13.1 Explanations for the Success and Failure of Dieting: 10-minute Pack

AQA 7182 · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions.

1 Outline one way that low calorie sweeteners might paradoxically undermine dieting success, and give a brief reason why this effect might occur.

(Total for Question 1 is 2 marks)

2 A researcher plans an experiment to test whether a brief thought suppression instruction increases later snack intake in restrained dieters. State an operationalised independent variable and dependent variable suitable for this laboratory study.

(Total for Question 2 is 4 marks)

3 Outline the boundary model that complements restraint theory in explaining why a small perceived lapse may trigger a large overeating episode in a dieting context.

(Total for Question 3 is 3 marks)

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Mark scheme · 13.1 Explanations for the Success and Failure of Dieting: 10-minute Pack

Question 1

states a plausible effect, e.g. sweeteners can maintain sweet preference or lead to increased overall calorie intake later oe	**M1**
gives a reason, e.g. dissociation between sweetness and calories may disrupt appetite regulation or promote compensatory eating oe	**A1**

Answer: Low calorie sweeteners may maintain a preference for sweet tastes or lead to compensatory eating later; because sweetness without calories can disrupt learned cues about energy intake, people may consume more elsewhere.

Question 2

IV operationalised: instruction condition, e.g. 'thought suppression' group told to push thoughts of chocolate out of mind versus 'control' group given no suppression instruction oe	**M1**
states whether IV is independent groups or repeated measures if required, e.g. independent groups design with random allocation oe	**M1**
DV operationalised: objective measure of snack intake in grams or number of calories consumed in a 10 minute taste test oe	**M1**
includes a clear measurement detail, e.g. weigh snacks before and after or record number of chocolate pieces eaten, giving a numeric DV oe	**A1**

Answer: IV: instruction condition, independent groups, e.g. 'suppression' group told to avoid thinking about chocolate versus 'control' group given no such instruction. DV: amount of snack eaten during a 10 minute taste test, measured in grams or total calories, recorded by weighing snack bowls before and after.

Question 3

states that the boundary model distinguishes a cognitive boundary between allowed intake and prohibited intake oe	**M1**
states that when intake crosses the boundary, dieters experience disinhibition and may eat considerably more than before oe	**M1**
explains why a small perceived lapse, such as a single biscuit, can lead to a larger binge because the boundary has been perceived as broken oe	**A1**

Answer: The boundary model says dieters maintain a cognitive boundary between permitted and forbidden intake; once the perceived boundary is crossed, psychological disinhibition can occur and lead to a larger overeating episode.

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