

Candidate 3 evidence

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	<p>1a) Oswald's restoration theory proposes that the time of rest during sleep helps the body restore itself and repair itself. itself According to this theory, sleep helps heal minor injuries such as small cuts and scrapes, and removes waste chemicals from the body. Specifically, Oswald proposes that REM sleep restores brain functioning while Non-REM sleep restores biological functioning.</p>
	<p>1b) i) The aim of Dement and Kleitman's study was to investigate the link between eye movement and dreaming. This was a laboratory experiment. A group of adults including seven men and two women were asked to report to the laboratory just before their</p>

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usual bedtime. EEGs were attached to the participants' foreheads, to record brain activity, and to their eyes to record eye movements. They then went to bed in a dark room. The participants were awoken at multiple times during the night in order to test their dream recall. They were all awoken to different schedules and were not told whether they had been in REM sleep. The results showed a strong, but not exclusive, link between REM sleep and dreaming.

1b)ii) One strength of this study was that it was very tightly controlled. This meant that the ~~way the study was carried out~~ researchers could control the way it was carried out to properly

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	<p>investigate the relation. The researchers could wake the participants up at multiple times different times and get more accurate results.</p>
	<p>1c) Rebecca may be unconsciously jealous of her brother sibling. She She may think that a younger sibling will get all the attention from her parents. The fact that the baby in the dream is also a girl could show that she is afraid of being replaced in her parents affections. The sign saying 'Go away' shows that she does not want her sister around.</p>

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3a) Agoraphobia is the fear of being somewhere where help is unavailable. Someone with agoraphobia is likely to avoid public transport, shopping centres, and in some cases leaving the house altogether. If sufferers do venture out, they will usually go with someone they trust. Being confronted with a fear inducing situation could cause a panic attack which would include shortness of breath and heart rate increase.

3b) Social skills training is a therapy for those with social anxiety or social phobia. This could take place once or twice a week, and could be carried out individually or in a group. The aim of this therapy is to give patients social skills to help them in their

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everyday lives. ~~XXXXXXXXXXXXXXXXXXXX~~

~~XXXX~~ The patient will set goals for themselves then will begin role play. This allows them to work through what they will do in certain situations.

Constructive feedback: will be given as well as homework so that the skills learned through role play can be practiced in real life situations.

3c) ~~XXXX~~ When it comes to classical ~~XXXXXX~~ conditioning a phobia could be created through learned behaviour. A young child could have no reaction to a certain object or animal but could learn to fear it through the behaviour of others. For example, a child could show no negative response to a spider, but their parent jumps and screams

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	<p>Whenever they see one. This could cause the child to think that the spider is something to fear. Continuous exposure to this could reinforce this idea, resulting in the creation of a phobia.</p>
3)d)	

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	<p>(i)(a) i) One factor that could have influenced conformity is majority social influence. The participants may have feared going against the vast majority for fear of being judged or standing out from the majority.</p>
	<p>(i)(a) ii) One cultural factor that may have influenced conformity is the fact that the participants participants all knew each other and may have been friends. The cultural background of a participant may affect how likely they are to conform to their friends. Being around others with a similar cultural background that they relate to could cause someone to conform.</p>
	<p>(i)(b) The results show that people are much less likely to conform to the</p>

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majority when someone else also goes against it. One other person in the group having the same answer as the participant may give them more confidence to go against the majority. It also shows that if one other person has the same answer as the individual, they may be less likely to doubt the ~~DATA~~ correctness of their answer.

1)c) Ahmeds behaviour could come from majority social influence. He may just be wearing the shoes because everyone else is and he doesn't want to be in the minority. Compliance could cause him to conform so that he fits in with his friends and isn't the odd one out in his group, normative influence could cause him to do this regardless of his

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	<p>own feelings about the shoes. He may actually hate the trainers but he pretends that he does so that he isn't deemed uncool by his friends. He may have also bought the shoes because of informational influence. He might have been wanting to buy a pair of new trainers anyway and seeing his friends all wear them may make him think that they must be good. He may possibly have come to like the trainers regardless of what the majority thinks.</p>
	<p>6)a) This behaviour is the result of nature. Some facial expressions seem to be universal, smiling being one of them. In all cultures, smiling is a sign of happiness. Universal facial</p>

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	<p>expressions are biological and come from genetics instead of the environment we grow up in.</p>
	<p>6)b) One way Russell could give a good impression is having good posture. Slouching could make him seem uninterested or shy, whereas good posture could make him seem more confident and professional. Having eye contact with the interviewer could also be good for Russell. Not looking at the person he is talking to could show disinterest or nervousness.</p>
	<p>maintaining eye contact with the interviewer would Maintaining eye contact with the interviewer would show that he is interested and</p>
	<p>confident. Tone of voice could also be very important when it comes to making a good impression. It is important</p>

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that Russell does not come across as nervous or closed off. He should avoid mumbling and try to keep his tone friendly.

(c) Studies in NVC found that men are more likely to stare than women. Staring may be a way to show interest or dominance. However, women are more likely to give eye contact in conversation. The amount of personal space used can also vary between genders. Female friends tend to have closer proximity to each other than male friends. This can however vary between cultures. Some gestures that may be polite in one culture may be considered rude in another. In most western countries, eye contact is considered polite and respectful. In

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Some other ~~other~~ cultures it is more respectful to not have too much eye contact.

b) d) i) One study that relates to nature in NVC is Ekman and Friesen's study. The aim of this study was to see if certain facial expressions are universal. Ekman had identified what he thought were universal facial expressions in his study in America. People in Papua New Guinea, ~~who had never~~ ~~seen~~ ~~a~~ ~~white~~ ~~person~~ ~~before~~, who had never watched TV nor seen a white person before, were given photographs ~~portraying~~ portraying multiple expressions. They were then asked to identify the expressions. These were the same ~~the~~ pictures used in Ekman's past study in America. The Papua New

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Guinea people identified the same emotions as the Americans. This ~~shows~~ shows that some expressions are universal, and are the result of nature not nurture.

(b)(ii) One strength of the study was the fact that it compared people from two vastly different cultures. This shows ~~the~~ the idea of universal facial expressions more than if two similar cultures were used. It shows that some facial expressions really are the result of nature.