4.2 Characteristics of Phobias: Behavioural, Emotional and Cognitive: 30-minute Pack

AQA 7182 · about 30 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions.

1 Outline the emotional characteristics of phobias, emphasising persistent and excessive fear and anxiety that is disproportionate to the danger posed, with social anxiety as the named example.

(Total for Question 1 is 4 marks)

2 Vignette: Priya refuses to board a city bus. She says her heart races, her hands shake and she feels she must get off or she will choke. She now walks long distances to avoid buses and has not used public transport for months.

Identify the single behavioural characteristic of phobias best illustrated by Priya, and justify your choice using evidence from the vignette.

(Total for Question 2 is 4 marks)

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3 Vignette: Callum has a dog phobia. He believes any dog will bite him and scans parks for dogs, interpreting even distant dogs as threatening. He sometimes freezes and cannot move when a dog approaches. Using this vignette, identify two different characteristics of phobias (one cognitive and one behavioural), and explain briefly how the vignette shows each.

(a) Identify and explain the cognitive characteristic shown by Callum, with supporting evidence from the vignette. **(3)**

(b) Identify and explain the behavioural characteristic shown by Callum, with supporting evidence from the vignette. **(3)**

(Total for Question 3 is 6 marks)

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4 Extended question (10 marks): Vignette: Yusuf avoids going to the supermarket because he feels overwhelming fear in crowds. He believes that if he goes he will make a scene and everyone will notice. When he is forced to go he scans shoppers and interprets neutral faces as hostile, and sometimes freezes at the entrance.

Explain three different characteristics of phobias shown in Yusuf. For each characteristic: identify it, explain what it means, and apply it to Yusuf's vignette. One mark is available for correctly identifying the likely phobia type at the end.

(Total for Question 4 is 10 marks)

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Mark scheme · 4.2 Characteristics of Phobias: Behavioural, Emotional and Cognitive: 30-minute Pack

Question 1

identifies persistent and excessive fear and anxiety as core emotional characteristics oe — **M1**

states that the fear is disproportionate to the actual danger posed by the stimulus, e.g. mild risk in social situations yet extreme anxiety in social phobia oe — **A1**

gives an example related to social anxiety, e.g. intense worry before social events, fear of negative evaluation oe — **M1**

explains why this matters, e.g. such emotional responses interfere with everyday life and are distressing beyond what the situation warrants oe — **A1**

Answer: Emotional characteristics include persistent and excessive fear and anxiety that are disproportionate to the actual danger. In social anxiety someone may experience intense worry and fear of negative evaluation before and during social events, which is out of proportion to the likely risk and interferes with daily life.

Question 2

identifies avoidance as the primary behavioural characteristic shown cao — **B1**

justifies with evidence that Priya actively avoids buses and walks long distances to prevent exposure oe — **M1**

adds secondary behavioural evidence that she avoids public transport for months, showing a persistent pattern of avoidance oe — **A1**

links the physiological reactions (heart racing, shaking) to panic behaviours often accompanying avoidance in phobias oe — **A1**

Answer: Avoidance. Priya walks long distances to avoid buses and has not used public transport for months; her heart racing and shaking when on a bus show panic that leads to persistent avoidance.

Question 3

(a) identifies the cognitive characteristic: selective attention to threat or irrational belief that any dog will bite cao — **M1**

(a) explains using vignette evidence, e.g. Callum scans parks for dogs and interprets distant dogs as threatening oe — **A1**

(a) explains consequence, e.g. this bias maintains anxiety by focusing on threat cues and ignoring safe evidence oe — **A1**

(a) Answer: Cognitive: selective attention/irrational belief. Callum scans parks for dogs and interprets distant dogs as threatening, believing any dog will bite, which maintains his anxiety by focusing on threat cues.

(b) identifies the behavioural characteristic: panic/freeze response or avoidance behaviour (freeze is primary here) cao — **M1**

(b) explains with vignette evidence, e.g. he sometimes freezes and cannot move when a dog approaches oe — **A1**

(b) explains effect, e.g. freezing is an observable panic-type behavioural reaction that indicates high fear and may lead to avoidance of parks oe — **A1**

(b) Answer: Behavioural: panic-type freeze response. Callum sometimes freezes and cannot move when a dog approaches, an observable panic reaction that can lead to avoidance of parks.

Question 4

identifies characteristic 1 (cognitive or emotional or behavioural) cao — **B1**

explains characteristic 1, eg definition of selective attention, irrational belief, panic, avoidance, or disproportionate fear oe — **A1**

applies characteristic 1 to Yusuf with specific vignette evidence oe — **A1**

identifies characteristic 2 cao — **B1**

explains characteristic 2 with a clear definition oe — **A1**

applies characteristic 2 to Yusuf with vignette evidence oe — **A1**

identifies characteristic 3 cao — **B1**

explains characteristic 3 with a clear definition oe — **A1**

applies characteristic 3 to Yusuf with vignette evidence oe — **A1**

identifies the likely phobia type correctly, eg agoraphobia or social anxiety depending on justification, cao — **B1**

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