4.2 Characteristics of Phobias: Behavioural, Emotional and Cognitive: 10-minute Pack

AQA 7182 · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions.

1 Explain what is meant by 'disproportionate' fear in the emotional features of phobias, using an example of a person with a dog phobia who experiences high anxiety around small, calm dogs.

(Total for Question 1 is 3 marks)

2 State two named examples of phobias given in the AQA specification and give one brief behavioural sign for each example you name. Context: characteristics of phobias topic.

(Total for Question 2 is 2 marks)

3 Describe two contrasting behavioural responses seen in phobias: avoidance and endurance, using agoraphobia as the context.

(Total for Question 3 is 4 marks)

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Mark scheme · 4.2 Characteristics of Phobias: Behavioural, Emotional and Cognitive: 10-minute Pack

Question 1

states that disproportionate fear means the emotional response is much greater than the objective threat posed by the stimulus oe	**M1**
applies to the example, e.g. a person fearful of small calm dogs despite little real danger oe	**A1**
explains the consequence, e.g. disproportionate fear leads to avoidance or distress that is not matched by the actual risk oe	**A1**

Answer: Disproportionate fear means the emotional response is much larger than the objective threat. For example, someone may feel extreme anxiety around small, calm dogs even though the real risk is minimal, causing undue avoidance and distress.

Question 2

names a phobia and gives a correct behavioural sign, e.g. specific phobia - panic or avoidance around the object oe	**B1**
names a second phobia and gives a correct behavioural sign, e.g. social anxiety - avoiding social situations or visible anxiety when socialising oe	**B1**

Answer: Examples: specific phobia (eg spider phobia) - avoidance or panic when near the object; social anxiety (social phobia) - avoiding social events or showing visible anxiety while speaking.

Question 3

describes avoidance: actively avoiding the feared situation, e.g. staying at home to avoid crowded places in agoraphobia oe	**M1**
explains the effect of avoidance, e.g. reduced daily functioning and possible negative impact on work and social life oe	**A1**
describes endurance: staying in the feared situation but experiencing high anxiety or distress, e.g. going to the shops but feeling panicky and distressed oe	**M1**
explains the effect of endurance, e.g. continued exposure without escape maintains high anxiety and impairs concentration or coping oe	**A1**

Answer: Avoidance involves actively avoiding feared situations, for example someone with agoraphobia may stay at home to avoid crowds, reducing daily functioning. Endurance involves remaining in the situation despite intense anxiety, for example going shopping but feeling panicky and distressed throughout.

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