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

AQA 7182 · about 20 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions.

1 Outline classical conditioning in acquisition of phobias.

(Total for Question 1 is 2 marks)

2 Label UCS, UCR, CS and CR in Yusuf's beach example.

(Total for Question 2 is 2 marks)

3 Explain operant conditioning and maintenance of phobias via avoidance.

(Total for Question 3 is 4 marks)

4 Design a naturalistic study to observe avoidance maintaining dog fear.

(Total for Question 4 is 6 marks)

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

Question 1

states that a neutral stimulus becomes associated with a frightening or traumatic stimulus and so elicits a conditioned fear response oe **B1**

names Mowrer or the two-process model and gives a simple applied example, e.g. being bitten by a dog (UCS) leading to fear of dogs (CS) oe **B1**

Answer: Mowrer's two-process model says a neutral stimulus becomes associated with a frightening event by classical conditioning so the stimulus later triggers fear; for example, a dog bite leads to dogs becoming a feared stimulus.

Question 2

UCS: being splashed by cold seawater cao **B1**

UCR: panic/anxiety in response to the splashing; CS: beaches; CR: anxiety when walking on beaches oe **B1**

Answer: UCS = being splashed by cold seawater. UCR = panic/anxiety at the time. CS = beaches. CR = anxiety when later walking on beaches.

Question 3

states that avoidance behaviour reduces anxiety which is negatively reinforcing oe **M1**

explains negative reinforcement: removing or preventing the unpleasant state makes the avoidance behaviour more likely to be repeated oe **A1**

applies this to phobias by explaining that avoiding the phobic stimulus prevents exposure and so prevents extinction of the fear oe **A1**

gives a concrete example, e.g. avoiding lifts prevents anxiety after a panic in a lift so the fear of lifts is maintained oe **A1**

Answer: Operant conditioning maintains phobias because avoidance reduces anxiety; this negative reinforcement makes avoidance more likely, preventing extinction so the phobia persists, for example avoiding lifts after a panic maintains a lift phobia.

Question 4

states a clear behavioural measure, e.g. frequency of entering dog-friendly parks, distance kept from dogs, or number of avoidance actions in public settings oe **M1**

describes a sampling approach, e.g. opportunistic or stratified sampling of adults who self-report discomfort around dogs recruited from community centres, with numbers specified or sampling rationale oe **M1**

describes procedure: observing participants in natural settings such as parks or pavements over set observation periods and recording avoidance behaviours systematically oe **M1**

explains expected observation consistent with two-process model: those reporting past traumatic dog experiences show more avoidance behaviours which prevent habituation/extinction oe **A1**

identifies one ethical consideration, e.g. informed consent for being observed in non-private settings or debriefing if covert observation is used, and suggests how to address it oe **A1**

links limitation or validity issue, e.g. observer presence may alter behaviour or self-report bias may affect sampling, and notes how reliability could be improved, such as using multiple observers oe **A1**

Answer: Observe a community sample who self-report discomfort around dogs, measuring frequency of avoidance actions (avoiding dog-friendly parks, crossing the road when a dog approaches) using opportunistic or stratified sampling from community centres. Observe each participant during set 30 minute outdoor sessions, recording avoidance incidents. Expect those with prior traumatic dog experiences to show higher avoidance, consistent with maintenance by negative reinforcement. Ethical issues include getting informed consent or debriefing if covert observation is used; minimise harm and anonymise data. Note limitation that observation may alter behaviour and reliability can be improved using multiple observers.

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