

## GCSE (9–1) in Psychology

### Year 11 Mock exam – PAPER 1

## Date – Morning/Afternoon

Time allowed: **1 hour 30 minutes**



**You must have:**

- a scientific or graphical calculator



<b>First name</b>	
<b>Last name</b>	
<b>Centre number</b>	<input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>
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#### INSTRUCTIONS

- Use black ink. HB pencil may be used for graphs and diagrams only.
- Complete the boxes above with your name, centre number and candidate number.
- Answer **all** the questions.
- Write your answer to each question in the space provided.
- Where appropriate, your answers should be supported with working. Marks may be given for a correct method even if the answer is incorrect.
- If additional space is required, use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
- Do **not** write in the bar codes.

#### INFORMATION

- The total mark for this paper is **83**
- The marks for each question are shown in brackets [ ].
- Quality of extended response will be assessed in questions marked with an asterisk (\*).
- **This exam consists of TWO sections. Please answer every question.**

<b>MARKS BREAKDOWN &amp; REVIEW</b>			
	MARK	%	Confidence (1- not at all; 10 – extremely)
<b>SECTION A: Psychological Problems</b>	/59		
<b>SECTION B: Criminal Psychology</b>	/24		

## SECTION A – Psychological Problems

Answer **all** questions in this section

1. (a) Identify the method used to gather data in Tandoc et al.'s (2015) study into Facebook use.

- A. experiment
- B. interview
- C. observation
- D. questionnaire

Your answer

(b) Identify the sample used in Tandoc et al.'s (2015) study.

- A. hospital doctors
- B. journalism students
- C. office workers
- D. psychology teachers

Your answer

(c) Identify a conclusion that can be drawn from Tandoc et al.'s (2015) study.

- A. Facebook use on its own does not link directly to depression
- B. Facebook use on its own links directly to depression
- C. Facebook envy does not link directly to depression
- D. Facebook surveillance does not correlate with Facebook envy

Your answer

(d) Which of the following is NOT a symptom of depression?

- E. Low mood,
- F. Delusions,
- G. Loss of appetite,
- H. Reduced energy levels

Your answer

(e) Identify the sample size used in Daniel et al.'s (1991) study into amphetamines and schizophrenia.

- E. 8
- F. 6
- G. 10
- H. 9

Your answer

**G**

(f) Identify one limitation of the biological theory of schizophrenia.

- E. It is too reductionist
- F. It ignores the role of nature
- G. There is too much focus on the role of society
- H. It ignores the role of brain activity

Your answer

**E**

(g) What is the mental health continuum?

- A. Defining mental health on a scale
- B. a mental health treatment
- C. Changes to mental health treatment
- D. A type of depression

Your answer

**A**

(h) Which is the most commonly experienced mental health problem in the UK for both men and women?

- A. Schizophrenia,
- B. Depression,
- C. OCD,
- D. Generalised Anxiety disorder

Your answer

**D**

2. Explain **one** way an individual diagnosed with a mental health problem may experience stigma and discrimination.

- Not be able to find employment/ work (1) as employers may not wish to risk employing someone with mental health problems in case they need lots of time off (1).
- Not be in a steady long-term relationship (1) because other people may feel they are not able to cope (1).
- Not live in decent housing/housing area (1) because they are unable to get a mortgage/cannot earn enough money to pay the required rent (1).
- Not be socially included in mainstream society/be considered a social outcast/be excluded from day-to-day activities (1) because they are viewed negatively by others (1).
- Be limited in relation to immigration prospects (1) as government policy makers feel they will be a risk to society (1).

**Marker's Comments**

1 mark for an appropriate judgement and 1 mark for providing a logical chain of reasoning.

**[2 marks]**

3. Outline the impact of neurological damage to the frontal lobe.

- Neurological damage to the frontal lobe could cause schizophrenia (1) brain scans show that this is due to reduced activity in this part of the brain (1)
- The impact of the damage to the frontal lobe could be impaired memory (1), an individual may have particular problems with the working memory (1)
- Damage to the frontal lobe could lead to more impulsivity (1) and as a result could lead to an increase in risk taking behaviour (1)
- Damage to the frontal lobe will affect a person's ability to problem solve (1) this would be evident in poor performance on tasks such as the Wisconsin Card Sort Test (1)

**Marker's Comments**

1 mark for identifying the impact of neurological damage or for describing the functions of the frontal lobe.  
2 marks for a more detailed response in relation to the impact on behaviour or cognitions.

**[2 marks]**

4. Describe how anti-depressants and anti-psychotics are used to treat depression and schizophrenia. Refer to dopamine and serotonin in your answer.

Anti-psychotic drugs act by blocking some of the dopamine receptors which stops some of the chemical messages passing through the brain. (1)  
By reducing the number of messages, it reduces the effects of the psychotic episode. (1)

Anti-depressant drugs increase the number of neurotransmitters in the brain such as serotonin or noradrenaline, which can help people feel less depressed. (1) It is thought that excess serotonin in the synapse helps the neurons communicate better, which helps people feel less depressed.(1)

**Marker's Comments**

1 mark for each point that explains HOW anti-depressants/anti-psychotics work to treat depression or schizophrenia.

To get **2 or more marks** the response must refer to both serotonin (anti-depressants) and dopamine (anti-psychotics)

5. How has the research from psychological problems helped to develop the psychological treatment people receive today? Include real life examples.

**[3 marks]**

Cognitive behaviour therapy is a form of psychotherapy that is based on the idea that if someone perceives something in an irrational/negative way it can affect how we think in general. (1)

Generally a short-term treatment, CBT requires the client to identify problems and break them down into thoughts, feelings, actions. With the client, the therapist uses Ellis' A,B,C (D&E) model to identify irrational perceptions and the effect they are having on the client. (1)

With depression, by focusing on the effects of negative thoughts and looking at more positive ways of viewing events, it aims to reduce symptoms of depression. (1) **OR...**

With schizophrenia, CBT offers a way of re-evaluating the irrational perceptions or voices by finding ways to cope with them. For example, with a client who believes there are microphones in the therapist's chair, the therapist will use the 'D' of the model to invite the client to 'dispute' this belief by inspecting the chair for microphones. (1)

**Marker's Comments**

Responses can refer to either depression or schizophrenia.

1 mark for identifying/outlining the treatment.

1 mark for explaining how it works

1 mark for an example

**[3 marks]**

6. (a) Which neurotransmitter is thought to contribute to the development of schizophrenia?

Dopamine

**[1]**

(b) A researcher wants to study the effect cognitive behavior therapy (CBT) had on patients diagnosed with schizophrenia to see if there was a difference those who had CBT and those who had not. Identify the independent variable in his study.

Those who had CBT and those who had not.

7. Outline the Social Drift theory of schizophrenia.

<p>The social drift theory explains schizophrenia by looking at the psychological causes and effects of social class. (1)</p> <p>When people begin to develop schizophrenia and lose touch with reality, they begin to ignore society as it does not make sense to them. This means they do not complete 'normal' activities and may not be motivated by the rewards that others are.(1)</p> <p>Social Drift Theory suggests that people with a diagnosis of schizophrenia get caught in a downward spiral of poverty and loss of status. (1)</p> <p>The cycle involves the <b>disengagement of individuals</b> who do not feel a part of society. (1)</p> <p>As individuals begin to withdraw from society and stop following social norms they experience <b>rejection by society</b>. (1)</p> <p>For example, experiencing delusions may lead a person to withdraw from usual social activities and their behaviour (which is outside social norms) may lead to rejection by their society. (1)</p>	<p><b>Marker's Comments</b></p> <p>1 mark for link to theory as a psychological explanation of schizophrenia</p> <p>1 mark for explanation of a spiral between poverty and social class</p> <p>1 mark for explain disengagement of individuals and rejection by society as part of the cycle</p> <p>1 mark for each definition of <b>the</b> key terms (x2)</p> <p>1 mark for an example using one symptom and how it links to the two key terms is included.</p> <p><b>Possible 6 marks in total</b></p>
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8. Describe one weakness of the Social Drift theory as an explanation for schizophrenia.

<p>One weakness of the Social Drift theory of schizophrenia is that it is difficult to establish cause and effect (1).</p> <p>The theory suggests that it is the illness of schizophrenia that causes the downward shift in social class (1).</p> <p>However, it could be that being in a lower social class to begin with is a significant contributing factor to the development of the illness (1).</p> <p><u>OR...</u></p> <p>One weakness of the theory is that it sees the reason people with schizophrenia drift into lower social classes and poor living areas to be due to their nature, i.e. there is a biological reason for this drift (1).</p> <p>The theory ignores the role of nurture in influencing behaviour (1) and therefore does not see the social influences of such factors as poor environments and low/no income as having any role to play in the development of schizophrenia (1).</p>	<p><b>Marker's Comments</b></p> <p>1 mark for the identification of an appropriate weakness, e.g. a reference to the difficulty in establishing cause and effect/the emphasis on the role of nature at the expense of the role of nurture.</p> <p>1 mark for explaining the weakness.</p> <p>1 mark for explaining the weakness in relation to the effects of schizophrenia.</p> <p><b>[3 marks]</b></p>
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9. Daniel, Weinberger and Jones (1991) used a laboratory experiment to investigate schizophrenia.

(a)(i) Identify the independent variable in this study.

Whether the participant was given a placebo or 0.25mg/kg of Oral Dextroamphetamine.

**Marker's Comments**  
Accept any appropriate reference to medication/drug, amount not required. [1 mark]

(ii) Identify the dependent variable in this study.

Performance on the Wisconsin Card Sort Test.

.....[1]

(b) Explain why this study was **not** conducted as a natural experiment.

- A natural experiment is one in which the independent variable (IV) cannot be manipulated (1). In this study Daniel et al. could manipulate whether participants were given a placebo or a drug therefore it would not be suitable as a natural experiment (1).
- A natural experiment is one in which the independent variable (IV) is naturally occurring (1). In this study, whether the participants were given a drug or a placebo was not naturally occurring (1).
- A natural experiment is one in which the independent variable (IV) occurs naturally whereas a lab experiment the IV can be manipulated by the researcher (1). Participants could be given either a drug or a placebo for the purpose of the study; therefore it could not be a natural experiment but would be more suited as a lab one (1).

**Marker's Comments**  
1 mark for explaining what a natural experiment is.  
  
1 mark for explaining why Daniel, Weinberger and Jones et al.'s study has a manipulated independent variable. [2 marks]

10. The ABC Model is a psychological theory that can be applied to clinical depression.

(a) State what ABC stands for in this model.

A: Activating event B: beliefs C: consequences .... [1]

(b) Outline one criticism of the ABC Model of clinical depression.

- Overemphasises the role of nurture (1) and ignores the influence of nature (1).
- It is difficult to establish cause and effect (1). It is not clear whether negative cognitions and emotions are a cause of depression or a consequence of it (1).
- It is reductionist (1) and ignores other factors that influence behaviour (1).

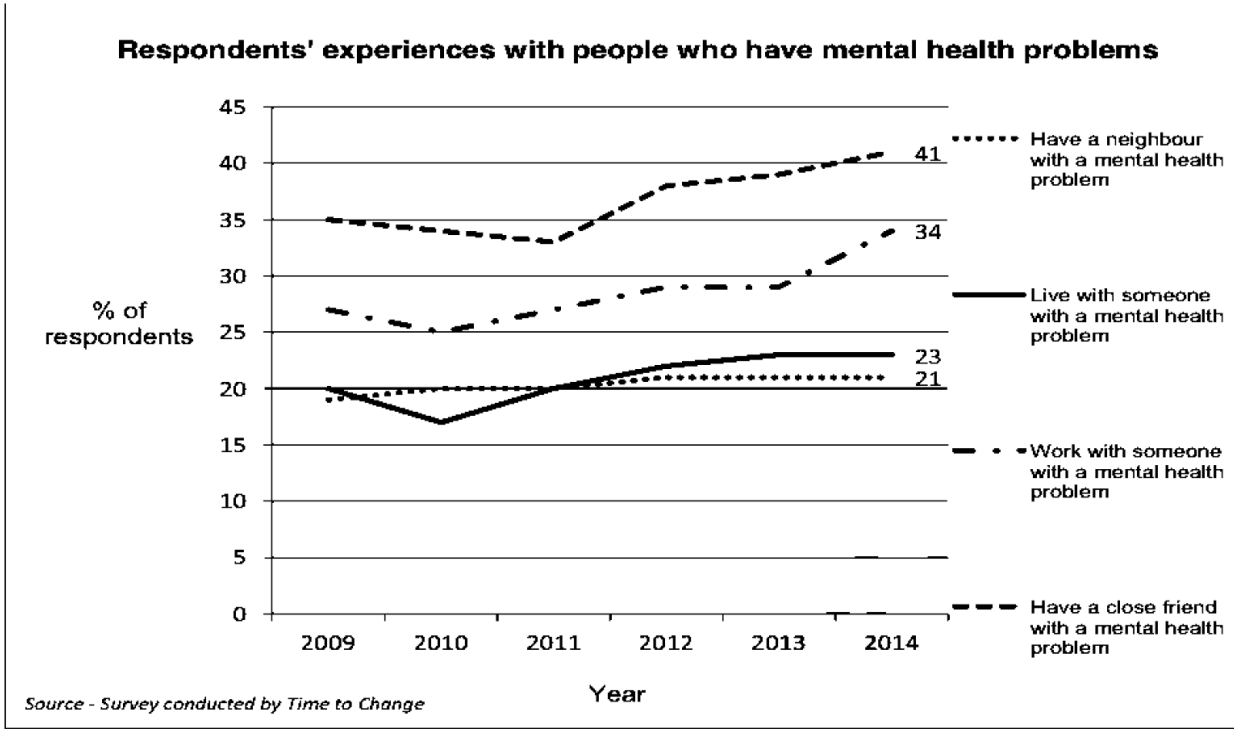
**Marker's Comments**  
1 mark for the identification of a weakness/limitation of the ABC Model.  
  
1 mark for a developed criticism in relation to this model. [2marks]

(c) Frank was playing the latest video game online. Following the completion of the game, he sent his opponent a message requesting a rematch. The request was ignored. Frank became angry, believing his opponent hated him and broke his controller by throwing it against the wall.

Explain how a belief about an event could lead Frank to react this way.

- A belief about an event can be rational or irrational. If the belief is irrational the person may have a negative feeling (1). This can lead Frank to have issues of anger and the belief that he is hated. (1).
- If an (activating) event is evaluated through an irrational belief (1), the individual will respond with an unhealthy negative emotion and in Franks case becomes incredibly angry when he believes he is hated by his opponent, irrationally throwing his controller against the wall (1).

**Marker's Comments**  
1 mark for explaining that the belief becomes irrational.  
  
1 mark for explaining the effect/consequence of an irrational belief in the context of the scenario. [2 marks]



(a) Calculate the percentage increase in respondents who lived with someone with a mental health problem in 2014 and 2009. Show your working.

1 mark for showing calculations:

$((23-20)/20)*100$

i.e.

$23-20 = 3$

$3/20 = 0.15$

$0.15 \times 100 = 15$

**Marker's Comments**

If workings are accurate but wrong answer = 1 mark

If answer is correct but no working = 1 mark

1 mark for correct answer

15%

Percentage increase = ... ]

(b) Calculate the percentage of respondents who did **not** have a close friend with a mental health problem in 2014. Show your workings.

1 mark for showing calculations:

$100\% - 41\% = 59\%$

**Marker's Comments**

If workings are accurate but wrong answer = 1 mark

If answer is correct but no working = 1 mark

1 mark for correct answer

59%

Percentage increase = ..... [2]

12. Evaluate Tandoc et al.'s study into depression.

<p>Tandoc et al.'s study had cultural bias as the sample was based in one university in the USA. (1) Therefore, their society and upbringing could affect how they interact with Facebook and the results may not be generalisable to other universities or countries. (1)</p> <p>Tandoc et al.'s study had age bias as the sample included only college aged students. (1) Therefore, the results may not represent how Facebook use and depression correlates in any age groups. (1)</p> <p>As the study used self-report, participants may have given socially desirable answers about envy. (1) Therefore, this could have biased the results as their responses may have been dishonest affecting the reliability of the study. (1)</p>	<p><b>Marker's Comments</b></p> <p>1 mark for the identification of an appropriate weakness,</p> <p>1 mark for explaining the weakness in relation to the study.</p> <p>For FOUR marks TWO criticisms/limitations should be included.</p>
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13. Describe the **TWO** explanations in the biological theory of schizophrenia.

The dopamine hypothesis: .....

<p>This explanation suggests that people with schizophrenia may have too much of a neurotransmitter called dopamine in their brains. (1)</p> <ul style="list-style-type: none"> <li>• For example, because dopamine affects movement, too much of it could cause catatonic behaviour. (1)</li> <li>• For example, because dopamine affects perception, too much of it could cause hallucinations.(1)</li> <li>• For example, because dopamine affects attention, too much of it could cause thought disturbances.(1)</li> <li>• For example, because dopamine affects mood, too much of it could cause negative symptoms. (1)</li> </ul>	<p><b>Marker's Comments</b></p> <p>1 mark for an explanation of the dopamine hypothesis.</p> <p>1 mark for an example that shows the link between dopamine and symptoms of schizophrenia.</p>
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The structure & function of the brain: .....

<p>This explanation suggests that brain dysfunction can cause schizophrenia if part of the brain does not work normally. It suggests that there are links between schizophrenia and dysfunction in the prefrontal cortex, temporal lobe and hippocampus. (1)</p> <p>For example, In people with schizophrenia, the prefrontal cortex (the control centre for the brain) appears to be defective. There is less blood flow here, less activity, and in some people it is smaller. This means they may struggle with planning ahead, being organised and making accurate judgements. (1)</p>	<p><b>Marker's Comments</b></p> <p>1 mark for an explanation of the link between brain dysfunction and schizophrenia.</p> <p>1 mark for an example that shows the link between <u>one</u> brain dysfunction and schizophrenia.</p>
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10. Describe and evaluate the social rank theory of clinical depression.

This evolutionary theory suggests that depression has evolved for a specific purpose: to help us adapt & survive. (1)

If we lose at something, depression is a natural reaction. It allows us to come to terms with the lost and its consequences. (1)

It prevents us from aspiring to achieve a higher status than we currently have. For example, you apply for position and it goes to a colleague, depression as a result of this failure allows us to accept that we won't have this position of seniority. (1)

According to evolution, in accepting a lower rank in society it prevents the 'winner' from inflicting further injury on the loser. By yielding to the winner, the loser can maintain a place in society, as opposed to being rejected by the group. (1)

**Marker's Comments**

1 mark for link to the theory as the evolutionary explanation of clinical depression.

1 mark for explanation of how depression leads to the maintenance of social rank.

1 mark for example of how depression links to social rank.

1 mark for each for explanation of how depression links to survival and maintaining a place in society.

**Possible 4 marks in total**

[4]

One weakness of the Social Rank theory of depression is that it is reductionist as it only views depression as a process of evolution by suggesting it is an instinctive reaction to situations where a person has been a 'loser'. (1).

However, it ignores individual differences as it does not account for how people may react differently to situations such as losing a job. (1)

Another limitation of the theory is that its claim that depression is limited to 'losers' and people of low social rank is not supported by evidence. (1)

Statistics suggest that depression is more common in people who are poorer but a significant proportion of people of higher social rank also experience depression. (1)

Even as a biological explanation of depression, this theory is considered reductionist as it fails to account for other biological explanations. (1)

For example, other explanations suggest that depression could be caused by an imbalance of chemicals in the brain (such as dopamine and serotonin). (1)

**Marker's Comments**

1 mark for the identification and explanation of an appropriate weakness,

1 mark for explaining the weakness in relation to the explanation of depression.

TWO criticisms/limitations needed for 4 marks.

**4 marks in total**

## SECTION B – Criminal Psychology

Answer **all** questions in this section

15. **(a)** Identify the control condition in Cooper and Mackie's (1986) study into the effects of video games on aggression in children.

Need  
more  
help?

Check out  
pages 9-  
13 of your  
textbook

- A maze-solving
- B problem-solving
- C puzzle-solving
- D question-solving

Your answer

A

[1]

- (b)** Identify a way the sample used in Cooper and Mackie's (1986) study was unrepresentative

- A only include boys
- B only included children from America
- C only included children from Australia
- D only included girls

Your answer

B

[1]

- (c)** Identify a strength of the procedure used in Cooper and Mackie's (1986) study

- A consent was gained from the children's class teachers
- B consent was gained from the children's doctors
- C consent was gained from the children's head teachers
- D consent was gained from the children's parents

Your answer

D

[1]

16. Eysenck devised a Criminal Personality Theory.

Need more help?

Check out pages 13-16 of your textbook

a) State what is meant by extroversion in relation to criminal behaviour

Extroversion is characterised by sociability/talkativeness/assertiveness/excitability. (1) People who score highly on extrovert measures are more likely to act anti-socially in situations where the opportunity presents itself. (1)  
*Other appropriate statements should be credited.*

Marker's comments – Qu. 16 (a) [2marks]

1 mark for any acceptable statement as a definition of extroversion.  
1 mark for linking definition of criminal behaviour.  
For full marks there needs to be a clear link made to criminal behaviour.

(b) A psychologist wanted to investigate the neuropsychology involved in extraversion. Outline one way she could carry out her investigation.

Need more help?

Check out page 16 of your textbook

- She could look at the reticular activating system of extroverts. (1) to see if it is different from introverts. (1)
- She could use a brain scan (1) to investigate the dopamine activity of extroverts (1)

Marker's comments – Qu. 16(b) [2 marks]

1 mark for showing an understanding of the neuropsychology involved in extraversion  
1 mark for how this could be investigated through reference to any part of a procedure.  
For full marks there needs to be a clear link made between neuropsychology and

(c) Outline one criticism of Eysenck's theory

Need more help?

Check out pages 17-19 of your textbook

- The theory suggests that personality traits are stable and consistent across situations, yet people can show very different personality characteristics in relation to different types of crime (1). For example, a person who commits fraud will show very different scores on the neurotic, extroversion and psychoticism scales from a person who commits murder (1).
- The theory merely identifies certain characteristics that may link to criminality; it does not inform us why individuals commit criminal acts (1). The theory tells us that rapists and child abusers are extrovert, neurotic and psychotic but it does not explain why they rape or abuse children (1).

[2]

17. Participants in Heaven's (1996) study into personality and delinquency completed questionnaires which include rating scales.

Need more help?

Check out pages 17-19 of your textbook

(a) Explain one strength of questionnaires as used in this study.

- They make it easy to keep responses anonymous (1). None of the names of the participants/students were published (1).
- They can be used to access a large number of respondents at the same time (1). They allowed the study to have a large sample making findings generalisable (1).
- All participants are asked the same questions (1): It was therefore easy to make comparisons between people/students (1).

Marker's comments – Qu. 17 (a). [2marks]

1 mark for identifying an appropriate strength of questionnaires.

1 mark explaining the strength of questionnaires as used in Heaven's study.

(b) Explain one way that the procedure of Heaven's study could be improved.

Need more help?

Check out pages 17-19 of your textbook

- A limit of the study is that it had a biased sample (1) to improve, they could carry out the investigation in more than one country (1).
- A limit of the study is that it had a biased sample (1) to improve that could use state schools as well as independent schools (1)
- The study had limited choices on closed questions (1) to improve, the research could widen the rating scale (1)
- .....  
*Other appropriate explanations should be credited.*

Marker's Comments – Qu. 17(b). [2marks]

1 mark for identifying an appropriate limitation of the study  
1 mark for a suggested improve  
Maximum 1 mark only if no link to Heaven's (1996) study is made.

18. Outline the process of synaptic transmission

Need more help?

Check out pages 14-15 of your textbook

- Neurotransmitters are released by the pre-synaptic neuron (1) and bind to the receptors of a post-synaptic neuron (1)
- Synaptic transmission allows the communication between neurons (1) through the release of neurotransmitters which bind to receptors (1).
- Neurons release neurotransmitters (1) which bind to and activate the post-synaptic neuron (1).

Marker's comments- Qu. 18 [2marks]

1 mark for a basic description of the process of synaptic transmission.  
2 marks for a more detailed description, with effective

[2]

19. The table below shows crime figures for town X

Table showing the total number of crimes reported in town X

Crime Type			
	Violent	Drug Related	acquisitive
Number of crimes reported over a year	20	15	35

Using the table above:

(a) Sketch a bar chart to represent the crime figures for town X

**Marker's comments – Qu. 19(a)**

**[4marks]**

1 mark for correctly titled graph.

1 mark for Y axes being correctly labelled.

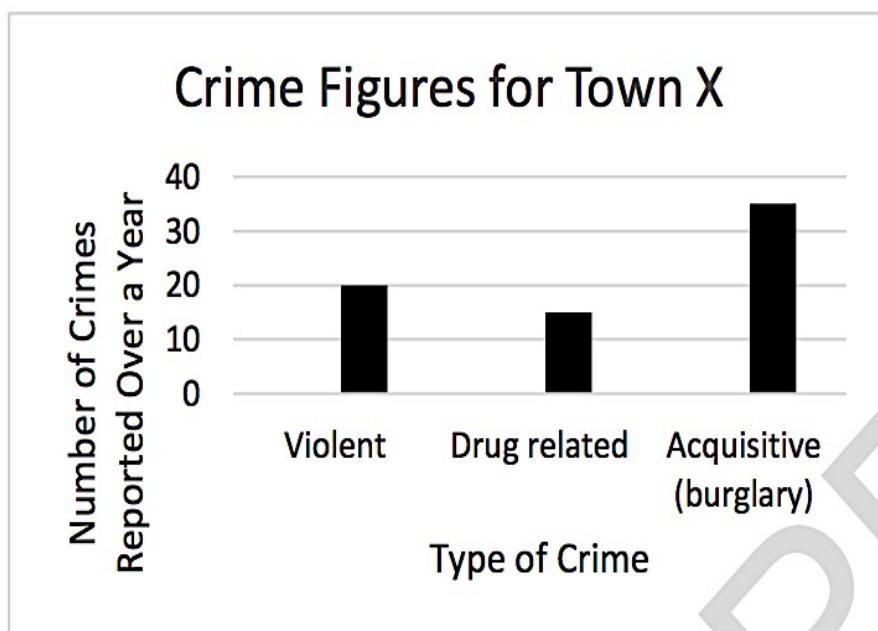
1 mark for X axes being correctly labelled.

1 mark for correct plotting of data.

**[4]**

**Need more help?**

Check out pages 14, 198-199 of your textbook



(b) identify which type of crime would give the modal class

1 mark for identifying 'acquisitive'.

**[1]**

(c) Name one other type of crime that may not have been reported in town X

1 mark for the appropriate type of crime not represented in the given table.

Most likely answers will be:

- anti-social
- sexual.

**Marker's comments- Qu. 19(c)**

**[1mark]**

Mark is awarded for type of crime only. Do not accept examples of crime, e.g. murder.

20. Describe how restorative justice can help to reduce acquisitive reoffending

**Need more help?**

Check out pages 20-22 of your textbook

The aim is to encourage offenders to take responsibility for the harm they have caused and to agree on ways to repair the harm and damage caused. If an offender can be made aware of the impact of their crime e.g. burglary/robbery, on the victim(s), they may be less likely to re-offend.

**Examples of a 2 mark answer:**

- An offender acknowledges the impact his/her crime has caused, so they don't rob/burgle in the future (1) and to make amends by agreeing to behaviours suggested by the victim (1).
- Restorative justice enables victims to meet or communicate with their offender to explain the real impact of the crime (1). The aim is to help offenders take responsibility for what they have done (1)

**Examples of a 3 mark answer:**

- An offender acknowledges the impact his/her crime as caused, so they don't steal in the future (1) and to make amends by agreeing to behaviours suggested by the victim (1). If an offender can be made aware of the impact of taking items from the victim(s), they may be less likely to re-offend (1).
- Restorative justice enables victims to meet or communicate with their offender to explain the real impact of the crime (1). The aim is to help offenders take responsibility for taking other peoples' possessions (1). If they can find a way to make amends, they may be less likely to rob/steal/burgle in the future (1).

**Marker's comments – Qu. 20**

**[3 marks]**

1 mark for outlining restorative justice.

1 mark for making a link between the method of rehabilitation and acquisitive offending.

1 mark for a fully developed description of how restorative justice may reduce the likelihood of continued acquisitive offending.

**THIS IS THE END OF THE QUESTION PAPER**