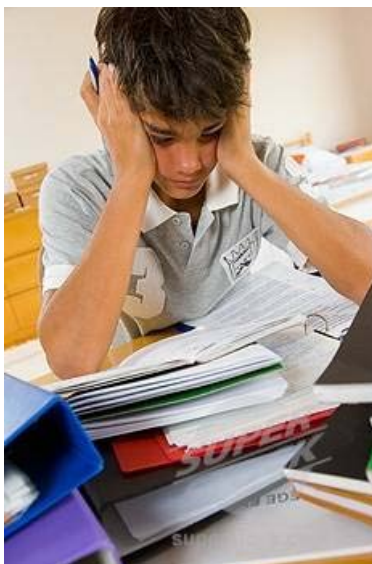
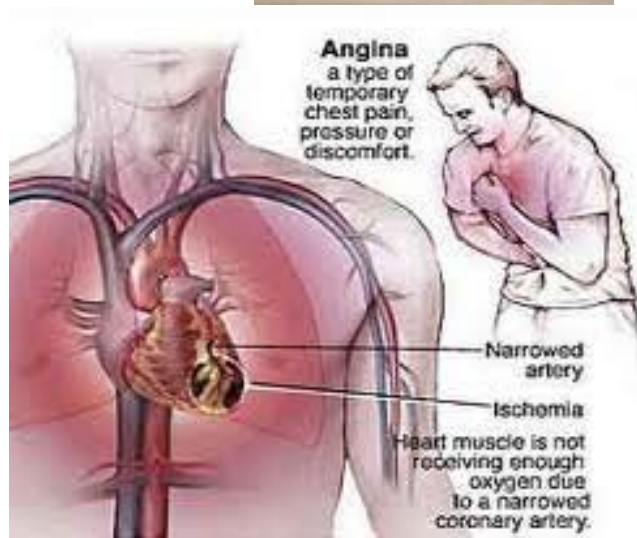


# AQA Unit 2 PSYA2 BIOLOGICAL PSYCHOLOGY: STRESS

FOR EXAM IN 2014



Exam: 1 hour 30 minutes

## Unit 2 PSYA2 Biological Psychology Syllabus

Candidates will be expected to:

- develop knowledge and understanding of concepts, theories and studies in relation biological psychology
- develop skills of analysis, evaluation and application in relation to biological psychology
- develop knowledge and understanding of research methods associated with this area of psychology
- develop knowledge and understanding of ethical issues associated with this area of psychology.

Knowledge and understanding of research methods should be developed through:

- undertaking practical research activities involving collection, analysis and interpretation of qualitative and quantitative data
- analysis and evaluation of studies relevant to the content for each area of psychology in this unit.

<b>Biological Psychology - Stress</b>	
Stress as a bodily response	<ul style="list-style-type: none"> <li>• The body's response to stress, <b>including</b> the pituitary-adrenal system and the sympathoadrenal pathway in outline</li> <li>• Stress-related illness and the immune system</li> </ul>
Stress in everyday life	<ul style="list-style-type: none"> <li>• Life changes and daily hassles. Focus on evidence that <b>life events and daily hassles</b> are sources of stress.</li> <li>• Workplace stress including the effects of <b>workload and control</b></li> <li>• Personality factors, including Type A behaviour and <b>Type B</b> behaviour, <b>hardiness</b></li> <li>• Psychological and biological methods of stress management, including <b>stress inoculation therapy and drug therapy</b></li> </ul>

**You must know all of the following:**

<b>Key Study Title</b>	<b>Relates to:</b>
Kiecolt-Glaser (1984): Natural experiment on Medical students	Stress-related illness and the immune system
Cohen (1993): Stressful Life Events	Stress-related illness and the immune system
Rahe et al (1970): USA Sailors	Life changes
DeLongis et al (1982): Based on Kanner's study	Daily Hassles
Johansson: Swedish Saw Mill	Workplace stress: Workload and Control
Marmot et al (1997): Civil Servants at Westminster	Workplace stress: Control
Friedman and Rosenman (1959): 8 year longitudinal study	Personality Factors, including Type A and Type B behaviour.
Kobasa: Hardy Personality	Hardiness Training