17.2 Explanations for Nicotine and Gambling Addiction, and Reducing Addiction: 10-minute Pack

AQA 7182 · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer the short questions in clear sentences for full credit. At least three answers should be written in full sentences.

1 Outline the role of dopamine in the brain reward pathway as it relates to nicotine addiction, in the context of neurochemistry.

(Total for Question 1 is 2 marks)

2 Explain covert sensitisation as a cognitive-behavioural method for reducing addictive behaviours, and outline how it differs from overt aversion therapy.

(Total for Question 2 is 6 marks)

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Mark scheme · 17.2 Explanations for Nicotine and Gambling Addiction, and Reducing Addiction: 10-minute Pack

Question 1

states that nicotine increases dopamine release in the mesolimbic reward pathway, including the nucleus accumbens oe	**B1**
links increased dopamine to reinforcing pleasurable effects that encourage continued smoking oe	**B1**

Answer: Nicotine stimulates dopamine release in the mesolimbic reward pathway, including the nucleus accumbens, producing pleasurable reinforcement that increases the likelihood of continued smoking.

Question 2

defines covert sensitisation: a therapy where the client imagines unpleasant consequences of the addictive behaviour to create negative associations oe	**M1**
explains the process: guided imagery is used to pair the behaviour with adverse imagined outcomes until the urge decreases oe	**A1**
compares with overt aversion: covert sensitisation uses imagination rather than actual physical aversive stimuli oe	**M1**
explains a benefit: it avoids physical harm and ethical issues associated with inducing real discomfort, and may be more acceptable oe	**A1**
identifies a limitation: relies on vivid imagination and client motivation, so may be less effective for some individuals oe	**M1**
explains why this matters: those unable to engage with imagery may not form strong aversive associations, reducing treatment efficacy oe	**A1**

Answer: Covert sensitisation uses guided imagery to have clients imagine unpleasant consequences of the addictive behaviour, creating negative associations and reducing urges; unlike overt aversion it does not use real physical aversive stimuli, which reduces ethical concerns, but it depends on the client's ability to vividly imagine and engage, which limits effectiveness for some people.

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