

STRESS				
		- Essay evaluation development practice sheet.	Ensure in the exam you shape your responses to the demands of that particular question.	
The physiology of stress	The role of stress in illness	Sources of stress	Sources of stress	Measuring stress
THESE CONCEPTS HAVE TO BE INCLUDED	THESE CONCEPTS HAVE TO BE INCLUDED	THESE CONCEPTS HAVE TO BE INCLUDED	THESE CONCEPTS HAVE TO BE INCLUDED	THESE CONCEPTS HAVE TO BE INCLUDED
including general adaptation syndrome, the hypothalamic pituitary-adrenal system, the sympathomedullary pathway and the role of cortisol	immunosuppression and cardiovascular disorders	Life changes and daily hassles.	Workplace stress, including the effects of workload and control.	self-report scales (Social Readjustment Ratings Scale and Hassles and Uplifts Scale) and physiological measures, including skin conductance response
<u>Specialist terms/ Key ideas / Researchers / % - to develop (A01)</u>	<u>Specialist terms/ Key ideas / Researchers / % - to develop (A01)</u>	<u>Specialist terms/ Key ideas / Researchers / % - to develop (A01)</u>	<u>Specialist terms/ Key ideas / Researchers / % - to develop (A01)</u>	<u>Specialist terms/ Key ideas / Researchers / % - to develop (A01)</u>
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-	-	-	-	-
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-	-	-	-	-
A03 - EV1 - A _____ <b>evaluation</b> of the _____ is supporting research by _____ (____)	A03 - EV1 - A _____ <b>evaluation</b> of the _____ is supporting research by _____ (____)	A03 - EV1 - A _____ <b>evaluation</b> of the _____ is supporting research by _____ (____)	A03 - EV1 - A _____ <b>evaluation</b> of the _____ is supporting research by _____ (____)	A03 - EV1 - A _____ <b>evaluation</b> of the _____ is supporting research by _____ (____)
State the procedure and main findings in as few words as possible	State the procedure and main findings in as few words as possible	State the procedure and main findings in as few words as possible	State the procedure and main findings in as few words as possible	State the procedure and main findings in as few words as possible
This suggests	This suggests	This suggests	This suggests	This suggests
How do the findings of the study actually support the QUESTION and/or its key principles? (this is the important part)	How do the findings of the study actually support the QUESTION and/or its key principles? (this is the important part)	How do the findings of the study actually support the QUESTION and/or its key principles? (this is the important part)	How do the findings of the study actually support the QUESTION and/or its key principles? (this is the important part)	How do the findings of the study actually support the QUESTION and/or its key principles? (this is the important part)
However..	However..	However..	However..	However..
Methodological +/- Criticism of above research (Validity)	Methodological +/- Criticism of above research (Validity)	Methodological +/- Criticism of above research (Validity)	Methodological +/- Criticism of above research (Validity)	Methodological +/- Criticism of above research (Validity)
This suggests the findings may not provide support for (Q) as..	This suggests the findings may not provide support for (Q) as..	This suggests the findings may not provide support for (Q) as..	This suggests the findings may not provide support for (Q) as..	This suggests the findings may not provide support for (Q) as..
Methodological criticism of research needs to show how it a problem for essay question for credit. (linking to question)	Methodological criticism of research needs to show how it a problem for essay question for credit. (linking to question)	Methodological criticism of research needs to show how it a problem for essay question for credit. (linking to question)	Methodological criticism of research needs to show how it a problem for essay question for credit. (linking to question)	Methodological criticism of research needs to show how it a problem for essay question for credit. (linking to question)
EV2 - A _____ EV of _____ is	EV2 - A _____ EV of _____ is	EV2 - A _____ EV of _____ is	EV2 - A _____ EV of _____ is	EV2 - A _____ EV of _____ is
State evaluative concept, or the procedure and main findings in as few words as possible	State evaluative concept, or the procedure and main findings in as few words as possible	State evaluative concept, or the procedure and main findings in as few words as possible	State evaluative concept, or the procedure and main findings in as few words as possible	State evaluative concept, or the procedure and main findings in as few words as possible
This suggests	This suggests	This suggests	This suggests	This suggests
How does this concept / findings actually support/ criticise / effect the question concept and its principles? (this is the important part)	How does this concept / findings actually support/ criticise / effect the question concept and its principles? (this is the important part)	How does this concept / findings actually support/ criticise / effect the question concept and its principles? (this is the important part)	How does this concept / findings actually support/ criticise / effect the question concept and its principles? (this is the important part)	How does this concept / findings actually support/ criticise / effect the question concept and its principles? (this is the important part)
<u>Other evaluations to use in essay</u>	<u>Other evaluations to use in essay</u>	<u>Other evaluations to use in essay</u>	<u>Other evaluations to use in essay</u>	<u>Other evaluations to use in essay</u>
- Research by? (write out same format as top)	- Research by? (write out same format as top)	- Research by? (write out same format as top)	- Research by? (write out same format as top)	- Research by? (write out same format as top)
- Compare? alternate psych exp for this behaviour? (+ evidence)	- Compare? alternate psych exp for this behaviour? (+ evidence)	- Compare? alternate psych exp for this behaviour? (+ evidence)	- Compare? alternate psych exp for this behaviour? (+ evidence)	- Compare? alternate psych exp for this behaviour? (+ evidence)
- Generic evaluation? - Validity, Social Impact, Ethics, Bias, I&D	- Generic evaluation? - Validity, Social Impact, Ethics, Bias, I&D	- Generic evaluation? - Validity, Social Impact, Ethics, Bias, I&D	- Generic evaluation? - Validity, Social Impact, Ethics, Bias, I&D	- Generic evaluation? - Validity, Social Impact, Ethics, Bias, I&D
YOU MUST STATE HOW THESE IMPACT <u>THE QUESTION</u> FOR CREDIT	YOU MUST STATE HOW THESE IMPACT <u>THE QUESTION</u> FOR CREDIT	YOU MUST STATE HOW THESE IMPACT <u>THE QUESTION</u> FOR CREDIT	YOU MUST STATE HOW THESE IMPACT <u>THE QUESTION</u> FOR CREDIT	YOU MUST STATE HOW THESE IMPACT <u>THE QUESTION</u> FOR CREDIT



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Individual differences in stress:	Individual differences in stress:	Managing and coping with stress	Gender differences in coping with stress	The role of social support in coping with stress	
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personality types A, B and C and associated behaviours;	hardiness, including commitment, challenge and control.	drug therapy (benzodiazepines, beta blockers), stress inoculation therapy and biofeedback.		Types of social support, including instrumental, emotional and esteem support	
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