4.6 Treating Phobias: Systematic Desensitisation and Flooding: Test Pack

AQA 7182 · about 15 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

At least four answers must be written in full sentences. Allow approximately 15 minutes for this pack.

1 Outline systematic desensitisation and its three main components

(Total for Question 1 is 3 marks)

2 Explain an advantage and a limitation of in vivo exposure for arachnophobia

(Total for Question 2 is 4 marks)

3 State and operationalise two long-term outcome measures for phobia treatment, and explain why standardised measurement matters

(Total for Question 3 is 6 marks)

© Revision Library | revisionlibrary.co.uk

Mark scheme · 4.6 Treating Phobias: Systematic Desensitisation and Flooding: Test Pack

Question 1

states systematic desensitisation is a behavioural therapy using graduated exposure paired with relaxation to reduce phobic anxiety oe	**B1**
identifies three components: relaxation training, an anxiety/fear hierarchy, and graduated exposure oe	**B1**
notes exposure may be in vivo or in vitro (imaginal) as appropriate oe	**B1**

Answer: Systematic desensitisation is a behavioural therapy that reduces phobic anxiety by pairing relaxation with gradual exposure. Its three main components are relaxation training, constructing an anxiety hierarchy, and graduated exposure which can be carried out in vivo or in vitro.

Question 2

identifies an advantage, e.g. in vivo provides real sensory experience so is more realistic and has higher ecological validity oe	**M1**
explains the advantage, e.g. more realistic exposure is likely to produce stronger extinction and better generalisation to real-life encounters with spiders oe	**A1**
identifies a limitation, e.g. in vivo may be too distressing for some patients or not feasible if stimulus is rare or dangerous oe	**M1**
explains the limitation, e.g. severe distress may lead to dropout or refusal, and for some phobias ethical/safety reasons make in vivo impractical oe	**A1**

Answer: Advantage: in vivo exposure is more realistic and has greater ecological validity, so extinction is likely to generalise better to real situations. Limitation: it can be too distressing or unsafe for some patients, leading to dropout or being impractical for rare or dangerous stimuli.

Question 3

states a suitable measure, e.g. behavioural approach task (BAT) measuring how close a participant will get to a live snake oe	**M1**
operationalises the BAT, e.g. a standardised ladder of steps from entering the room to touching the snake with clear scoring for each step oe	**A1**
gives a second suitable measure, e.g. self-report anxiety scale with validated questionnaire scores oe	**M1**
operationalises the questionnaire, e.g. using a 0 to 40 scale with higher scores indicating greater fear and administration at baseline and 12 months oe	**A1**
explains reliability or standardisation, e.g. using the same BAT procedure and same validated questionnaire for both groups to allow direct comparison oe	**M1**
explains why this matters, e.g. consistent measures reduce measurement bias and allow statistical comparison of long-term effectiveness oe	**A1**

Answer: Measure example: a behavioural approach task (BAT) recording how many standardised steps a participant will complete towards a live snake, operationalised as a ladder from entering the room to touching the snake with scored steps. A second measure could be a validated self-report anxiety scale scored 0 to 40, administered at baseline and 12 months. Using standardised BAT procedures and the same questionnaire for both groups ensures reliable, comparable long-term outcome data.

© Revision Library | revisionlibrary.co.uk