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*Example of Paper 3 Format*

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**Psychology and abnormality**

1. (a) Explain what is meant by 'systematic desensitisation'. [2]  
(b) Describe the cognitive explanation of phobias. [4]  
(c) Explain two strengths of the cognitive explanation of phobias. [6]
- 2 (a) Describe the treatment and management of obsessive-compulsive and related disorders. [8]  
(b) Evaluate the treatment and management of obsessive-compulsive and related disorders, including a discussion about determinism versus free-will. [10]

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*Example of Paper 4 Format*

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**Section A**

**Psychology and abnormality**

1. Griffiths (2005) refers to a case of a person addicted to gambling who says: 'If I wasn't actually gambling I was spending the rest of my time working out clever little schemes to obtain money to feed my habit. These two activities literally took up all my time.'

This quote is typical of gambling and many other types of addictive behaviours, including pyromania and kleptomania.

- (a) Explain what is meant by 'pyromania'. [2]  
(b) Give two components of any addiction outlined by Griffiths (2005). [4]  
(c) Suggest two ways to measure a person's addiction to gambling, other than using a questionnaire. [4]  
(d) Discuss the strengths and weaknesses of using questionnaires to measure kleptomania. You should include a conclusion in your answer. [5]

**Section B**

5. (a) Design a longitudinal study to investigate whether cognitive-behavioural therapy (CBT) manages schizophrenia effectively. [10]  
(b) Explain the psychological and methodological evidence on which your study is based. [8]

**Section C**

9. 'Psychometric measures, such as the Kleptomania Symptom Assessment Scale (K-SAS), provide therapists with no useful information.' To what extent do you agree with this statement? Use examples of research you have studied to support your answer. [12]