

Question 11 B

Olivia's parasympathetic nervous system would have been dominant during her 'freeze' response as her body would have briefly acted as if it was injured during this state.

Question 12 A

Whilst Olivia was frozen with fear, Olivia's body would briefly act as if it is injured by reducing her body temperature. Her heart rate would most likely decrease, salivation would cease to function and adrenaline not be released until the fight or flight response was subsequently triggered.

Question 13 A

Acetylcholine is a neurotransmitter which plays a key role in the formation of memory and the ability to concentrate. Thus, victims of Alzheimer's disease have reduced levels of acetylcholine, which affects their short-term memory and declarative memory in particular.

Question 14 C

Episodic memories are autobiographical memories that need to be consciously declared and reconstructed when recalled. They are malleable during the reconstruction and reconsolidation process, particularly to the impact of leading questions that may contain misinformation.

Question 15 B

In terms of neural pathways involved in memory, long-term depression is a result of a **low**-frequency stimulation of a presynaptic neuron which will **weaken** existing synapse, which theoretically can assist in clearing the brain of old memories.

Question 16 C

Ben's primary appraisal of his situation is that the demands of teaching are significant, specifically as a threat, as the demands are ongoing and potentially exceed his coping resources. A benign or irrelevant primary appraisal tends to be short-term and does not require any further appraisal or coping. An appraisal of a challenge would be reflected by Ben viewing teaching as having a potentially positive outcome.

Question 17 D

Ben is using a problem-focused coping strategy by constructively endeavoring to reduce his stress by taking control of his situation and determining if he should remain in teaching or travel in order to contemplate his future. An emotion-focused strategy would involve a maladaptive strategy such as avoidance. A primary and secondary appraisal relate to an evaluation of the significance of the stressor (teaching) and coping resources.

Question 18 D

If Vern evaluates the demands of teaching as 'benign' then the appraisal does not go beyond a primary appraisal. A primary appraisal of the threats, harm and challenges of teaching are all significant and would result in an evaluation of the coping resources via a secondary appraisal.

Question 19 B

Short-term memory has a capacity of five to nine bits of information; sensory memory (iconic and echoic) as well as long-term memory has an unlimited capacity.