

2001 AP® PSYCHOLOGY FREE-RESPONSE QUESTIONS

PSYCHOLOGY

SECTION II

Time—50 minutes

Percent of total grade— $33\frac{1}{3}$

Directions: You have 50 minutes to answer BOTH of the following questions. It is not enough to answer a question by merely listing facts. You should present a cogent argument based on your critical analysis of the questions posed, using appropriate psychological terminology.

1. a. Discuss the cause of anxiety from *each* of the following perspectives.
 - Behavioral
 - Psychoanalytic/psychodynamic
 - Biological
 - Cognitive
- b. Discuss a specific treatment technique for reducing anxiety used by professionals representing *each* of the four perspectives.

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Question 1

Context must be established, both in relation to whether a part of the response refers to cause or treatment and whether a part of the response refers to the proper perspective. This means the reader must be able to tell whether the student is discussing cause or treatment and which perspective is being discussed in order to award points. Context is best established with direct statements by the student ("The cause of anxiety from the behavioral perspective is . . ."), but it may also be inferred from the order or paragraph sequence of the answer. Since the entire essay is about anxiety, the context of anxiety is assumed throughout.

In the scoring of essays, spelling does not count, and points are not subtracted for misinformation. To be scored, answers must be in sentences, not bulleted lists or outlines.

Part a: Cause Points

1. Behavioral Cause

Award this point if the student:

- A. Names classical conditioning, operant conditioning, observational learning, or any related concept related to them. Examples include anxiety as related to a conditioned response, positive reinforcement (or reward), punishment, and modeling.
- B. Refers to (but does not name) a type of learning and explains that learning is governed by the environment or stimulus-response relationships.

Do not award this point if the student makes only a general reference to learning (e.g., "anxiety is learned") or the environment or stimulus-response relationships.

2. Psychoanalytic/Psychodynamic Cause

Award this point if the student:

- A. Explains that repression or suppression of some event or memory might realistically cause anxiety. Repression alone is not sufficient unless there is mention of what is being repressed.
- B. Refers to the unconscious/subconscious mind and links it to tension, conflict, trauma, or some other factor that may be related to anxiety. Reference to the unconscious/subconscious mind alone is not sufficient without an additional factor.
- C. Discusses another psychoanalytic concept (e.g., id, ego, superego, preconscious) if the student explains a process/mechanism by which that concept could reasonably lead to anxiety.

Do not award this point if the student simply refers to repression or the unconscious without meeting the additional requirements of A or B above.

3. Biological Cause

Award this point if the student explains that:

- A. Anxiety can result when there is an imbalance of a chemical that influences the nervous or endocrine system. The student can identify this chemical by using words like "neurotransmitter," "brain chemical," or "hormone." The student may also earn the point by mentioning an imbalance of any specific neurotransmitter (e.g., GABA, serotonin) or hormone (e.g., adrenaline) even if that chemical is not actually related to anxiety.

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Question 1 (cont.)

- B. One may inherit a predisposition for anxiety. The mention of “predisposition” is sufficient even without the use of terms like genetic or hereditary. It is also sufficient to say that anxiety “runs in the family,” but *not* that “anxiety is inherited.”
- C. There is an evolutionary predisposition to fear specific stimuli, such as heights.
- D. The anxiety results as a plausible outcome of brain damage, stroke, tumor, etc.

Do not award this point if the student:

- A. States that anxiety or specific fears are inherited per se (i.e., absolute inheritance vs. conditional).
- B. Refers to a chemical imbalance *not* specified as neural or hormonal.

4. Cognitive Cause

Award this point if the student establishes a relationship between the *way* one thinks/interprets (not what one thinks about) and anxiety. It is sufficient to say that “anxiety is caused by the way one thinks.”

The student may also do this by referring to thoughts/interpretations that are:

- A. Negative
- B. Irrational
- C. Faulty or distorted
- D. Self-defeating
- E. Unrealistic

Do not award the point for a *single* negative thought or a *single* distorted interpretation. Plurality is important for thoughts and interpretations.

Part b: Treatment Points

The student **must** follow one of the following pathways to earn treatment points:

1. Describe or define a specific treatment technique. The student may mislabel or not name the technique and still receive credit.
2. Name a specific treatment *without* a description or definition *if* a basis for that treatment was presented for the appropriate perspective in the answer to Part a. For example, Point 7 should be awarded for “the biological perspective would treat anxiety by prescribing Xanax,” if Point 3 was awarded for describing the cause of anxiety as a neurochemical imbalance. Point 7 should not be awarded if the student wrote the same thing but had described the cause as a genetic predisposition.
3. Provide a term (name of treatment) and establish a relationship with the outcome, purpose, or goal of the treatment. For example, Point 6 should be awarded if a student writes “free association can be used to help a patient uncover unconscious material.” Do not accept “reducing anxiety” as the outcome or purpose of treatment because it merely parrots the question.

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Question 1 (cont.)

5. Behavioral Treatment

Award this point if the student follows any of the three pathways regarding appropriate behavioral treatments for anxiety, anxiety disorders, or fear, such as:

- A. Systematic desensitization
- B. Extinction
- C. Modeling
- D. Counter conditioning
- E. Aversion therapy
- F. Biofeedback training (may also be used for Point 7, in context)
- G. Stress inoculation (may also be used for Point 8, in context)

6. Psychoanalytic/psychodynamic Treatment

Award this point if the student follows any of the three pathways regarding appropriate psychoanalytic treatments such as:

- A. Free association
- B. Dream analysis
- C. Hypnosis
- D. Insight therapy
- E. Interpretation of resistance/transference
- F. Psychoanalysis or the “talking cure” used as a specific descriptor of psychoanalytic therapy

7. Biological Treatment

Award this point if the student follows any of the three pathways regarding appropriate biological treatments such as:

- A. Specific antianxiety drugs (e.g., Xanax, Valium) or antidepressant drugs (e.g., Prozac, Zoloft), mention of these categories, or mention of drugs, drug therapy, medication, etc. For example, it is sufficient, under Pathway 3, to state that a drug “has a calming influence” on the individual.
- B. Use of aerobic exercise or improved nutrition as a method of relieving stress through a clear biological mechanism.

Do not award this point for the use of lobotomy or electroconvulsive therapy.

8. Cognitive Treatment

Award this point if the student follows any of the three pathways regarding appropriate cognitive treatments such as:

- A. Rational-Emotive Therapy.
- B. Beck’s Cognitive Therapy (mentioning “cognitive therapy” alone without Beck’s name is not sufficient).
- C. Discussion of strategies such as changing one’s way of thinking (not just “think different thoughts”), learning more adaptive ways of thinking, replacing self-defeating dialogs, etc.

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Question 1

Sample	Score	Commentary
C	7 of 8	
	Point 1:	(0) Behavioral Cause Didn't score point because the student did not explain anxiety using appropriate behavioral theory
	Point 2:	(1) Psychoanalytical Cause Scores point because of the phrase "Psychoanalytic perspective sees the cause of anxiety as unconscious feelings or conflicts."
	Point 3:	(1) Biological Cause Point awarded on the basis of "...specific biological predispositions to feeling anxiety."
	Point 4:	(1) Cognitive Cause Scores point by saying anxiety results from the way people organize their thoughts, demonstrating a knowledge of thinking as a process.
	Point 5:	(1) Behavioral Treatment Scores point with the discussion and description of systematic desensitization.
	Point 6:	(1) Psychoanalytical Treatment Scores point with the description of insight therapy and free association. Both are appropriate psychoanalytical treatments for anxiety.
	Point 7:	(1) Biological Treatment Scores point with, "...drug treatments in order to calm the patient," which provides a treatment and an outcome.
	Point 8:	(1) Cognitive Treatment Scores point because the student describes cognitive therapy as a means to change the way people think

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Question 1 (continued)

Sample	Score	Commentary
A	3 of 8	
Point 1:	(0) Behavioral Cause	doesn't score point because student does not adequately describe behavioral cause
Point 2:	(1) Psychoanalytical Cause	scores point because of the phrase "repressed childhood trauma"
Point 3:	(0) Biological Cause	does not score because the student does not address the idea of a biological system change (i.e., at the neurotransmitter or hormonal level).
Point 4:	(0) Cognitive Cause	does not score because there is no mention of process; rather, the student alludes to a state of thought.
Point 5:	(0) Behavioral Treatment	doesn't score point because student does not adequately describe behavioral treatment
Point 6:	(1) Psychoanalytical Treatment	scores point when the student writes, "...psychoanalysis, dream interpretation...that measure unconscious drives."
Point 7:	(0) Biological Treatment	does not score point
Point 8:	(1) Cognitive Treatment	scores point with the cognitive therapy description (attempting to change the way a person thinks).

Write in the box the number of the question you are answering on this page as it is designated in the examination.

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From the behavioral perspective anxiety is caused by behaviors that people have which cause the anxiety. The behavioral perspective focuses on any behaviors people have. The psychoanalytic perspective sees the cause of anxiety as unconscious ~~problems~~ feelings or conflicts. The Biological perspective believes that anxiety is caused by people's specific biological predispositions to feeling anxiety, possibly from problems with development. Cognitive psychologists view the cause of anxiety as the way people organize their thoughts about and organize stimuli. In order to treat anxiety a behavioral psychologist would strive to eliminate the behavior causing the anxiety. In a case such as a phobia a behaviorist would use systematic desensitization in order to rid the person of that phobia. The way in which a psychoanalyst would treat the anxiety would be through gaining insight into the unconscious causes of the anxiety. Psychoanalysts use techniques such as free association in which the patient says anything that comes to their mind to determine the patient's resistances then interpreting those resistances. ~~Psychoanalysts also use~~ A biological psychologist, ~~who~~ would use drug treatments in order to calm the patient when the anxiety arouses. Cognitive psychologists would help the person change the way they think about the stimulus that is causing them to experience anxiety. Cognitive psychologists would have the patients associate the anxiety-arousing stimulus with another stimulus that does not cause them to experience anxiety.

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~~Explain~~ the cause of anxiety can be discussed in the context of three perspectives: behavioral, psychoanalytic/psychodynamic, biological, and cognitive. From the behavioral aspect, anxiety is caused by the person's surroundings and environment. When a person's life is such that they are constantly hurried with no time to relax or cope with stress, it leads to anxiety and other disorders. The way a person behaves and their interactions with other people also causes anxiety. From the psychoanalytic/psychodynamic perspectives, the functioning of the brain to be too analytical could cause anxiety. A person that is prone to overthink things has a greater level of stress which leads to more anxiety. From a biological aspect, a person's ~~post-synaptic~~ chemical balance and homeostasis could have a disorder so that they are obsessive-compulsive. Their biological makeup and sleep patterns could make them feel uncomfortable with being in social areas; have a fear phobia of something, or their lack of sleep, insomnia, could cause them to have anxiety. In the cognitive perspective, anxiety is caused by how a person feels about themselves, or their self-worth. Since cognitive focuses on the mind & its thinking, a person's view of themselves could lead to insecurities or feelings of insignificance. A person is always searching for self-actualization, as supported by Maslow's Hierarchy of Needs, and when other needs that aren't gratified can lead to anxiety.

A treatment technique used by professionals

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Write in the box the number of the question you are answering on this page as it is designated in the examination.

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for reducing anxiety is psychotherapy. ~~Psychiatry~~ ~~Psychiatry~~ Psychiatry will pinpoint the problem + allow medicine to be prescribed to assist in the treatment biologically. It also calms the person emotionally and helps to deal with the way they think and feel about themselves. Psychotherapy allows the patient to learn how to deal and reduce anxiety intellectually, behaviorally, biologically, and psychoanalytically.