

Psychology

2024 examination

Section 1: Short-answer questions (Questions 1 to 8) 70 marks

Answer ***all*** questions in Section 1

Answers may be in note form

Allow approximately 85 minutes

Section 2: Extended-response questions (Questions 9 to 11) 30 marks

Answer ***all*** questions in Section 2

Credit will be given for clear, well-expressed answers that are well organised and relevant to the questions

Allow approximately 45 minutes

Approved calculators may be used

Total time: 130 minutes

Total marks: 100

The SACE Board of South Australia acknowledges that this examination was created on Kaurna Land. We acknowledge First Nations Elders, parents, families, and communities as the first educators of their children, and we recognise and value the cultures and strengths that First Nations students bring to the classroom. We respect the unique connection and relationship that First Nations peoples have to Country, and their ever-enduring cultural heritage.

Question 1 (a) to (c)

A researcher decided to use an observational research design to explore the impact of shift work on wellbeing. Twenty nurses from one hospital provided feedback on their wellbeing through a subjective quantitative measure.

- (a) Explain why an observational research design is the most appropriate way to measure the impact of shift work on wellbeing.

ABC

B *I* U $\times^2$ $\times_2$

$\frac{1}{9}$ $\vdots$ $\equiv$ $\Leftarrow$ $\Rightarrow$ $\Leftarrow$ $\Rightarrow$ $\Leftarrow$ $\Rightarrow$ $\Leftarrow$ $\Rightarrow$

$\Leftarrow$ $\Rightarrow$

(2 marks)

- (b) Evaluate the validity of this investigation.

ABC

B

I

U

x²

x₂

1

≡

▼

:

≡

▼

≡

≡

≡

≡

≡

≡

≡

≡

≡

↶

↷

(4 marks)

- (c) Using examples, describe how the researcher could apply the focus group process to obtain more in-depth results from the nurses.

ABC

B*I* x²x₂

1

3

≡ ▾

⋮

⋮

▾ ▾

≡ ≡

≡ ≡

≡ ≡

≡ ≡

≡ ≡

≡ ≡

↶ ↷

(4 marks)

Question 2

Nico has a phobia of flying in aeroplanes and has never flown overseas. Now Nico wants to see the world, so he has decided to undergo therapy to overcome his phobia.

Compare and justify whether CBT or systematic desensitisation therapy would be more effective in treating Nico's phobia.

ABC

B

I

U

x²

x₂

1

≡

▼

:

≡

▼

≡

>

≡

≡

≡

≡

≡

↶

↷

(6 marks)

Source

An educational psychologist is investigating the effects of sleep duration on students' academic performance. Two Year 10 science classes (Class P and Class Q) are participating in the study.

Before the investigation, each participant completes a science test (Test 1) that provides baseline data of academic performance prior to the investigation. Participants in Class P are then instructed to maintain their regular sleep habits. Participants in Class Q are instructed to increase their sleep duration by one hour per night.

After four weeks, the science teachers administer a follow-up test (Test 2). Table 1 shows the results from both Test 1 and Test 2.

Table 1: Results from Test 1 and Test 2

Class	Mean correct response for Test 1	Mean correct response for Test 2	Differences in means between Tests 1 and 2	Standard deviations for Test 2
Class P	19.7	20.3	0.6	3.4
Class Q	18.3	22.4	4.1	11.2

Question 3 (a) to (c)

Refer to the source when answering Question 3.

- (a) (i) Discuss **one** advantage of using this experimental design to determine the effect of sleep duration on students' academic performance.

ABC

B

I

U

$\times^2$

$\times_2$

1

2

3

:

:

:

≡

≡

≡

≡

≡

≡

≡

≡

≡

↶

↷

(2 marks)

- (ii) Discuss **one** disadvantage of using this experimental design to determine the effect of sleep duration on students' academic performance.

[illegible]

(2 marks)

- (b) With reference to Table 1, explain which class results are more reliable.

ABC

B I U x² x₂

≡

≡

≡

▼

≡

≡

≡

▼

≡

≡

≡

▼

≡

≡

≡

▼

↶ ↷

(3 marks)

- (c) The results from Test 1 and Test 2 for Class Q must be compared to show whether there has been any improvement in academic performance as a result of increasing their sleep duration.

Justify why Class P is also required in this investigation.

ABC

B

I

U

$\times^2$

$\times_2$

1

3

▼

:

3

▼

≡

≡

≡

≡

≡

≡

↶

↷

(2 marks)

Question 4

Using an example, explain why some individuals engage in different self-monitoring behaviours.

ABC

B

I

U

$\times^2$

$\times_2$

$\frac{1}{3}$

$\vdots$

$\equiv$

$\Rightarrow$

$\equiv$

$\equiv$

$\equiv$

$\equiv$

$\leftrightarrow$

$\rightarrow$

(4 marks)

Source 1

Lee is walking home from school and listening to a rap song when he is narrowly missed by a speeding e-scooter. Immediately, Lee's heart starts racing, and he starts trembling.

Weeks later, his heart starts racing and he begins to tremble when he hears the same rap song on the radio.

Source 2

The video below is a 7News Australia report on e-scooters that aired on 4 January 2024.



Source: 7News Australia 2024, 'Pressure on SA's government to fast-track plans to change e-scooter rules'; news report, 4 January, viewed 16 June 2024, www.youtube.com, 0:00 – 1:45, captions added

Question 5 (a) to (c)

Read the sources before answering Question 5.

(a) Name and describe the conditioning process that has occurred to Lee in Source 1.

ABC	B	<i>I</i>	<u>U</u>	$\times^2$	$\times_2$	$\frac{1}{2}$	$\frac{1}{3}$	$\frac{1}{4}$	$\frac{1}{5}$	$\frac{1}{6}$	$\frac{1}{7}$	$\frac{1}{8}$	$\frac{1}{9}$	$\frac{1}{10}$	$\frac{1}{11}$	$\frac{1}{12}$	$\frac{1}{13}$	$\frac{1}{14}$	$\frac{1}{15}$	$\frac{1}{16}$	$\frac{1}{17}$	$\frac{1}{18}$	$\frac{1}{19}$	$\frac{1}{20}$	$\frac{1}{21}$	$\frac{1}{22}$	$\frac{1}{23}$	$\frac{1}{24}$	$\frac{1}{25}$	$\frac{1}{26}$	$\frac{1}{27}$	$\frac{1}{28}$	$\frac{1}{29}$	$\frac{1}{30}$	$\frac{1}{31}$	$\frac{1}{32}$	$\frac{1}{33}$	$\frac{1}{34}$	$\frac{1}{35}$	$\frac{1}{36}$	$\frac{1}{37}$	$\frac{1}{38}$	$\frac{1}{39}$	$\frac{1}{40}$	$\frac{1}{41}$	$\frac{1}{42}$	$\frac{1}{43}$	$\frac{1}{44}$	$\frac{1}{45}$	$\frac{1}{46}$	$\frac{1}{47}$	$\frac{1}{48}$	$\frac{1}{49}$	$\frac{1}{50}$	$\frac{1}{51}$	$\frac{1}{52}$	$\frac{1}{53}$	$\frac{1}{54}$	$\frac{1}{55}$	$\frac{1}{56}$	$\frac{1}{57}$	$\frac{1}{58}$	$\frac{1}{59}$	$\frac{1}{60}$	$\frac{1}{61}$	$\frac{1}{62}$	$\frac{1}{63}$	$\frac{1}{64}$	$\frac{1}{65}$	$\frac{1}{66}$	$\frac{1}{67}$	$\frac{1}{68}$	$\frac{1}{69}$	$\frac{1}{70}$	$\frac{1}{71}$	$\frac{1}{72}$	$\frac{1}{73}$	$\frac{1}{74}$	$\frac{1}{75}$	$\frac{1}{76}$	$\frac{1}{77}$	$\frac{1}{78}$	$\frac{1}{79}$	$\frac{1}{80}$	$\frac{1}{81}$	$\frac{1}{82}$	$\frac{1}{83}$	$\frac{1}{84}$	$\frac{1}{85}$	$\frac{1}{86}$	$\frac{1}{87}$	$\frac{1}{88}$	$\frac{1}{89}$	$\frac{1}{90}$	$\frac{1}{91}$	$\frac{1}{92}$	$\frac{1}{93}$	$\frac{1}{94}$	$\frac{1}{95}$	$\frac{1}{96}$	$\frac{1}{97}$	$\frac{1}{98}$	$\frac{1}{99}$	$\frac{1}{100}$
-----	----------	----------	----------	------------	------------	---------------	---------------	---------------	---------------	---------------	---------------	---------------	---------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	-----------------

(4 marks)

(b) Months later, Lee hears a different rap song, and he experiences a racing heart and starts to tremble.

Name and explain his response.

ABC	B	<i>I</i>	<u>U</u>	$\times^2$	$\times_2$	$\frac{1}{2}$	$\frac{1}{3}$	$\frac{1}{4}$	$\frac{1}{5}$	$\frac{1}{6}$	$\frac{1}{7}$	$\frac{1}{8}$	$\frac{1}{9}$	$\frac{1}{10}$	$\frac{1}{11}$	$\frac{1}{12}$	$\frac{1}{13}$	$\frac{1}{14}$	$\frac{1}{15}$	$\frac{1}{16}$	$\frac{1}{17}$	$\frac{1}{18}$	$\frac{1}{19}$	$\frac{1}{20}$	$\frac{1}{21}$	$\frac{1}{22}$	$\frac{1}{23}$	$\frac{1}{24}$	$\frac{1}{25}$	$\frac{1}{26}$	$\frac{1}{27}$	$\frac{1}{28}$	$\frac{1}{29}$	$\frac{1}{30}$	$\frac{1}{31}$	$\frac{1}{32}$	$\frac{1}{33}$	$\frac{1}{34}$	$\frac{1}{35}$	$\frac{1}{36}$	$\frac{1}{37}$	$\frac{1}{38}$	$\frac{1}{39}$	$\frac{1}{40}$	$\frac{1}{41}$	$\frac{1}{42}$	$\frac{1}{43}$	$\frac{1}{44}$	$\frac{1}{45}$	$\frac{1}{46}$	$\frac{1}{47}$	$\frac{1}{48}$	$\frac{1}{49}$	$\frac{1}{50}$	$\frac{1}{51}$	$\frac{1}{52}$	$\frac{1}{53}$	$\frac{1}{54}$	$\frac{1}{55}$	$\frac{1}{56}$	$\frac{1}{57}$	$\frac{1}{58}$	$\frac{1}{59}$	$\frac{1}{60}$	$\frac{1}{61}$	$\frac{1}{62}$	$\frac{1}{63}$	$\frac{1}{64}$	$\frac{1}{65}$	$\frac{1}{66}$	$\frac{1}{67}$	$\frac{1}{68}$	$\frac{1}{69}$	$\frac{1}{70}$	$\frac{1}{71}$	$\frac{1}{72}$	$\frac{1}{73}$	$\frac{1}{74}$	$\frac{1}{75}$	$\frac{1}{76}$	$\frac{1}{77}$	$\frac{1}{78}$	$\frac{1}{79}$	$\frac{1}{80}$	$\frac{1}{81}$	$\frac{1}{82}$	$\frac{1}{83}$	$\frac{1}{84}$	$\frac{1}{85}$	$\frac{1}{86}$	$\frac{1}{87}$	$\frac{1}{88}$	$\frac{1}{89}$	$\frac{1}{90}$	$\frac{1}{91}$	$\frac{1}{92}$	$\frac{1}{93}$	$\frac{1}{94}$	$\frac{1}{95}$	$\frac{1}{96}$	$\frac{1}{97}$	$\frac{1}{98}$	$\frac{1}{99}$	$\frac{1}{100}$
-----	----------	----------	----------	------------	------------	---------------	---------------	---------------	---------------	---------------	---------------	---------------	---------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	-----------------

(3 marks)

(c) After watching Source 2, describe how Lee's experience is likely to affect the formation of his attitude towards the legalisation of personal e-scooters.

ABC	B	<i>I</i>	<u>U</u>	$\times^2$	$\times_2$	$\frac{1}{2}$	$\frac{1}{3}$	$\frac{1}{4}$	$\frac{1}{5}$	$\frac{1}{6}$	$\frac{1}{7}$	$\frac{1}{8}$	$\frac{1}{9}$	$\frac{1}{10}$	$\frac{1}{11}$	$\frac{1}{12}$	$\frac{1}{13}$	$\frac{1}{14}$	$\frac{1}{15}$	$\frac{1}{16}$	$\frac{1}{17}$	$\frac{1}{18}$	$\frac{1}{19}$	$\frac{1}{20}$	$\frac{1}{21}$	$\frac{1}{22}$	$\frac{1}{23}$	$\frac{1}{24}$	$\frac{1}{25}$	$\frac{1}{26}$	$\frac{1}{27}$	$\frac{1}{28}$	$\frac{1}{29}$	$\frac{1}{30}$	$\frac{1}{31}$	$\frac{1}{32}$	$\frac{1}{33}$	$\frac{1}{34}$	$\frac{1}{35}$	$\frac{1}{36}$	$\frac{1}{37}$	$\frac{1}{38}$	$\frac{1}{39}$	$\frac{1}{40}$	$\frac{1}{41}$	$\frac{1}{42}$	$\frac{1}{43}$	$\frac{1}{44}$	$\frac{1}{45}$	$\frac{1}{46}$	$\frac{1}{47}$	$\frac{1}{48}$	$\frac{1}{49}$	$\frac{1}{50}$	$\frac{1}{51}$	$\frac{1}{52}$	$\frac{1}{53}$	$\frac{1}{54}$	$\frac{1}{55}$	$\frac{1}{56}$	$\frac{1}{57}$	$\frac{1}{58}$	$\frac{1}{59}$	$\frac{1}{60}$	$\frac{1}{61}$	$\frac{1}{62}$	$\frac{1}{63}$	$\frac{1}{64}$	$\frac{1}{65}$	$\frac{1}{66}$	$\frac{1}{67}$	$\frac{1}{68}$	$\frac{1}{69}$	$\frac{1}{70}$	$\frac{1}{71}$	$\frac{1}{72}$	$\frac{1}{73}$	$\frac{1}{74}$	$\frac{1}{75}$	$\frac{1}{76}$	$\frac{1}{77}$	$\frac{1}{78}$	$\frac{1}{79}$	$\frac{1}{80}$	$\frac{1}{81}$	$\frac{1}{82}$	$\frac{1}{83}$	$\frac{1}{84}$	$\frac{1}{85}$	$\frac{1}{86}$	$\frac{1}{87}$	$\frac{1}{88}$	$\frac{1}{89}$	$\frac{1}{90}$	$\frac{1}{91}$	$\frac{1}{92}$	$\frac{1}{93}$	$\frac{1}{94}$	$\frac{1}{95}$	$\frac{1}{96}$	$\frac{1}{97}$	$\frac{1}{98}$	$\frac{1}{99}$	$\frac{1}{100}$
-----	----------	----------	----------	------------	------------	---------------	---------------	---------------	---------------	---------------	---------------	---------------	---------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	-----------------

(2 marks)

Source

Since the COVID-19 pandemic, there has been an increase in people taking up running.

In 2021, researchers from Nielsen, official World Athletics supplier of research and intelligence, collected data based on 8414 interviews collected across 10 countries. Findings revealed that 73% of all runners surveyed agreed that 'running is good for my mind as well as my body' and 62% indicated that they run to feel less stressed.

A different study conducted by Verhoeven et al. suggests that regular running sessions in a social group are as effective as antidepressants in treating depression and anxiety. A sample of 141 patients with depression and/or anxiety disorders participated in this study. Of this sample, 45 participants received antidepressant medication and 96 undertook social running. The patients undertaking social running were encouraged to participate in at least two of the organised social running sessions per week.

It was concluded that:

- Social running and antidepressant medication had similar effects on mental health.
- Social running outperformed antidepressant medication on physical health variables such as blood pressure and heart rate.

These findings were published in the *Journal of Affective Disorders*.

Question 6 (a) to (c)

Read the source before answering Question 6.

- (a) Explain how the research outlined in the source illustrates **one** of the key concepts of Science as a Human Endeavour.

[illegible]

(4 marks)

- (b) Using the biopsychosocial model, discuss why being a part of social running sessions may positively affect the wellbeing of members.

[illegible]

(6 marks)

- (c) Describe **one** ethical concern that the researchers may have considered when conducting this research.

[illegible]

(2 marks)

Source

Daisy prides herself on being a caring individual. At her new job, she starts socialising with a group of friends who regularly engage in gossip around things she suspects are not true.

Initially, Daisy feels guilty during these conversations as they do not align with her values. However, she doesn't want to be left out, so she participates. Now, Daisy only feels guilty about these conversations when she is not around her group of friends at work.

Question 7 (a) to (c)

Refer to the source when answering Question 7.

(a) With reference to the source, describe normative social influence.

[illegible]

(2 marks)

(b) Describe how Daisy's type of conformity has changed over time.

ABC

B I U x² x₂

☰

☷

▼

☰

☷

▼

☰

☷

▶

☰

☷

▶

☰

☷

☰

☷

☰

☷

↶

↷

(4 marks)

(c) Using your knowledge of social influence, explain why Daisy initially feels guilty.

ABC

B

I

U

$\times^2$

$\times_2$

$\frac{1}{2}$

$\vdots$

$\equiv$

$\approx$

$\equiv$

$\equiv$

$\equiv$

$\equiv$

$\leftrightarrow$

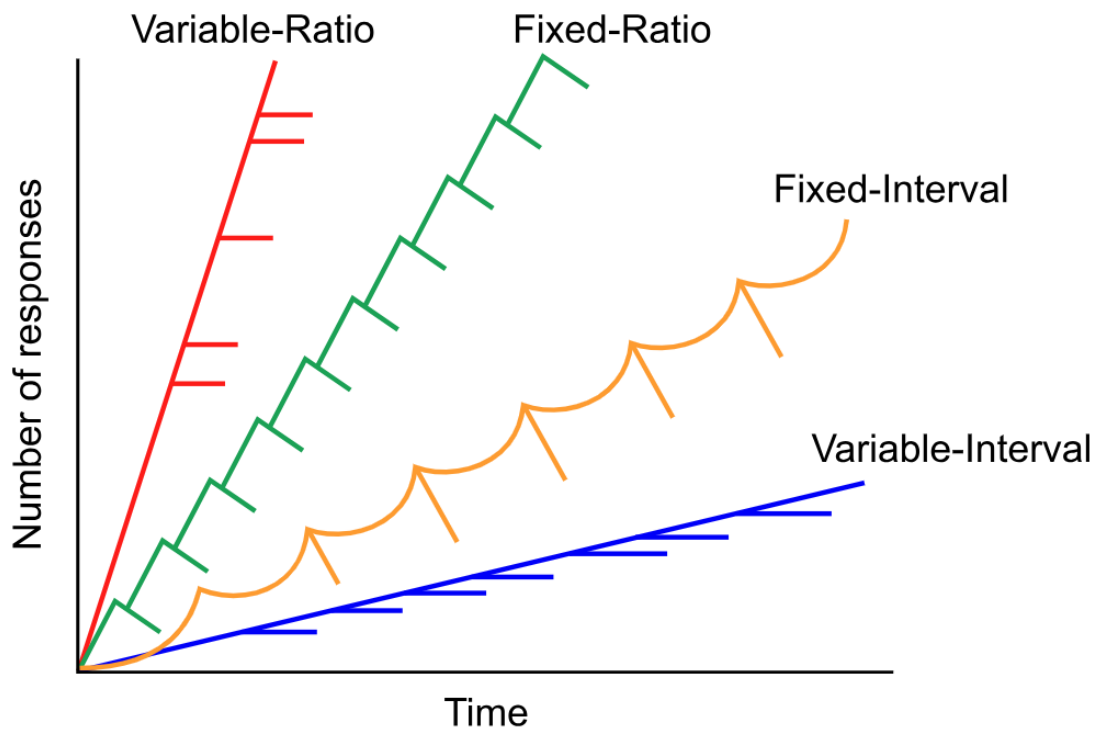
$\rightarrow$

(4 marks)

Source 1

Suki and her dad regularly play with her trainset together. Suki never packs up the trainset in her bedroom. Suki's dad wishes to teach her how to keep her room tidy.

Source 2



Refer to the sources when answering Question 8.

Describe the role of mirror neurons during this type of learning.

(2 marks)

(4 marks)

(2 marks)

(2 marks)

Salty Sarah's Burger Bar has decided to offer healthy options on their menu to appeal to more customers. They have just launched a new radio campaign, but sales of the new menu options have been poor.

Question 9

Using your knowledge of attitude change, explain how Sarah could improve the effectiveness of the campaign.

(10 marks)

Margaret is a 65-year-old woman who has been made redundant from her job at a university. Over the past month, Margaret has applied for many jobs that she was highly qualified for; however, she has not been the successful applicant for any of them. Despite the advertisements not mentioning a preferred age and gender, Margaret believes her age and gender may be factors influencing why she has not won any of these jobs.

Refer to the source when answering Question 10.

Describe one or more strategies to reduce such prejudice.

(10 marks)

Introduction

After joining the school soccer team, 6-year-old Ria has received her first pair of lace-up soccer boots. Ria's uncle Luis is teaching her how to tie her shoelaces.

Option 1

Describe the factors that influence observational learning and how the characteristics of the role model and/or learner will influence Ria's learning.

Option 2

Explain how operant conditioning could be used to shape Ria's behaviour.

Question 11

Read the Introduction, Option 1, and Option 2 in the left-hand Reference Materials panel.

Choose **one** option to respond to.

Select the option that you are responding to from the following list.

☐ Option 1

☐ Option 2

ABC	B	<i>I</i>	<u>U</u>	x ²	x ₂											0 Words

(10 marks)

Final checklist

- ☐ I have reviewed my work
- ☐ I understand that by selecting 'Next' I cannot return to the examination

Next