14.2 Sources of Stress, Individual Differences and Managing Stress: Test Pack

AQA 7182 · about 15 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer all questions. Questions worth 4 marks or more should be answered in full sentences. Spend approximately 15 minutes on this pack.

1 Outline the Social Readjustment Rating Scale (SRRS) as a source of stress in the context of life changes, naming its key feature and purpose.

(Total for Question 1 is 2 marks)

2 Outline how benzodiazepines help manage stress, and give one limitation of their use.

(Total for Question 2 is 2 marks)

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3 Outline Kanner's daily hassles approach as a source of stress, and give one reason why it might be a better predictor of health than major life events.

(Total for Question 3 is 3 marks)

4 Compare emotional support and instrumental support as forms of social support for someone experiencing stress, giving one example of each.

(Total for Question 4 is 4 marks)

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Mark scheme · 14.2 Sources of Stress, Individual Differences and Managing Stress: Test Pack

Question 1

identifies SRRS as a checklist of life events that assigns each event a life-change unit score oe **B1**

states purpose: to predict likelihood of stress-related illness by summing life-change units over a period oe **B1**

Answer: SRRS is a checklist that assigns numerical life-change unit scores to events and is used to predict a person's risk of stress-related illness by summing recent life changes.

Question 2

states mechanism: benzodiazepines enhance the effect of the inhibitory neurotransmitter GABA to reduce anxiety and produce a calming effect oe **B1**

states limitation: can cause dependence, tolerance or sedation, limiting long term use oe **B1**

Answer: Benzodiazepines work by enhancing GABA activity to reduce anxiety and produce calming effects. A limitation is the risk of dependence, tolerance and sedation, making them unsuitable for long term management.

Question 3

outlines daily hassles as small, frequent irritations and demands of everyday life that accumulate to produce stress oe **M1**

gives reason: daily hassles are more frequent and thus may have a cumulative effect on health, making them a better predictor of chronic stress oe **A1**

explains consequence: they may be more closely linked to everyday functioning and wellbeing than rare major events oe **A1**

Answer: Daily hassles are small, frequent everyday irritations that accumulate and may better predict health because their cumulative, ongoing effect can produce chronic stress that more directly affects daily functioning.

Question 4

defines emotional support: expressions of empathy, care and reassurance that help reduce subjective distress oe **M1**

gives example of emotional support, e.g. a friend listening and reassuring someone worried about redundancy oe **A1**

defines instrumental support: practical help or services that reduce stressors or their impact oe **M1**

gives example of instrumental support, e.g. helping with childcare or providing financial assistance during a stressful period oe **A1**

Answer: Emotional support involves empathy and reassurance, for example a friend listening to worries about job loss. Instrumental support provides practical help, for example offering childcare or money to reduce the stressor's impact.

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