

AQA(A)- Unit 2 Biological Psychology

What do I need to learn?

	Where is it?	Could I make a basic attempt?	Could I make a good attempt?	Have I got mastery of this?
Outline the body's response to stress: <ul style="list-style-type: none"> the pituitary-adrenal system (4marks) the sympathomedullary pathway in outline(4marks) 				
<i>Stress-related illness and the immune system</i>				
Describe stress-related illness and the immune system (6 marks)				
Evaluate stress-related illness and the immune system (6 marks)				
Describe and evaluate the aims, procedures, findings and conclusions of research investigating the effect of stress on the immune system (e.g Kiecolt-Glaser) (6 AO1 + 6AO2 marks)				
<i>Stress in everyday life • Life changes and daily hassles as sources of stress</i>				
Explain how life changes affect stress (measured as stress-related illness) (6 marks)				
Evaluate how life changes affect stress (measured as stress-related illness) (6 marks)				
Describe and evaluate the aims, procedures, findings and conclusions of research investigating the effect of life changes on stress related illness (e.g. Rahe et al) (6 AO1 + 6AO2 marks)				
Explain what the Social Readjustment Rating Scale (SRRS) is (6 marks)				
Evaluate the SRRS to investigate life changes (6marks)				
Describe and evaluate how daily hassles can affect stress levels (e.g. accumulation effect and amplification effect)				
Describe the aims, procedures, findings and conclusions of research into daily hassles and stress (e.g. Kanner et al) (4 marks)				

Evaluate research into daily hassles and stress (e.g. Kanner et al) (6 marks)				
Workplace stress including the effects of workload and control				
Identify 2 sources of stress in the workplace (e.g. workload and lack of control) (4marks)				
Describe the aims, procedures, findings and conclusions of research investigating the effect of workplace stress on stress related illness (e.g. Marmot et al) (6marks)				
Evaluate research investigating the effect of workplace stress on stress related illness (e.g. Marmot et al) (6marks)				
Give advice based on what research tells us about the effect of life changes, workplace stress and daily hassles on stress levels. (practice scenarios done in lessons and in past exam papers)				
Personality factors, including Type A and Type B behaviour, hardiness				
Outline the features of a Type A personality (4marks)				
Outline the features of a hardy personality (4marks)				
Describe the aims, procedures, findings and conclusions of research investigating the effect of personality on stress (Friedman and Rosenman) (6marks)				
Evaluate research investigating the effect of personality on stress (Friedman and Rosenman) (6marks)				
Psychological and biological methods of stress management, including stress inoculation therapy and drug therapy				
<i>Biological methods of stress management : Drugs (BZs and betablockers)</i>				
Describe how drugs act on the body to reduce the negative effects of stress (6 marks)				
Evaluate drugs as a method of stress management (6 marks)				
<i>Psychological method of stress management: Stress inoculation therapy</i>				
Describe Stress inoculation therapy (6 marks)				
Evaluate Stress inoculation therapy (6 marks)				