13.3 Psychological Explanations for Anorexia Nervosa: 10-minute Pack

AQA 7182 · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions.

1 Identify one ethical issue for researchers studying psychological explanations of anorexia nervosa in clinical samples, and suggest how researchers can address it in a hospital or university study.

(Total for Question 1 is 3 marks)

2 Outline, in the context of social learning theory, how media modelling might contribute to the development of anorexic behaviour in adolescents.

(Total for Question 2 is 2 marks)

3 Explain one methodological limitation common to research supporting psychological explanations for anorexia nervosa, and explain why this limits the strength of conclusions drawn in clinical research literature.

(Total for Question 3 is 4 marks)

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Mark scheme · 13.3 Psychological Explanations for Anorexia Nervosa: 10-minute Pack

Question 1

identifies a genuine ethical issue, e.g. risk of psychological harm/distress when discussing eating behaviours and body image oe	**M1**
suggests a practical safeguard, e.g. careful screening, providing full debriefing, and signposting to clinical support services oe	**A1**
explains why this safeguards participants, e.g. reduces risk of harm and ensures help is available if distress increases during or after participation oe	**A1**

Answer: Ethical issue: risk of distress when discussing eating and body image. Address by screening participants, obtaining informed consent, providing debriefing and immediate access to clinical support or referral, protecting participant wellbeing.

Question 2

identifies modelling from the media as a mechanism, e.g. adolescents imitate thin-ideal behaviours seen in celebrities, influencers or adverts oe	**B1**
briefly explains: seeing thin role models being rewarded or admired can encourage imitation of dieting or disordered eating as a route to social approval oe	**B1**

Answer: Media modelling: adolescents observe thin role models in media and social media, and imitate dieting or restrictive eating because these behaviours appear rewarded by attention and admiration.

Question 3

identifies a methodological limitation, e.g. reliance on correlational designs or retrospective self-report data oe	**M1**
explains consequence: correlational data cannot establish causation between family dynamics/media exposure/cognition and anorexia onset oe	**A1**
further explains limitation: retrospective reports are vulnerable to bias and may reflect illness effects rather than causes oe	**A1**
concludes that these design limits mean psychological explanations need cautious interpretation and ideally triangulation with prospective or experimental evidence oe	**A1**

Answer: Common limitation: much evidence is correlational or based on retrospective self-report. This limits causal inference because it cannot determine whether family patterns or cognitive distortions cause anorexia or result from it; recall bias may also distort associations.

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