

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

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

Mirror treatment has been used to reduce phantom limb pain by

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

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 [REDACTED]

[REDACTED]. However, situational factors also influence pain. For example, acute pain [REDACTED]

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

[REDACTED]. However, nurture also plays a role.

Psychological factors such as [REDACTED]

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

[REDACTED]. A more holistic approach recognises that pain affects sleep, mood and daily functioning, [REDACTED]

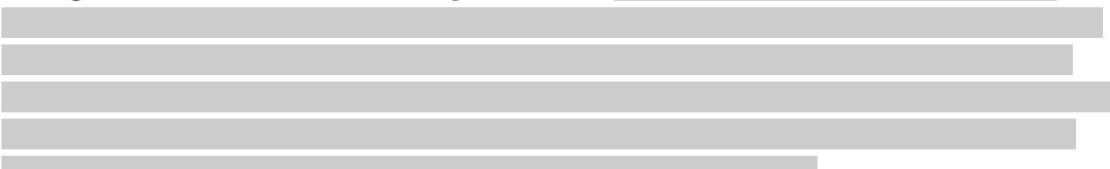
2 a) Describe what psychologists have discovered about:

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

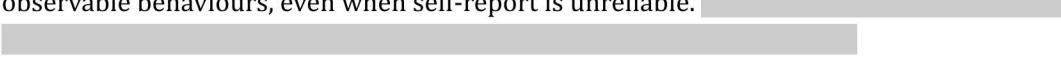
Pain cannot be directly observed, so psychologists use both subjective and behavioural measures to measure it. Subjective measures rely on



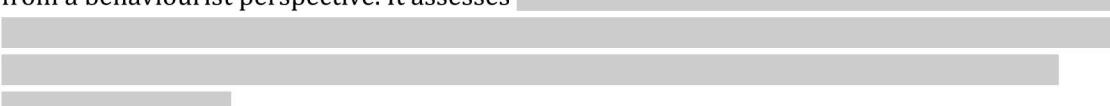
A commonly used subjective measure is the clinical interview, particularly for chronic pain. During a clinical interview, healthcare professionals



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



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



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 [REDACTED]

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

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

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

A final issue is psychometrics. Clinical interviews are weak in terms of p [REDACTED]

[REDACTED]. In contrast, the UAB Pain Behaviour Scale has more [REDACTED]

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

[REDACTED]

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

[REDACTED]

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

[REDACTED]

It was concluded that doctors systematically

[REDACTED]

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

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

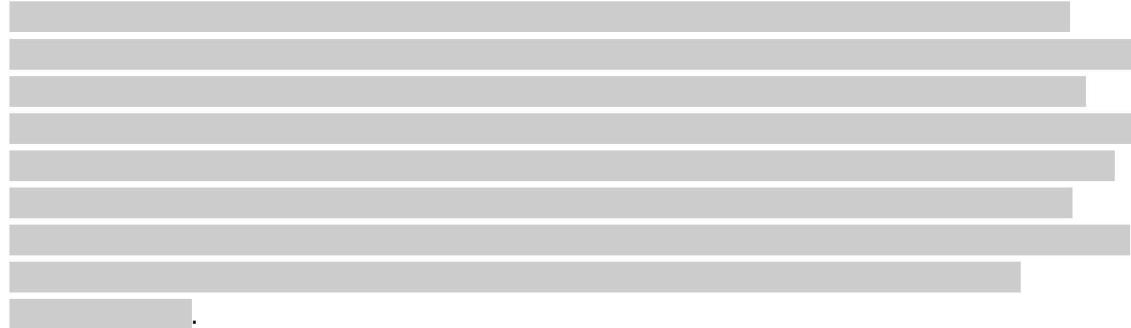
A final issue is related to interviews. Although the study included structured questions for parents and doctors, it did not use

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,



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



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] 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]

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

[REDACTED]

[REDACTED]

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

[REDACTED]

[REDACTED]

[REDACTED].

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