

THE BIOLOGICAL APPROACH ESSAY PACK

For CAIE AS Psychology Paper 1

VISIT [CIEALEVELS.EXCELLINGPSYCHOLOGY.COM](https://ciealevels.excellingpsychology.com) FOR MORE!

Q. Evaluate the Dement and Kleitman study (sleep and dreams) in terms of two strengths and two weaknesses. At least one of your evaluation points must be about qualitative data. [10]

Ans.

One strength of the Dement and Kleitman study was the use of controls. Participants were asked to

[REDACTED]

Another strength was the collection of qualitative data. Participants recorded

[REDACTED]

One weakness was lack of realism. Participants slept

[REDACTED]

Another weakness was the use of a very small sample. Only five participants were studied intensively with four

[REDACTED]

Q. Evaluate the Hassett et al. study (monkey toy preferences) in terms of two strengths and two weaknesses. At least one of your evaluation points must be about the use of structured observation. [10]

Ans.

One strength of the Hassett et al. study was the use of structured observation. Researchers used an

[REDACTED]

Another strength was the use of video recording for observation. Cameras placed at

[REDACTED]

One weakness was reduced standardisation in the procedure of the study. On one of the trials, a monkey

[REDACTED]

Another weakness was the lack of blinding of observers. Both observers knew

[REDACTED]

Q. Evaluate the Holzel et al. study (mindfulness and brain scans) in terms of two strengths and two weaknesses. At least one of your evaluation points must be about ecological validity. [10]

Ans.

One strength of the Holzel et al. study was the use of MRI and VBM technology. MRI produces images that are

[REDACTED]

Another strength was the realistic nature of the study. Participants were asked to practice

[REDACTED]

One weakness was lack of standardisation in mindfulness practice. Participants performed the mindfulness exercises

[REDACTED]

Another weakness was potential confounding from

[REDACTED]

Q. Explain one similarity and one difference between the study by Dement and Kleitman (sleep and dreams) and the study by Hassett et al. (monkey toy preferences). Do not refer to the sample in your answer. [8]

Ans.

One similarity is the lack of manipulation of the independent variable (IV). In both studies, the IV was

[REDACTED]

One difference is the experimental design. Dement and Kleitman made use of a repeated measures design as all

[REDACTED]

Q. Explain one similarity and one difference between the study by Hassett et al. (monkey toy preferences) and the study by Holzel et al. (mindfulness and brain scans). Do not refer to the sample in your answer. [8]

Ans.

One similarity is the collection of quantitative data. Hassett et al. recorded

[REDACTED]

One difference is in the investigation of the impact of the independent variable (IV)

[REDACTED]

Lesson prepared by:

Jyotika Varmani

CIE A Levels Psychology School Teacher, Modern College, Mauritius
CIE A Levels Psychology Subject Expert, Podar International, Mumbai
AQA GCSE and A Levels Psychology Tutor, Expert Tutors, UAE
AQA A Levels Psychology Tutor, Higher OTS Academy, UAE
AQA A Levels Psychology Tutor, Gritty Tech, India
AQA A Levels Psychology Tutor, Aurora ELearning, UAE
Edexcel Psychology Tutor, ETutor Home, India

Youtuber with 4k+ Global Psychology Student and Teacher Subscribers

Psychology Website Author with 10M+ Global Views, visit:

<https://excellingpsychology.com>

9+ Years Experience in International GCSE and A-Levels Psychology Tutoring for CIE,
AQA, Edexcel and IBDP

M.A. (Psychology Honours), UGC-SET and NET (first attempt, first ranker),
PGDHE (Post-Graduate Diploma in Higher Education)
Visit Jyotika Varmani's complete profile at -
<https://www.teacheron.com/tutor-profile/1KH>

To book your GCSE/IGCSE/A-levels classes with Jyotika Varmani:

WhatsApp: **+919892507784** OR

e-mail: jyotika@excellingpsychology.com

You can also reach out for paper corrections and feedback or assistance with IA/EE or
other psychology projects over correspondence only