



Rewarding Learning

ADVANCED  
General Certificate of Education  
2023

Centre Number

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Candidate Number

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## Health and Social Care

Assessment Unit A2 6

*assessing*

Understanding Human Behaviour

**MV18**

**[AHC61]**

**THURSDAY 15 JUNE, AFTERNOON**

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### **Time**

2 hours, plus your additional time allowance.

### **Instructions to Candidates**

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Write your answers in the spaces provided in this question paper.

Answer **all three** questions.

### **Information for Candidates**

The total mark for this paper is 120.

Quality of written communication will be assessed in Questions **1(d)(ii)**, **2(c)**, **3(b)** and **3(c)**.

Figures in brackets printed at the end of each question indicate the marks awarded to each question or part question.

1 Janeen has acrophobia, an extreme and irrational fear of heights. This is having a negative impact on her social life; for example, she won't take a flight to visit her daughter in Spain, she has turned down an invitation to go on a walking holiday with friends in the Mourne Mountains, she won't walk into town as she would have to cross a bridge, and recently she had a panic attack in a shop when going up on the escalator.

(a) Identify **four** symptoms Janeen may have exhibited during the recent incident on the escalator.

[1 mark for each]

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

(b) From the psychoanalytic perspective, phobias are associated with the unconscious and the use of defence mechanisms. Use these two concepts to describe how the psychoanalytic perspective views phobias.

[3 marks for each]

The unconscious

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## Defence mechanisms

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- (c) (i)** Bandura uses social learning theory to explain how people develop phobias. Summarise Bandura's explanation of phobias. [3 marks]

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- (ii)** From Bandura's perspective, modelling therapy can be used to treat phobias. Discuss how this therapy could be used to help Janeen overcome her acrophobia. [9 marks]

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**2** The biological perspective focuses on the role of physiological factors when explaining behaviour, whilst the cognitive perspective focuses on internal mental processes like thinking and perception.

**(a)** From the biological perspective, antidepressants and electro-convulsive therapy (ECT) are two possible treatments for depression.

**(i)** Describe how **one** type of antidepressant works to alleviate depression. [3 marks]

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**(ii)** Explain **one** advantage and **one** disadvantage of using drug therapies for depression.  
[2 marks for each]

An advantage

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A disadvantage

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**(iii)** Describe ECT. [3 marks]

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(d) Explain **two** strengths and **two** weaknesses of cognitive therapies. [2 marks for each]

Strengths

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Weaknesses

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 3 (a) Complete the table below to describe **three** different ways of managing stress. [3 marks for each]

<b>Way</b>	<b>Description</b>
Time management	
Meditation	
Biofeedback	











<b>For Examiner's use only</b>	
<b>Question Number</b>	<b>Marks</b>
1	
2	
3	
<b>Total Marks</b>	

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