



**HAMPSTEAD SCHOOL**

Learning together Achieving together

**Y12 – Y13**

# **Summer Bridging Tasks**

## **2023**

### **A-Level Psychology**

Name: \_\_\_\_\_

- You should spend some time during the summer holidays working on the activities in this booklet.
- You will be required to hand in this booklet in your first lesson at the start of Year 13 and the content will be used to form the basis of your first assessments.
- You should try your best and show commitment to your studies.



Task: Read the following descriptions of psychological research and:

- State which bias they show – alpha or beta.
- Justify your choice.
- Explain the potential consequences of the bias (e.g. for women, men, society, etc.).

	Research/theory	Beta or alpha bias	Justification and consequences of bias
1	Zimbardo (1969) investigated the effect of de-individuation on the size of electric shock participants are prepared to deliver. Women (university students) were put into one of two groups. The first group had to wear laboratory coats with hoods to hide their faces and the second group wore their own clothes and name badges. The shocks given by the first group were twice as great as the shocks given by the second group. This shows that de-individuation leads to an increase in antisocial behaviour.		
2	According to Wilson (1994), 95% of bank managers, company directors, judges and university professors are men because they are more competitive and more dominant than women. Their dominance is biological and determined by male hormones.		
3	According to the biological approach, abnormal behaviour such as depression can be explained in terms of neurochemical/hormonal processes. Twice as many women are diagnosed with depression as men, so female hormones can be used to explain this difference. Premenstrual syndrome can be used to support the argument that hormones have a major effect on women's emotions.		
4	Psychodynamic theory states that morality is governed by the Superego. Boys go through the Oedipus conflict, which leads to a strong fear of castration. The conflict is resolved when they identify with their father, taking on his morals. Boys have a stronger sense of morality (Superego) than girls because the conflict is greater for them – girls develop a weak identity with their mother.		
5	Milgram (1963) studied obedience in men who were given the role of teachers and were told to give electric shocks to learners who gave wrong answers on a task. He found that 65% of participants would shock up to the maximum of 450 volts, showing people will obey immoral orders from authority figures.		
6	Erikson's psychosocial theory of development stated that both men and women go through eight universal stages in life. Stages 5 and 6 involve the development of the identity and of intimacy. The sequence is seen as different for women. Women suspend the development of their identity to prepare them to attract a man who will marry them (intimacy stage). Men, on the other hand, develop their identity before they start an intimate relationship.		



1. Research the topic given to you using the student book or the internet and prepare a brief summary of the study. It is useful to look at the evaluation points as well as they will help you with the next part of the task.
2. Write a paragraph explaining the extent to which the research is culturally biased.  
*Use the following terms in your explanation:*
  - **universal human behaviour**
  - **ethnocentric**
  - **cultural relativism**
  - **etic approach**
  - **emic approach**



### Extension task

In addition to the five terms above, provide comments on the following criteria as well:

- **Individualist or collectivist:** Is the research more reflective of behaviour in individualist or collectivist cultures?
- **The research tradition:** To what extent will participants from other cultures be affected by demand characteristics? E.g. if they have to take part in an experiment then their behaviour may be more unnatural if they come from a culture where they are not used to taking part in experiments.
- **Operationalising variables:** Will the variables that are measured be represented by the same behaviours in different cultures?

### Model answer for Asch's (1951) research into conformity

Asch's study could be accused of being culturally biased as the conclusions were used to explain why people conform around the world, whereas critics have argued that it is not reflective of **universal human behaviour**. This research could be labelled as **ethnocentric** as it was conducted with male American students from the 1950s and it has been found that people from other cultures like England conform less (Perin and Spencer 1980). This therefore suggests that Asch's conclusions are affected by **cultural relativism**, as they are more relevant to one culture (the US of the 1950s).

His study could be seen as an **imposed etic** as it is a task devised in one culture used to explain why people conform in other cultures. It would perhaps be more suitable to study reasons for conformity in individual cultures (adopting an **emic approach**) using a more culturally fair test.

Furthermore, the research could be accused of being more reflective of how people in individualist cultures behave. For example, Smith and Bond (1988) found that people in China are more likely to conform, so the results of Asch's study cannot be effectively generalised to **collectivist cultures**. In addition to this, the group task involving a line judgement activity may be unfamiliar to certain cultures in the world who are less familiar with the **research tradition** (e.g. hunter-gatherer societies). This could mean the behaviour they show would be affected by demand characteristics as they would not behave in a natural way. Also the task itself may not be the most valid way to measure conformity as this behaviour may be displayed in different ways in different cultures and so there are issues with **operationalisation of variables**.

## TASK

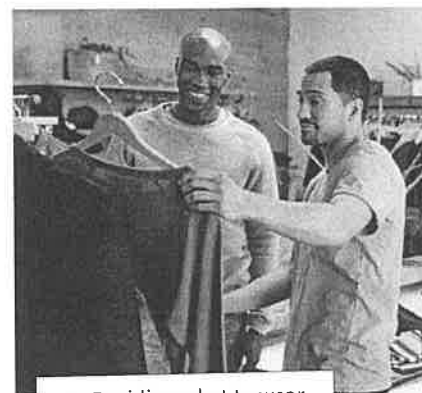
Identify whether each example of behaviour below is an example of free will or determinism. Justify your answer in each case. If the behaviour is determinist, state what it is determined by.



1. Cleaning your teeth



2. Getting out of bed



3. Deciding what to wear



4. What to have for lunch



5. Who is your partner/friend



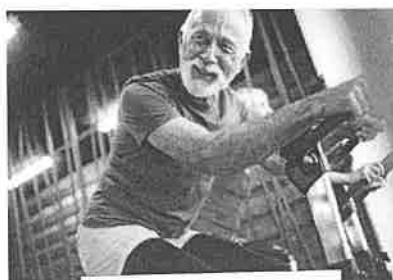
6. Relationship with family



7. How fast you drive



8. Which subjects you study at A level



10. Going to the gym



9. Helping someone cross the road



## Task:

Answer true or false to the following statements about the free will and determinism debate. Justify your choice in each case. The first question has been done as an example.

	Statement	True or false?	Justification
1	Most approaches in psychology are determinist to some extent, but they disagree about the causes.	True	Most approaches in psychology believe that there is a cause for people's behaviour. The biological approach believes this is internal whereas the behaviourist approach states it is external.
2	A hard determinism stance contrasts with the British legal system.		
3	Determinism is not consistent with science.		
4	Soft determinism is where free will is not possible and behaviour is beyond our control.		
5	Science emphasises causal explanations.		
6	Adolescents are at significantly greater risk of developing depression if they exhibit an internal locus of control.		
7	The lab experiment is the best way to establish what has caused behaviour.		
8	Skinner was the first to put forward the notion of soft determinism.		
9	Free will has intuitive appeal.		
10	People who believe in fatalism and think that their behaviour is out of their own control have a higher risk of depression.		
11	Humanism is the approach in psychology that is most closely linked to determinism.		
12	The cognitive explanation is a soft determinist perspective.		
13	Neurological studies criticise the theory of free will.		
14	Skinner believes that free will is just an 'illusion'.		
15	Sigmund Freud also believed that free will is an 'illusion'.		

## Mark scheme

Mark your answers in Handout 4.8a using the mark scheme below:

1. Empiricists such as John Locke argued that the mind is like a what? (1 mark) Blank slate
2. a) What is the heritability coefficient for IQ? (1 mark) .5  
b) What does this suggest about intelligence? (1 mark) It suggests that both genetics and the environment influence our intelligence.
3. What does 'concordance' mean? (1 mark) The degree to which two people are similar on a particular trait.
4. The interactionist approach believes that we should study how nature and nurture interact and influence us. (2 marks)
5. Who identified different levels of the environment? (1 mark) Lerner (1986)
6. What does 'heredity' mean? (2 marks) The genetic transmission of mental and physical characteristics (1) from one generation to another (1).
7. Epigenetics is the change in our genetic activity without changing the genes themselves. It is caused by aspects of our lifestyle and the events that occur during our lives such as smoking, diet, stress and war. These events turn genes on and off. This is why smoking could have a life-long influence even when you stop as it has changed the way your genes are expressed. These epigenetic changes can influence the genetic codes of our children and grandchildren. This introduces a third element into the nature-nurture debate, which is the life experience of previous generations.
8. a) In the diathesis-stress model what does 'diathesis' mean? (1 mark) Diathesis means biological/genetic vulnerability.  
b) Apply the diathesis-stress model to OCD. (2 marks)  
A person who has a genetic vulnerability for OCD may not develop the disorder (1) unless it is combined with a social or psychological trigger such as a traumatic event. (1)
9. Humanistic/Behaviourist/Psychodynamic/Cognitive – Put each approach in the appropriate place on the continuum below. The biological approach has been done for you. (4 marks) *One mark for the location of each perspective in the correct place.*

<i>Nature</i>		<i>Interactionist</i>		<i>Nurture</i>
Biological	Psychodynamic	Cognitive	Humanistic	Behaviourist
10. A strong belief in either nature or nurture is a belief in which type of determinism? (1 mark) Hard

**Self-assessment:** Once you have marked your answers, consider what went well and what you need to do to improve.





**Task:** Read the examples of research and decide which side of the nature–nurture debate they fall on (nature, nurture or interactionist).

Once you have done this, draw a continuum diagram on a piece of paper and plot where you think each piece of research will go. For example, research that suggests that behaviour is genetically determined will go on the **Nature** side of the debate, whilst research that emphasises upbringing will go on the **Nurture** side, with research that emphasises both (**Interactionist**) going closer to the middle. Be prepared to justify your choices in each case.

Nature ————— Interactionist ————— Nurture

Examples of research		Nature, nurture or interactionist?
1	Bowlby's theory of monotropy where attachment gives a survival advantage. This attachment to a particular caregiver is seen as having central importance to a child's development.	
2	Phenylketonuria is a rare disorder where the body is unable to convert phenylalanine (this is found in dairy products) into tyrosine. If this goes untreated it builds up in the blood and causes learning difficulties. A low phenylalanine diet prevents the disorder causing any damage.	
3	OCD can be explained as an abnormality in the frontal lobes of the brain and the parahippocampal area, responsible for logical thinking and processing unpleasant emotions.	
4	Learning theory uses operant conditioning to explain that babies cry in order to receive food. This leads to them being fed so crying is reinforced and repeated.	
5	Mowrer (1960) proposed the two-process model of phobias and said they develop through associating something that we have no fear of with something that already triggers an anxiety response. These responses are then maintained by avoiding a phobic stimulus, so fear reduces, which makes us avoid the phobic stimulus.	
6	The diathesis-stress model suggests that genetic vulnerability to OCD is passed through families but environmental factors like stress are needed to trigger the disorder.	
7	An agentic state is a mental state where a person feels that they have no responsibility for their own behaviour and have little conscience concerning their own destructive behaviours because they are acting on instructions from an authority figure.	
8	During a stressful event when a stressor is perceived your heart rate and breathing increase and your pupils dilate, but as the threat passes your heart rate and breathing decrease and your pupils constrict.	
9	In social change, societies adopt new attitudes, beliefs and ways of doing things. An example would be changing attitudes towards homosexuality in the last 50 years.	
10	An Authoritarian Personality develops in childhood as the result of harsh parenting. The child feels hostility towards their parents but cannot express it directly because of fear, so they displace hatred onto weaker others. This explains the origin of prejudice and obedience.	
11	The antidepressant <i>fluoxetine</i> can be taken to treat OCD, and works by preventing the reabsorption and breakdown of serotonin. This increases the level of serotonin in the synapse, which compensates for the reduction of functioning of the serotonin system in people with OCD.	
12	Sexual motivation is controlled by hormones but the release of these hormones in sexual arousal is triggered by environmental factors such as smells, romantic music and clothing.	

**Extension:** From the topics that you have studied in Year 2 write down examples of nature, nurture and interactionism and explain why they are examples of each.



**Task:** Read the evaluation points in the blue box and put them under the correct heading in the table below. Explain why they support or challenge reductionism or holism. Use 'lead in' statements such as:

- ➔ This means that ...
- ➔ Therefore ...
- ➔ This is an issue because ...
- ➔ This is beneficial because ...

An example has been done for you.



- May oversimplify behaviour ...
- Cannot be rigorously tested ...
- Recognises the importance of biological explanations in human behaviour ...
- It is possible to break down behaviour into its constituent parts and scientifically test them ...
- Reminds us that the whole is not just the sum of the parts ...
- Provides a more complete understanding of behaviour ...
- It is difficult to establish how much each individual factor contributes to any particular behaviour ...
- Many different theories of cognitive functioning such as memory, perception and language have been created in psychology but little attempt has been made to combine the theories together ...

**For reductionism**

It is possible to break down behaviour into its constituent parts and scientifically test them. *This means that the cause of behaviours can be established more easily.*

**Against reductionism**

**For holism**

**Against holism**



**Task:** Read the pieces of research below and decide whether they are idiographic or nomothetic. Justify your decision in each case.



	Study	Idiographic or nomothetic?	Justification
1	<b>Koluchová:</b> Twin boys were locked in a cupboard from 18 months to 7 years and so were in isolation for an extended period. After they were found they lived in a loving family and they recovered fully. This showed that there may not be a critical period where psychological damage occurs if children are deprived of emotional care in the first 30 months as Bowlby suggested.		
2	<b>Using SSRIs to treat depression:</b> These antidepressant drugs prevent the reabsorption and breakdown of serotonin so there is an increase in the level of serotonin at the synapse.		
3	<b>The DSM (Diagnostic and Statistical Manual)</b> classifies phobias as excessive fear and anxiety, which is triggered by an object, place or a situation. The fear is out of proportion to any real danger presented by the phobic stimulus. There are three categories: specific, social and agoraphobia.		
4	<b>Maslow's hierarchy of needs:</b> Human motivation is based on seeking fulfilment and change through personal growth. People move through a hierarchy of needs and reach self-actualisation. Satisfaction of these needs and reaching full potential occurs in different ways.		
5	<b>Multi-store model of memory:</b> This model comprises three stores linked together by processing. A stimulus from the environment is passed to the sensory registers; if attention is paid to it then it will pass to the short-term memory. If information is rehearsed, it will get passed to long-term memory.		
6	<b>Gardner and Gardner (1980):</b> Attempted to teach a chimp called Washoe to use sign language. Over 32 months detailed records were kept of Washoe's progress where 30 signs could be made in a two-way conversation. This showed that a chimpanzee does have the capability to use human language.		
7	<b>Eysenck's personality theory:</b> Personality can be broken down into two different dimensions: neuroticism–stability and introversion–extraversion. Everyone varies in the extent to which we are introvert (shy) or extravert (outgoing), stable (not anxious) or neurotic (anxious). These are measured by a personality questionnaire.		
8	<b>Learning theory of attachment:</b> Babies cry for comfort, crying leads to a response from the caregiver such as feeding the child, and therefore crying is reinforced. The crying stops and the caregiver escapes from the crying so they receive negative reinforcement. This mutual reinforcement strengthens an attachment.		

#### Extension:

Pick other examples from your psychology course and explain whether they are idiographic or nomothetic approaches and why.

**Task: Fill in the gaps using the words below:**



norms	unstructured	unique
richness	prediction	reductionist
hypotheses	restrictive	principles
compare	insight	lost
conscious	statistical	subjective
biological	quantitative	qualitative
humanistic	global	

An idiographic approach is one that studies people as ..... individuals with the focus of the study being their subjective experiences, motivations and values. They don't ..... people with each other but instead describe the experiences of each individual to gain ..... into their unique experiences. They produce ..... rather than quantitative data using self-report measures such as case studies and ..... interviews.

..... psychology is the best example of an idiographic approach, with the psychologists Maslow and Rogers taking a phenomenological approach where the ..... experience of the individual self is studied. The psychodynamic approach is also described as idiographic because it studies individuals and their unique lives. Freud used the case study method to study his patients but also identified laws related to the way that personality develops.

The idiographic approach is in depth and creates a complete and ..... account of the individual. This complements nomothetic approaches as single case studies can create ..... which can then be studied in a more nomothetic way.

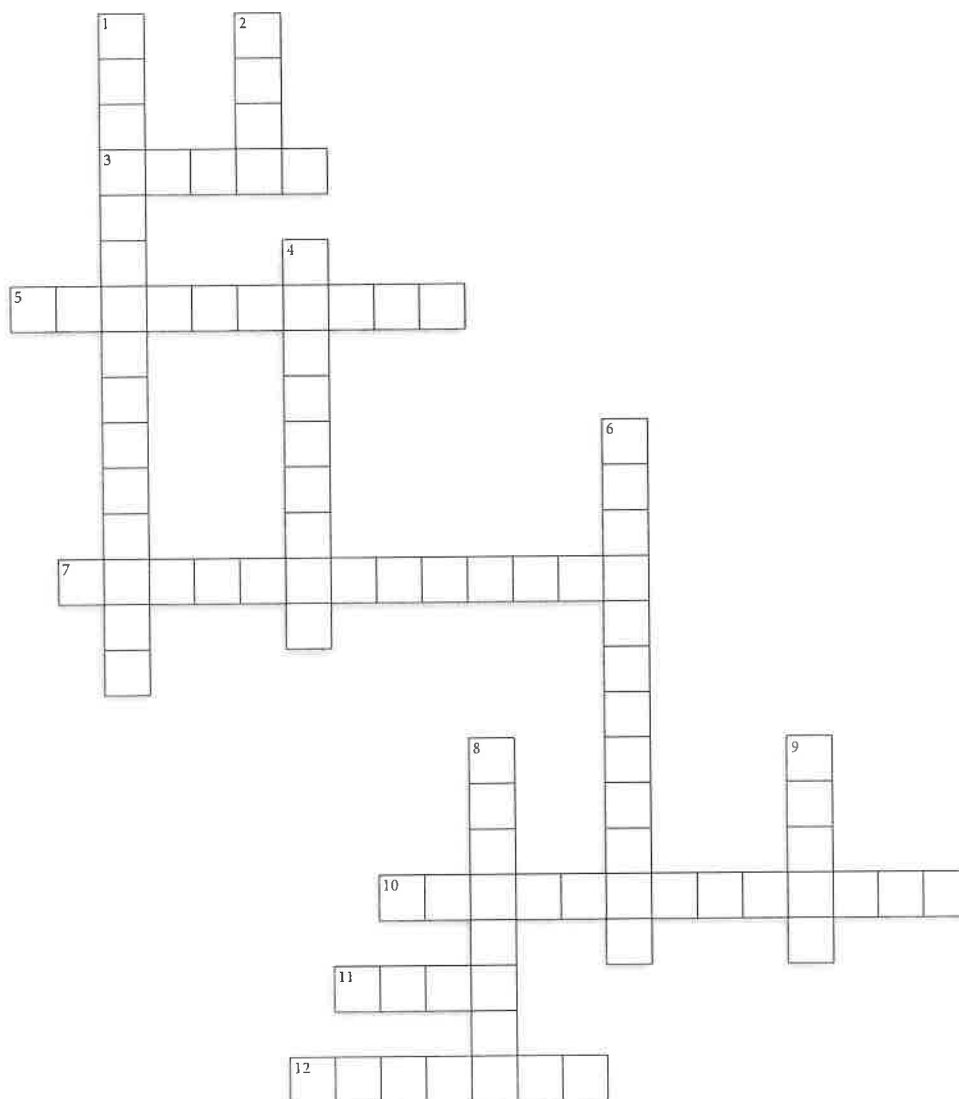
Idiographic approaches, however, are ..... because they are not very scientific as they rely on ..... interpretations, which means they are open to bias.

A nomothetic approach studies human behaviour through the development of general ..... . Nomothetic approaches are often ..... and determinist and are highly scientific because they use controlled experiments to study large groups of people. Behaviourist, cognitive and ..... approaches are all nomothetic. They all study behaviour through creating hypotheses, analysing behaviour, statistically testing what is found and creating laws about why people behave the way they do.

A problem with a nomothetic approach, however, is that it often overlooks the ..... of human experience because often only ..... scores are focused on, rather than the actual individual, because the subjective experience of the situation is ignored.

The focus on ..... and control in the nomothetic approach means that the whole person is often ..... with just a focus on generalities.

Despite these problems, the nomothetic approach has enabled psychologists to establish ..... of typical behaviours, which means that it has given psychology as a subject more scientific credibility. Its use of ..... analysis has allowed psychologists to infer things about a given sample or population so explanations of human behaviour are created which apply universally.



## Across

3. The APA reported that ethical committees only approve about ..... % of research deemed 'sensitive'. (5)
5. Studies examining the racial basis of intelligence have given scientific credence to what? (10)
7. What in the data revealed that Burt had made up most of his data? (13)
10. What was listed until 1973 in the DSM-1 as a sociopathic personality disorder? (13)
11. Who did research on people in a minimally conscious state? (4)
12. Sieber and ..... defined socially sensitive research as 'studies in which there are potential consequences or implications, either directly for the participants in the research or for the class of individuals represented by the research'. (7)

## Down

1. Which ethical issue is especially important to consider when conducting socially sensitive research? (15)
2. Who was publicly discredited for doing fraudulent research on IQ? (4)
4. Coyle and ..... noted that research was guilty of heterosexual bias where relationships were compared and judged against heterosexual norms. (9)
6. Ethical implications are concerned with research having negative ..... (12)
8. Research which finds a ..... gene is socially sensitive as it could lead to incorrect negative consequences. (8)
9. Research into socially sensitive topics should be planned with care to ensure the findings are ..... (5)