4.5 The Two-Process Model: Explaining Phobias via Conditioning: 10-minute Pack

AQA 7182 · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions.

1 Outline social learning theory as a supplementary explanation for phobia acquisition.

(Total for Question 1 is 4 marks)

2 Explain a prevention implication from the two-process model.

(Total for Question 2 is 4 marks)

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Mark scheme · 4.5 The Two-Process Model: Explaining Phobias via Conditioning: 10-minute Pack

Question 1

identifies observational learning: a person can acquire fear by watching someone else show fear towards a stimulus oe	**M1**
identifies vicarious reinforcement: observing another being distressed or punished by a stimulus can make the observer avoid it and learn fear oe	**A1**
gives an applied example, e.g. a child develops fear of dogs after seeing a parent panic at a dog oe	**A1**
states that social learning theory can explain acquisition without direct personal trauma oe	**A1**

Answer: Social learning theory suggests phobias can be learned by observing others show fear and by vicarious reinforcement when avoidance seems to be rewarded; for example a child may fear dogs after watching a parent panic at a dog.

Question 2

identifies an actionable prevention point, e.g. caregivers should avoid pairing neutral situations with fearful responses and should model calm reactions to potentially scary stimuli oe	**M1**
explains why this follows from classical conditioning/social learning: observing calm reduces chance of associating the stimulus with fear or learning fear vicariously oe	**A1**
links to maintenance prevention, e.g. encouraging graded, safe exposure rather than avoidance so that fear does not become reinforced oe	**A1**
concludes why it matters, e.g. reducing initial pairing and avoiding reinforcement reduces the likelihood a child develops a persistent phobia oe	**A1**

Answer: For prevention, caregivers should avoid showing exaggerated fear and should model calm responses to possibly scary stimuli, because classical conditioning and social learning mean children can acquire fear by association or observation. Also encouraging safe, graded contact instead of avoidance prevents negative reinforcement from maintaining fear, reducing risk of persistent phobias.

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