

Candidate 1 evidence

ENTER NUMBER OF QUESTION	DO NOT WRITE THIS MARGIN
1a)	<p>Oswald '66 believed that our we would sleep in order to restore the body. Oswald believed that during REM sleep while the brain is inactive and the body is inactive we are ap able to replenish our neurotransmitters which regulates our moods. If we get enough REM sleep then we will wake up in a happy mood compared to when we do not get enough sleep. we will wake up grumpy. Oswald believed that during N-REM sleep our body is inactive while our brain is active in order to restore things like minor injuries, damaged tissue or muscle as well as</p>

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1a) releasing growth hormones.

Without N-REM sleep the body would not be able to properly restore which could result in health problems.

1bi) Dement & Kleitman's (1957)

study was to find out whether or not dreaming occurred during REM sleep. They conducted a lab experiment with 9 participants. 7 males and 2 females where they would be woken regularly in order to see if they had been dreaming. If they had been dreaming they were asked to recall their dream. They were closely monitored to see if they

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1bi) dreamed in NREM or REM sleep.

Dement & Kleitman found that most dreaming occurred during REM sleep.

1bii) One strength of the Dement & Kleitman study was that it was a lab experiment. This meant that they were able to control and manipulate the Independent Variables and Extraneous variables. This made the study easy to replicate therefore the reliability of the study was high.

1c) When Rebecca is awake and conscious ^{her} ~~the~~ ego keeps her ~~to~~ Id in check making her act in a socially acceptable

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1c)	<p>way by putting up a 'Welcome Home' banner.[*] When te Rebecca is asleep and unconscious her Id will become dominant and allow unfulfilled desires to be carried. I.e hanging the 'GO away' sign. In Rebecca's dream the manifest content or the literal meaning behind the dream is that she is hanging a 'go away' banner. The latent content or the hidden meaning behind the dream is that be Rebecca is jealous of her little sister and would rather have her mothers attention all to herself.</p>

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3a)	<p>Agoraphobia is the fear of leaving the home or a familiar ('safe') places Examples These can stem from fears such as open spaces. This phobia can lead to severe panic attacks.</p>
3b)	<p>Social skills training is a treatment that can help someone get over their phobia. When attending a SST session the therapist will firstly identify the phobia and understand how you have developed the phobia. The therapist will then will set goals with the client to see what they wish to accomplish. The therapist will then model the appropriate way to deal with their clients</p>

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36) phobia in order to demonstrate how to deal with it. After modelling the client will then role play the situation where they are able to try and tackle the phobia. Feedback from the therapist will be given to the client after role play to give the client on how well they handled the situation. After the session the client will be set homework in order to help deal with the phobia. Depending on how the sessions go they will be gradually ramped up in order to allow the client to be put in a situation they do not feel comfortable with. This helps them to overcome their phobia.

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3c)	<p>Classical conditioning is when we create a ph or learn a phobia through association.</p> <p>One research study which is able to help explain Classical conditioning is Watson and Rayner. They took a conditioned stimulus (white rabbit) that Little Albert had no fear off at the start of the experiment and paired it with an unconditioned stimulus (loud noise) that Albert was fearful of. After several weeks of pairing the conditioned and unconditioned stimulus they removed the loud noise. (unconditioned stimulus) Watson and Rayner found that even without the unconditioned stimulus Little Albert was still</p>

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3c) fearful of the white rabbit. (conditioned stimulus.) This helps support that we learn to have a phobia of something by associating it with something we already fear. In this case Little Albert did not fear the white rabbit but fearful of the loud noise so when put together he learnt to fear the white rabbit.

dii) Dias et al was a study into the genetic inheritance of phobias. Dias et al wanted to find out if we were genetically able to inherit phobias from our parent/ancestors. They conducted a lab experiment where they would release a cherry blossom chemical to the mice while giving them electroc

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3dii)	<p>3 shocks. After time they removed the cherry blossom shocks. and They would then examine their offspring to see if they had genetically inherited the phobia. Dias et al found that although the offspring had never encountered cherry blossom chemicals before they too had become fearful of the small like their ex parents. This also passed down to their grandchildren as well showing that genetic inheritance can phobias can be genetically inherited.</p>
3diii)	<p>One strength of this study is that it was a lab experiment. This means that they were able to control and manipulate</p>

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3dii)	the IV and EV making it easy to replicate therefore the reliability of the study is high.
	One weakness of this study is that because mice were used in the study their results are limited. This means that they are unable to generalise their findings to human beings.
4ai)	
4ai)	One individual factor that may have influenced conformity in the Mori and Arai 2010 study is Gender. Females are more likely to conform than men especially if they know one another.

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4a) One cultural factor that may have influenced conformity in Mori and Arai 2010 is ^{ethnicity} ~~that~~. Because only Japanese students were used they may see it as disobeying authority if they do not agree with the rest of their peers.

b) From the results from the table above we are able to see that we are more likely to conform if most of the people chose the same answer. When all the confederates gave the same wrong answer 32% of people conformed even though they may have thought it was wrong. People are less likely to conform if only one person chooses an answer. In Asch when

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4b) only one confederate chose the right answer each time only 5.5% conformed.

4c) Ahmed is showing majority social influence because he is the minority group being influenced by the majority group to change his opinion or behaviour. Ahmed could be showing normative social influence in order to fit in and be like by his fellow classmates instead of being the outsider or rejected from his them. He may show compliance because even though privately he may not agree with what his fellow classmates are wearing he will publically change his opinion in order to be accepted by his classmates.

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4c)	<p>Ahmed could also be showing informational social influence where he wishes to be right. He may internalise himself in order to be right like everyone else. Internalisation is when Ahmed both publically and privately change his behaviour and opinions in order to be right. Ahmed may believe that his classmates are right for wearing the same trainers so publically and privately changes in order to be right too.</p>
6a)	<p>Nature believes that we naturally learn something without being taught. In regards to babies they will naturally smile in order to show their emotions.</p>

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6b) Russell is able to make a good impression at the interview by remaining eye contact. When at an interview is shows that you are interested in what they have to say as well as you listening and eager to learn. When at an interview Russell must remain eye contact for a few seconds at a time as this may show him as being aggressive rather than friendly and open. When Russell is going to an interview it is important to shake someones hand. This shows you are friendly and open. Russell must be conscious of his handshake because if he shakes too firmly with his hand on top of the interviewer then it may seen as too confident or that he wishes to be a leader. However if he allows

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6b)	<p>the interviewers hand to be on top with a weak grip then he may come across as easily manipulated / to control or to be pushed around. Russell must apply the same amount of pressure as well as keeping his hand level to the interviewer as possible.</p> <p>Russell must also remember that it is important to lean forward in his chair slightly never crossing his legs to show he is engaged with the interviewer and interested in what they have to say.</p> <p>If Russell st chooses to lean fully back in his chair with his legs crossed then this can be mistaking for him being bored and withdrawn. It also shows that he is not</p>

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6b)	Interested in what the interviewer has to say.
6c)	<p>Gender differences in NVC is where males and females do not conform the same. Women are more likely to conform than men as seen in the Mori and Arai 2010 study. When speaking to someone men do not touch each other as it is seen a sexual whereas women see it as a sign of friendship. Another gender difference is that when meeting strangers men prefer to sit opposite each other whereas women prefer to sit side by side.</p>
	Culturally all over the world we are different and inherit cultural differences in NVC. One cultural

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	<p>is that here in the UK when we create an 'O' with our hands it is seen as meaning 'OKAY' where as in France it is seen as the sign for worthless.</p> <p>Another cultural difference is that in the Middle East when greeting someone for the first time they will do a three way hug. Going from one shoulder to the next then back again whereas in the UK when greeting someone we only hug once.</p> <p>A final cultural difference is that in Scotland people tend to stand an arm length or so apart where as in Greece it is they will stand very close to each other while in conversation.</p>

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6dii)	Matsumoto (2009) conducted a study
	to see whether or not we were
	able to naturally learn something
	without being taught. He conducted
	a Observation study where he took
	several thousand photo's observing
	how blind and sighted athletes
	celebrated. Matsumoto found
	that even though some athletes
	were blind they still celebrated
	in the same way as sighted
	athletes. In conclusion they
	blind athletes were naturally
	able to learn how to celebrate.

6diii)	One strength of the Matsumoto
	study is that it is backed up
	by evidence from Ekman and
	Friesman therefore making

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6dii) it more reliable because \$ someone
else had the same results as them