system. He was carefully taking notes so that he could review them before a test next week.

Question 31

George wrote down in his notebook that the lock and key model was an analogy for the process of neural transmission. He wrote down that the lock represents the _____ and the key represents the _____.

- A. neurotransmitter; dendrite on the postsynaptic neuron
- B. dendrite on the postsynaptic neuron; neurotransmitter
- C. neurotransmitter; postsynaptic neuron's receptor site
- D. postsynaptic neuron's receptor site; neurotransmitter

Question 32

He also recorded that the synapse was

- A. the synaptic gap between two neurons.
- B. a combination of the synaptic gap and the axon terminals.
- C. a combination of the synaptic gap, the axon terminals of the presynaptic neuron and the dendrites of the postsynaptic neuron.
- D. a combination of the synaptic gap, the axon terminals of the postsynaptic neuron and the dendrites of the presynaptic neuron.

Question 33

The questions in the multiple-choice section of the class test would utilise which method of retrieval?

- A. free recall
- B. cued recall
- C. recognition
- D. relearning

Use the following information to answer Questions 34-39.

Ted is 35-years-old and works as a builder. When he was seven-years-old, he was playing frisbee with his brother in the back garden when the frisbee accidentally went into the next-door-neighbour's garden. Ted climbed over the fence to retrieve it, but when he was climbing over the fence, he was ferociously attacked by the neighbour's dog. He sustained severe injuries to his body, which required surgery and prolonged hospitalisation.

Since this incident, Ted cannot even look at a dog of any breed without getting extremely frightened. If a dog comes close to Ted, he will freeze and is unable to move until the dog is taken away. When walking down the street, Ted will purposely cross to the other side of the road if he sees a dog walking towards him, even if the dog is with its owner and the dog is on a lead. He has stopped going to parks, as the possible encounter with a dog is just too terrifying for him.

Question 34

Tom being attacked by the dog when he was seven was a/an

- A. neutral stimulus.
- B. unconditioned stimulus.
- C. unconditioned response.
- D. conditioned stimulus.

Question 35

Classical conditioning in this case has acted as a _____ factor in the acquisition of Tom's phobia of dogs.

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

Question 36

Which of the following is a neurohormone that would have enhanced his memory of the trauma during the attack?

- A. gamma amino butyric acid (GABA)
- B. acetylcholine
- C. dopamine
- D. adrenaline

Question 37

Given that Tom is now afraid of all dogs, and not just the dog that originally attacked him, which process of classical conditioning is Tom demonstrating?

- A. extinction
- B. spontaneous recovery
- C. stimulus discrimination
- D. stimulus generalisation

Question 38

Tom crossing the road whenever he sees a dog coming, to remove any chance of an encounter with a dog, would be a form of

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

Question 39

Evidence-based interventions are the preferred treatments for people with specific phobias. Which of the following is not a biological evidence-based intervention that a psychologist may suggest to Tom?

- A. benzodiazepines
- B. breathing retraining
- C. exercise
- D. systematic desensitisation

Question 40

We are consciously aware of stimuli that are in our _____ memory, as it is sometimes referred to as our mental workspace for storing information that we are currently aware of.

- A. implicit
- B. echoic
- C. short-term
- D. long-term

Use the following information to answer Questions 41-44.

Sarah recently had a medical check-up with her doctor, which showed that she had high cholesterol. The doctor told her that she needed to live a healthier lifestyle, by changing her diet and exercising more frequently. She knew she had to make a change but could not afford to attend exercise classes, so instead, she decided to watch yoga videos on the internet and research online healthy eating plans.

Question 41

Which of the following identifies the stage of the transtheoretical model demonstrated by Sarah in her use of the internet to research yoga and healthy eating plans?

- A. pre-contemplation
- B. contemplation
- C. preparation
- D. action

Question 42

Sarah could describe all the yoga exercises in detail. However, despite her attempts, she could not successfully perform the yoga poses due to her physical inflexibility. Which aspect of observational learning did Sarah most likely not achieve?

- A. attention
- B. retention
- C. reproduction
- D. motivation

Question 43

Sarah had worked hard to eat nutritious food and exercise regularly for over three months, and had successfully reduced her high cholesterol levels. However, a month later, Sarah had gone back to her old ways and became stressed that she may be becoming unhealthy again. She did not ask her friends for advice because she was too ashamed to ask for help. Sarah's strategy for coping was likely

- A. avoidance, as she did not confront the problem.
- B. approach, as she confronted the problem.
- C. emotion focused, as she confronted the problem.
- D. problem focused, as she did not confront the problem.

Question 44

Which stage of the transtheoretical model are people, such as Sarah, most likely to experience a relapse?

- A. contemplation
- B. pre-contemplation
- C. action
- D. preparation

Question 45

In the classic study, Watson and Rayner demonstrated that an emotional response can be conditioned. In their experiment with 'Little Albert' the conditioned stimulus was

- A. a laboratory rat.
- B. a toy train.
- C. a loud noise.
- D. fear.

Use the following information to answer Questions 46 to 50.

A researcher was investigating the effects of a new drug in the treatment of post-traumatic stress disorder (PTSD). Concerned about experimenter bias, the researcher used a double-blind procedure with the help of a research assistant who worked directly with the participants in the control and experimental groups.

Question 46

The control group should

- A. not take the new drug to treat PTSD.
- B. take the new drug to treat PTSD to be consistent with the experimental group.
- C. be able to choose if they take the new drug to treat PTSD or not.
- D. take a higher dose of the new drug to treat PTSD.

Question 47

The investigation used a double-blind procedure to avoid experimenter bias. Which of the following best describes this procedure?

- A. only the researcher knew which group the control and experimental group was
- B. only the research assistant knew which group the control and experimental group was
- C. both the researcher and the experimental group knew which group received the control condition
- D. both the researcher and the research assistant knew which group the control and experimental group was

Question 48

In the experiment, it is essential the researcher controls for extraneous variables so that

- A. there is a high probability that the results obtained about the new drug were due to chance.
- B. a valid conclusion can be made about the effect of the new drug (independent variable) on PTSD (dependent variable).
- C. a valid conclusion can be made about the effect of the new drug (dependent variable) on PTSD (independent variable).
- D. the hypothesis that the new drug will reduce the effects of PTSD is supported, and the results of the experiment can be generalised to the broader population.

Question 49

Some of the participants in the experiment were children. In order to obtain informed consent, the researcher would have needed to

- A. inform only the participant so that they understood the nature, purpose and risks of the study.
- B. inform only the legal guardian so that they understood the nature, purpose and risks of the study.
- C. inform the legal guardian and participant (to the best of their ability) so that they understood the nature, purpose and risks of the study.
- D. inform only the legal guardian and participant's relatives so that they understood the nature, purpose and risks of the study.

Question 50

The new drug works by interfering with the neurotransmitters involved in long-term potentiation (LTP). Which of the following neurotransmitters would the new drug primarily interfere with?

- A. gamma amino butyric acid (GABA), which has an inhibitory effect
- B. gamma amino butyric acid (GABA), which has an excitatory effect
- C. glutamate, which has an inhibitory effect
- D. glutamate, which has an excitatory effect

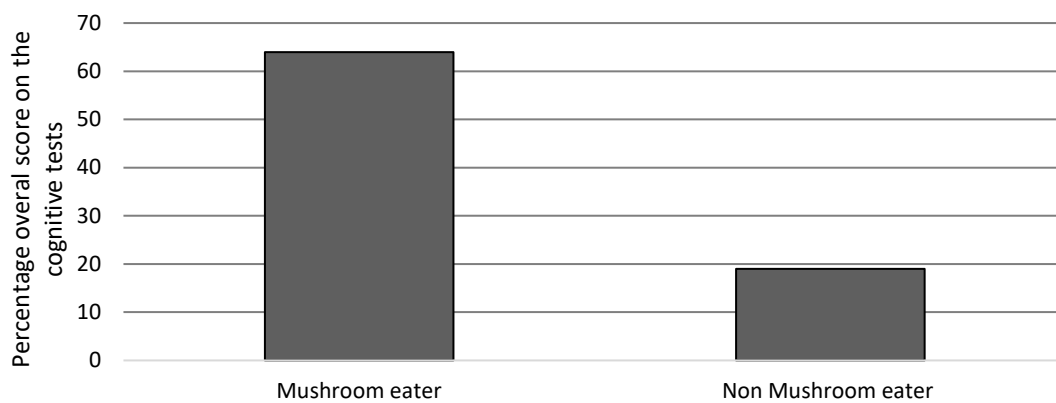
SECTION B**Instructions for Section B**

Answer **all** questions in the spaces provided. Write using black or blue pen.

Question 1 (5 marks)

A recent study by the National University of Singapore has shown that eating more than two portions of mushrooms a week could prevent memory problems occurring later in life. They discovered that antioxidants present in the mushrooms could have a protective effect on the hippocampus. The study involved 663 adults aged 60 and over who were tracked for lifestyle factors from 2011 to 2017, including how many portions of mushrooms they ate in their day-to-day life. Those that self-reported that they were 'Mushroom eaters' (who habitually ate more than two portions a week) performed higher in a cognitive test involving memory recall than those who habitually ate less than two portions of mushrooms a week ('Non Mushroom eaters').

Mushrooms and their effect on cognitive functioning.



- a. Would data from the cognitive tests be considered qualitative or quantitative? 1 mark
- _____
- b. Is the mushroom study an experiment? Justify your answer. 2 marks
- _____
- _____
- _____
- _____
- c. Operationalise the independent variable of this study. 2 marks
- _____
- _____
- _____
- _____

Question 2 (14 marks)

Samantha is walking home from the train station late one night. Suddenly, there is a loud bang and she jumps in fright from the noise. She looks across the road and sees an old car that had just backfired (that is, its engine created a minor explosion) as it took off from the traffic lights at the intersection. Samantha noticed that her heart rate had increased dramatically, so she walked slowly for several minutes to try to recover her composure. The next time she took the train home, she avoided the intersection where the car backfired.

- a.** Identify two physiological responses, other than increased heart rate, that Samantha would have experienced as she heard the loud noise. 2 marks

- b.** Explain the role of Samantha's nervous system in experiencing the bodily changes in Question 2a. 3 marks

- c.** Discuss whether Samantha's physiological response of an increased heart rate following the sound of the car backfiring was conscious or unconscious, with reference to the nervous system/s involved. 2 marks

- d.** Using the three-phase model of operant conditioning, explain why Samantha now avoids the intersection. 3 marks

- e.** Explain two reasons why Samantha's avoidance of the main road intersection is an example of a behaviour acquired through operant conditioning and not classical conditioning. 4 marks

Question 3 (17 marks)

Gabrielle, a 25-year-old actor, recently started to travel overseas for work, but has always found it difficult to sleep on aeroplanes. During a recent flight from Melbourne to New York for the filming of a new television show, she only slept a total of three hours. Upon her arrival in New York, Gabrielle picked up a double shot espresso coffee and went straight to a rehearsal. Over the following days, she found that she would often stutter, forget her lines, and had trouble falling asleep at the desired time.

- a.** Describe the effects of Gabrielle's partial sleep deprivation on her affective and cognitive functioning, and how this could affect her rehearsal. 4 marks

- b.** Explain how consuming a double shot espresso coffee would likely affect Gabrielle's brain wave patterns. 2 marks

- c.** Gabrielle decides to attend a sleep seminar to learn more about why she is experiencing trouble falling asleep. While listening to the presenter speak in the seminar, she realises that she is experiencing a circadian phase disorder known as jet lag. 3 marks

Based on the information Gabrielle has gained in the seminar, identify the likely intervention that would be suggested for her condition and explain how it may assist her to restore her regular sleeping pattern.

- d.** The presenter mentioned that the need for sleep changes with a person's age. Provide two distinctions between the sleep patterns of a newborn infant versus someone of Gabrielle's age. 4 marks

- e.** During the seminar the presenter said, 'driving while sleep deprived is as bad as driving while drunk.' Do you agree with this statement? Justify your answer. 4 marks

Question 4 (11 marks)

James noticed some changes to his mobility, so he made an appointment with a doctor. The doctor concluded that James was most likely suffering from the onset of Parkinson's disease. This news really shook James and when he left the doctor's clinic, he felt very upset and walked around for hours in a daze.

- a.** Identify one motor symptom and one non-motor symptom that may have led the doctor to the diagnosis of Parkinson's disease. 2 marks

- b.** Explain how chronic changes to neurons and neurotransmitters lead to the motor symptoms of Parkinson's disease. 2 marks

- c.** Outline the processes involved in neural transmission once the neural impulse has reached the axon terminal, with reference to the lock-and-key process. 3 marks

- d.** With reference to the Lazarus and Folkman Transactional Model of Stress and Coping, explain James's reaction when he was diagnosed with Parkinson's disease. 4 marks

Question 5 (13 marks)

For his extended VCE Psychology practical investigation, Don decided to investigate if meditation had an effect on time orientation. He used a sample of 20 students from his class out of a cohort of 110 Year 12 students at his school.

In the first stage of his experiment, the 20 participants sat quietly in a room for an unknown period of time to them (six minutes) and were asked to record the amount of time they thought had passed. The next day, the same participants sat in the same room, but this time, they completed a guided meditation and were again asked to record the amount of time they thought had passed (six minutes).

- a.** Identify the independent and dependent variables in Don's research investigation. 2 marks

- b.** Name the experimental research design that Don used in this investigation and state one disadvantage of this choice of design. 2 marks

Experimental research design:

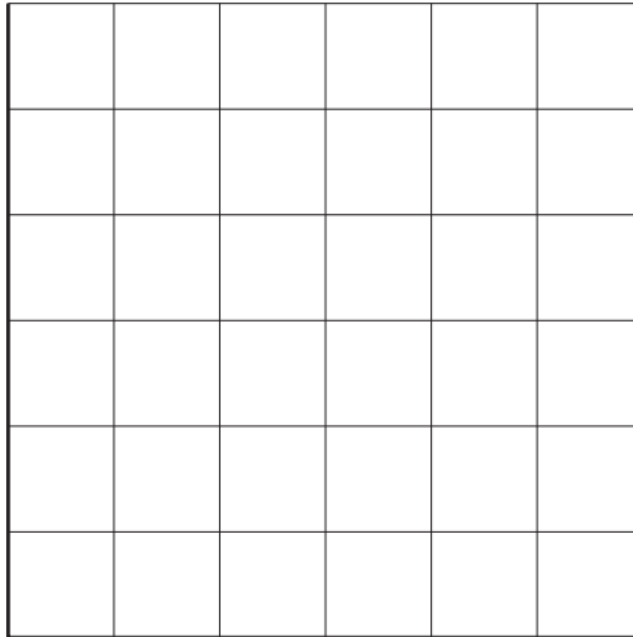
Disadvantage:

- c.** Identify the sampling technique used by Don in his investigation and discuss an advantage of this technique over another. 3 marks

- d.** Don calculated the mean and standard deviation of his investigation conditions and presented the following results in his report. 2 marks

	Quiet room	Meditation
Mean estimation of time (minutes)	5.7	8.1
Standard deviation	0.6	1.5

Represent the mean results of the study in a correctly labelled graphical representation using the grid provided below.



- e.** Explain what the mean time in Don's investigation suggests about the effect of meditation on our state of consciousness and time orientation. 3 marks

- f.** What do the standard deviations in Don's investigation suggest? 1 mark

Question 6 (10 marks)

Mr Dawson is a 40-year-old man who has three children. From the age of 18, he was employed as a carpenter and had a large friendship group at work, but is now unemployed. For the past five years, he has lost confidence in his abilities and not been able to hold down a job. He supports himself through a government welfare payment, but he is still under financial stress as the payment is often not enough to make ends meet.

Mr Dawson has been divorced for the past four years, rarely sees his children, and currently lives alone in the outer suburbs. His family also consists of his two sisters and elderly father, as his mother passed away when he was 35-years-old. Mr Dawson was very close to his mother and discovered that after her death, she had been suffering from depression her entire life. He talks to his father on the phone on a weekly basis but has limited contact with his sisters who live interstate.

For many years, Mr Dawson was happily involved in community activities and had an active social life, but these activities no longer give him any pleasure. Since losing his carpentry job five years ago, he has stopped going to social events, often stays at home, and orders fast food, as he believes no one would want to socialise with him. He has also been experiencing sleep problems for the past couple of years, leading to extreme fatigue during the day and fainting episodes.

His father suggested he see a psychologist and after many months of persuasion, he finally booked an appointment. During his session with the psychologist, Mr Dawson was diagnosed with depression. The psychologist believes he had been suffering from depression since the death of his mother after which he also got himself into heavy drinking. He quickly became an alcoholic at that time which often made him forget things and caused him to make numerous mistakes at work, ultimately causing him to lose his job.

The psychologist records that Mr Dawson has faced many challenges in his life and that he needs to regain his self-efficacy. In the first few sessions, the psychologist focuses on building Mr Dawson's self-efficacy through several scenario-based and goal-setting tasks that they work through together.

Mr Dawson's psychologist is preparing a report for his family, so they can gain a better understanding of his condition and ways to support him.

Prepare the report for Mr Dawson's family that includes:

- a justification of why Mr Dawson could be considered to be suffering a mental disorder as opposed to a mental health problem.
- a detailed analysis of the internal and external risk factors that may have contributed to the development and progression of his mental health disorder.
- a discussion of protective factors that might assist Mr Dawson in his recovery.

[illegible]

END OF QUESTION AND ANSWER BOOK

Clearly number all responses in this space.

[illegible]



VCE PSYCHOLOGY
Written Examination
ANSWER SHEET – 2019

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