

PAIN ESSAY PACK

For CAIE A2 Psychology Paper 3

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1 a) Describe what psychologists have discovered about pain, including:

- types of pain:
- phantom limb pain and mirror treatment. [6]

Ans.

Pain has an important protective function, acting as a warning signal that something is wrong

[REDACTED]

Phantom limb pain is a type of chronic pain experienced in a limb that has [REDACTED]

[REDACTED]

Mirror treatment has been used to reduce phantom limb pain by [REDACTED]

[REDACTED] MacLachlan et al. reported a case study of Alan, a 32-year-old man [REDACTED]

[REDACTED]

1. b) Evaluate what psychologists have discovered about:

- **types of pain:**
- **phantom limb pain and mirror treatment**

including a discussion about individual and situational explanations

Evaluation in your answer can include strengths, weaknesses and a discussion of issues and debates. [10]

Ans.

One relevant issue is individual and situational explanations. Psychologists explain pain largely as an individual experience, as pain

is largely determined by individual factors. However, situational factors also influence pain. For example, acute pain is often caused by physical injury, but chronic pain can be influenced by psychological factors. Phantom limb pain is a good example of how individual and situational factors can interact. It is caused by the loss of a limb, but the pain is often exacerbated by psychological factors such as stress and anxiety. Mirror treatment is a psychological intervention that can help reduce phantom limb pain. It involves looking at a mirror image of the unaffected limb, which can create the illusion of the missing limb being present. This can help to reduce the pain by providing a visual feedback loop. However, mirror treatment is not a cure and it is important to seek professional advice if you are experiencing phantom limb pain.

Another issue is nature versus nurture. Phantom limb pain supports a biological, nature-based explanation as it is linked to

biological factors. However, nurture also plays a role.

Psychological factors such as

stress and anxiety can exacerbate phantom limb pain. Psychological factors can also play a role in the development of phantom limb pain. For example, people who experience phantom limb pain often have a history of trauma or stress. This suggests that psychological factors can play a significant role in the development of phantom limb pain. However, it is important to note that phantom limb pain is a complex condition and it is not always clear what the underlying cause is. It is important to seek professional advice if you are experiencing phantom limb pain.

A final issue is reductionism versus holism. Biological explanations of pain can be reductionist,

focusing on the physical causes of pain. A more holistic approach recognises that pain affects sleep, mood and daily functioning. A more holistic approach recognises that pain is a complex experience that involves both physical and psychological factors. It is important to consider the whole person when treating pain, rather than just focusing on the physical symptoms. This approach can be more effective in reducing pain and improving quality of life. However, it is important to note that a holistic approach is not a cure and it is important to seek professional advice if you are experiencing pain.

2 a) Describe what psychologists have discovered about:

- **subjective measures of pain, and**
- **behavioural/observational measures of pain. [6]**

Pain cannot be directly observed, so psychologists use both subjective and behavioural measures to measure it. Subjective measures rely on [REDACTED]

A commonly used subjective measure is the clinical interview, particularly for chronic pain. During a clinical interview, healthcare professionals [REDACTED]

Behavioural or observational measures are based on the assumption that pain leads to observable behaviours, even when self-report is unreliable. [REDACTED]

A key example is the UAB Pain Behaviour Scale, which measures observable pain behaviours from a behaviourist perspective. It assesses [REDACTED]

2. b) Evaluate what psychologists have discovered about:

- **subjective measures of pain, and**
- **behavioural/observational measures of pain**

including a discussion about idiographic versus nomothetic approaches

Evaluation in your answer can include strengths, weaknesses and a discussion of issues and debates. [10]

Ans.

One relevant issue is idiographic versus nomothetic approaches. Clinical interviews are idiographic, as they focus

. In contrast, the UAB Pain Behaviour Scale takes a nomothetic approach by using st

Another relevant issue is observation. Clinical interviews include informal observation of behaviour while

The UAB Pain Behaviour Scale improves on this by using structured observation

A final issue is psychometrics. Clinical interviews are weak in terms of p . In contrast, the UAB Pain Behaviour Scale has more

3 a) Describe the key study on comparing pain assessments by doctors, parents and children: Brudvik et al. (2016). [6]

Ans.

Research has consistently shown that adults tend to underestimate children's pain, which can result in

A field study was conducted in the Accident and Emergency Department in Bergen, Norway. An opportunity sample of

Results showed that children reported the highest pain, mean of 5.5, followed by parents, mean of 4.8, and doctors, mean of 3.2. Agreement between

It was concluded that doctors systematically

3 b) Evaluate the key study on comparing pain assessments by doctors, parents and children: Brudvik et al. (2016)

including a discussion about idiographic versus nomothetic approaches

Evaluation in your answer can include strengths, weaknesses and a discussion of issues and debates. [10]

Ans.

One relevant issue is idiographic versus nomothetic approaches. Brudvik et al. used a largely nomothetic approach

[REDACTED]

[REDACTED] deeper insight into why certain children's pain was underestimated more than others.

Another issue is the use of quantitative and qualitative data. The study used quantitative data through numerical rating scales, visual analogue scales and

[REDACTED]

A final issue is related to interviews. Although the study included structured questions for parents and doctors, it did not use

[REDACTED]

4 a) Describe what psychologists have discovered about:

- psychological treatments for pain, and
- alternative treatments for pain. [6]

Ans.

Psychologists have developed several psychological treatments to help manage pain, particularly chronic pain. One approach is attention diversion, [REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

In addition to psychological strategies, alternative treatments are also used. Acupuncture

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

4 b) Evaluate what psychologists have discovered about:

- psychological treatments for pain, and
- alternative treatments for pain

including a discussion about application to everyday life

Evaluation in your answer can include strengths, weaknesses and a discussion of issues and debates. [10]

Ans.

One relevant issue is application to everyday life. Cognitive strategies such as attention diversion, non-pain imagery and [REDACTED]

[REDACTED]
[REDACTED]
[REDACTED] n. Similarly, alternative treatments such as acupuncture and TENS are widely used in [REDACTED]
[REDACTED]
[REDACTED]
[REDACTED].

Another issue is cultural differences. Cognitive strategies depend heavily on individual beliefs,

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]. In contrast, acupuncture comes from Chinese medicine and may [REDACTED]
[REDACTED]
[REDACTED]
[REDACTED].

A final issue is reductionism versus holism. Cognitive strategies use a relatively [REDACTED]

[REDACTED]
[REDACTED]
[REDACTED] In contrast, acupuncture and TENS are more reductionist because they [REDACTED]
[REDACTED]
[REDACTED]
[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
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<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

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