FREE PREVIEW

Cambridge International AS & A Level • Psychology 9990 • Paper 3

HEALTH PSYCHOLOGY · SECTION C

Describe & Evaluate

Essay model answer booklet

Every health **6-mark** and **10-mark** essay question from the 2024–2026 papers and the specimen paper, answered in full and annotated.

June 2026 | Mar 2026 | Nov 2025 | June 2025 | Mar 2025 | Nov 2024 | June 2024 | Mar 2024 | Specimen 2024

14
Full-mark essays, both parts

225
Annotations showing what earns marks

(a)(b)
Describe and evaluate, answered in full

★
Examiner tips and mistakes to avoid

Describe and Evaluate packs for all four options

Clinical | Consumer | Health | Organisational

PAPER 3 · SECTION C · HEALTH PSYCHOLOGY

The essay question is worth 16 marks. This pack shows you how to earn every one.

Every Health Psychology describe and evaluate question from 2024 to 2026, plus the specimen paper, answered in full and annotated mark by mark.

14	62	225	4
questions	pages	annotations	options available

14

Every essay, 2024 to 2026

All 14 Health Psychology essay questions, every variant, plus the specimen paper. The most recent paper comes first, including March 2026.

6+10

Both parts written in full

A full part (a) description and a full part (b) evaluation for every question, the way an A* student writes in the exam.

225

Annotations that show the marks

Colour-coded comments show where the description earns credit, where each issue lands and how the conclusion is reached.

3

Three issues, both topics each time

Every part (b) covers three issues, the named one included, and each issue is applied to both topics in the question.

NEW

A guide before you start

Two new pages up front: how the essay is marked, and what each part needs. Syllabus terms only.

★

Examiner tips and traps

Every question flags the mistakes that cost candidates marks, so you avoid them on the day.

> “Most students know the studies. What they lack is a clear picture of what a **top-band essay** looks like. Each answer here gives you that picture, then shows you **why** each sentence earns its place.

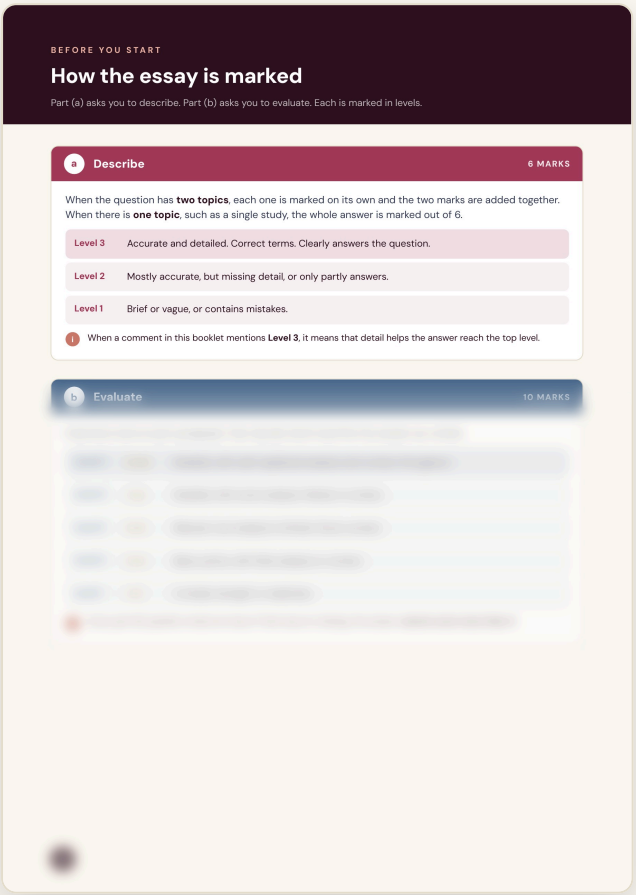
Jyotika Varmani
Cambridge A Level Psychology teacher and subject expert. Her blog is cited in the official Cambridge teachers’ manual.

Get the full pack →

NEW IN EVERY PACK

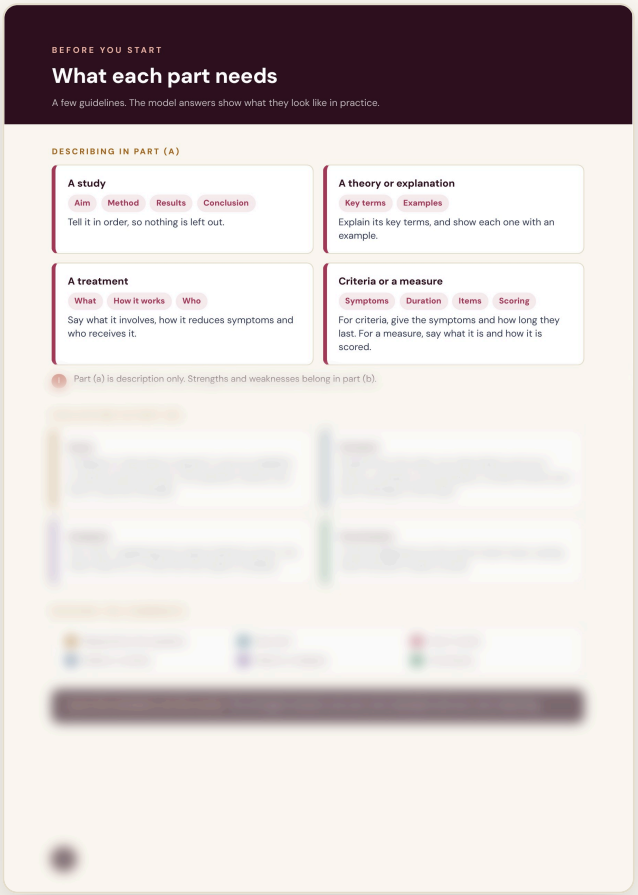
Before you start: a two-page guide

Before the first model answer, two pages set out the standard every essay is marked against. Here is a glimpse.



How the essay is marked

What separates the levels in part (a) and part (b), and the one rule about the named issue.



What each part needs

How to describe a study and a theory, and how to build an issue from point to conclusion.

COVERED IN THE GUIDE

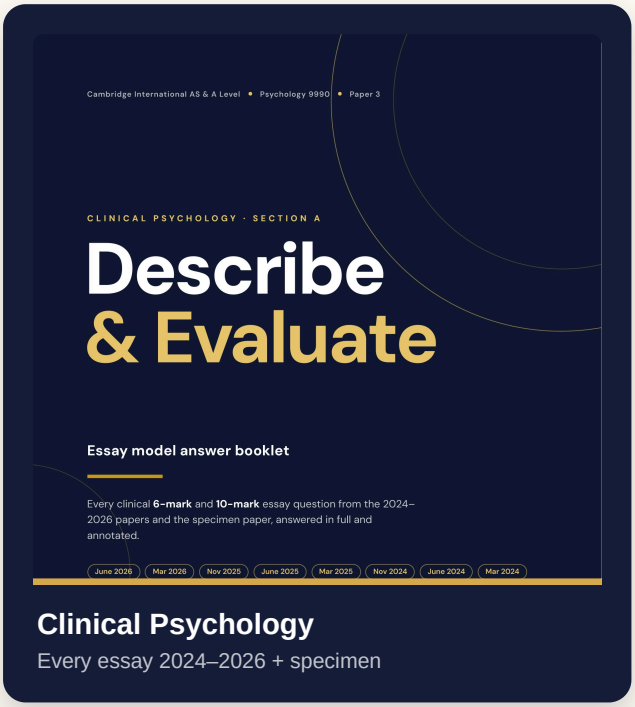
- Part (a) levels
- Part (b) levels
- The named issue
- Describing a study
- Describing a theory
- Context and analysis
- Reaching a conclusion

The full guide is in the pack. Both pages in full, at the front of the booklet. **Unlock →**

ONE SERIES · FOUR OPTIONS

Describe and Evaluate packs are available for all four options

Whichever two options you are sitting, the same full-mark approach is waiting for you. Every pack covers every essay question from 2024 to 2026 and the specimen paper.



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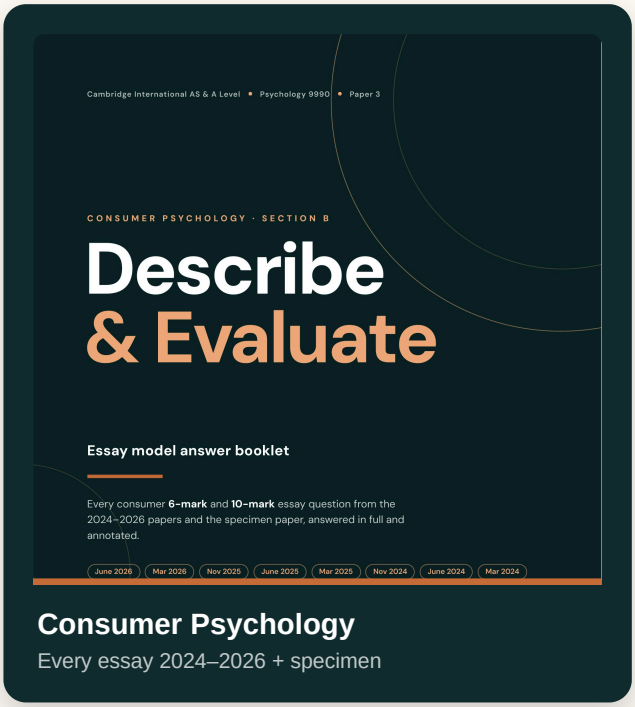

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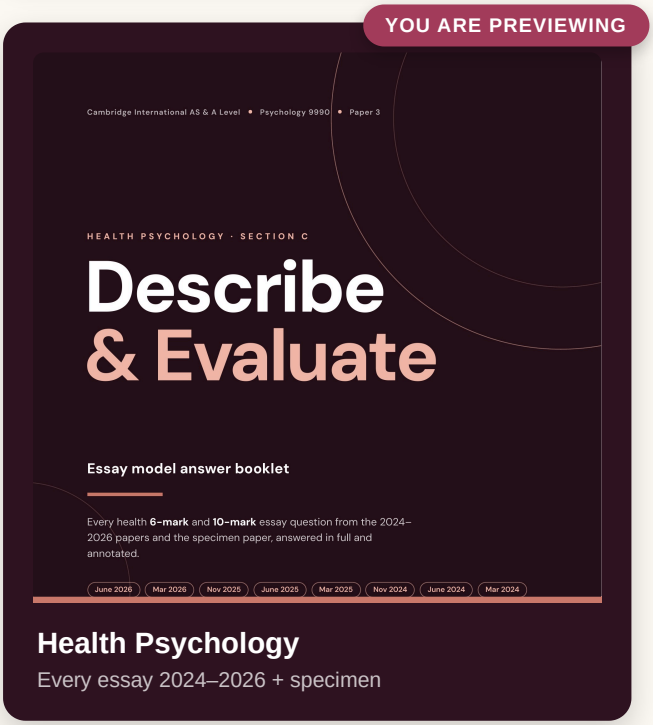

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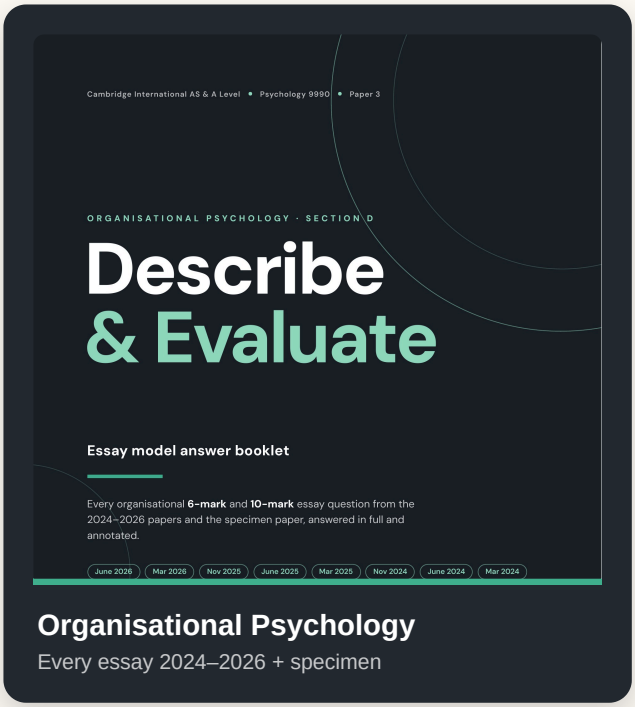

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See all four packs in the store →

CONTENTS OF THE FULL PACK

14 essays. Here is what you can see today.

In this preview · Sneak peek · In the full pack

★	New Before you start	How the essay is marked · What each part needs Two-page guide	2	Sneak peek pp. 2–3
01	June 2026 Paper 31 & 33	Adherence in children, contracts and prompts Reliability	5	In this preview pp. 5–8, partly locked
02	June 2026 Paper 32	Yokley and Glenwick (1984): community interventions Use of children in research	9	Full pack
03	March 2026 Paper 32	Shoshani and Steinmetz (2014): positive psychology Questionnaires	13	Full pack
04	November 2025 Paper 31 & 33	Making and presenting a diagnosis Validity	17	Sneak peek p. 18
05	November 2025 Paper 32	Types of pain and gate control theory Nature versus nurture	21	Full pack
06	June 2025 Paper 31 & 33	Bridge et al. (1988): relaxation and imagery Field experiments	25	Full pack
07	June 2025 Paper 32	Healthy eating in schools and worksite safety Experiments	29	Full pack
08	March 2025 Paper 32	Fear arousal and providing information Longitudinal studies	33	Full pack
09	November 2024 Paper 31 & 33	Rational non-adherence and the health belief model Application to everyday life	37	Full pack
10	November 2024 Paper 32	Type A tests and the SRRS Questionnaires	41	Full pack
11	June 2024 Paper 31 & 33	Unrealistic optimism and positive psychology Idiographic versus nomothetic	45	Full pack
12	June 2024 Paper 32	Delay in seeking treatment and Munchausen Case study method	49	Sneak peek p. 51
13	March 2024 Paper 32	Biofeedback and stress inoculation training Determinism versus free will	53	Full pack
14	Specimen 2024 Specimen Paper 3	Savage and Armstrong (1990): consulting style Generalisations from findings	57	Full pack

01

June 2026 · Paper 31 & 33 · Question 12

Adherence in children, contracts and prompts

SYLLABUS 3.2 Adherence to medical advice · 3.2.3 Improving adherence

Named issue: reliability

The question

a Describe the following: [6]

- a study about improving adherence to medical advice in children
- contracts and prompts as individual behavioural techniques to improve adherence to medical advice.

b Evaluate the following, including a discussion about **reliability**: [10]

- a study about improving adherence to medical advice in children
- contracts and prompts as individual behavioural techniques to improve adherence to medical advice.

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

a	Describe	6 marks	6	b	Evaluate	10 marks	7

Preview · full pack p. 5

Describe

6 marks

(a) Describe the following: 6 marks

- a study about improving adherence to medical advice in children
- contracts and prompts as individual behavioural techniques to improve adherence to medical advice.

Chaney et al. (2004) aimed to find out whether a Funhaler (1) could improve adherence to asthma medication in young children. The method was a field experiment with a repeated measures design. The sample was 32 Australian children aged 1.5 to 6 (2), mean age 3.2 years. Each child used their usual spacer for two weeks, then the Funhaler for two weeks. The Funhaler rewards correct use (3) with a spinning disc and a whistle, which is positive reinforcement. Parents answered questionnaires after each period. The results showed that with the Funhaler, 38% more parents (4) had medicated their child the day before, and 60% more children took four or more breaths. Chaney et al. concluded that making medication fun improves adherence in children.

A contract (5) is a written agreement between patient and practitioner about the treatment the patient will follow, signed by both. For example, a patient agrees to take one tablet three times a day and return in six weeks for a blood test, and the doctor agrees to review the dose. Contracts can also include a reward, such as fewer appointments if targets are met. A **prompt** is a reminder about treatment, such as a text message (6) to take a tablet at 8 am or to collect a repeat prescription. They are most useful when the main cause is forgetting (7), rather than a decision not to take medicine.

(1) KEY TERM Names the **device** studied.

(2) SAMPLE **Who** took part. A sample detail is needed.

(3) MECHANISM Explains **why** it should work.

(4) RESULT A **result** is needed for Level 3.

(5) KEY TERM Defines a **contract**.

(6) EXAMPLE A concrete **prompt**.

(7) WHEN USED Says **when** prompts help most.

EXAM TIP

Cover **both** contracts and prompts, each with an example.

AVOID THIS

Describing a study of **adults**. It must be about children.

Preview · full pack p. 6

b Evaluate

10 marks

(b) Evaluate the following, including a discussion about **reliability**: 10 marks

- a study about improving adherence to medical advice in children
- contracts and prompts as individual behavioural techniques to improve adherence to medical advice.

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

One relevant issue is **reliability** 1. Chaney et al. used a standardised procedure, as every child used each device for the same two weeks and parents answered the same questionnaire, so the study could be repeated. However, the data came from parents 2, so one parent may record "medicated yesterday" accurately while a busy parent guesses, which makes the measurements inconsistent. Contracts are fairly reliable to use, as the written terms 3 ar e each time

1 **NAMED ISSUE** Starts with the issue the question names. Without it, (b) is capped at **4**.

2 **ANALYSIS** Explains **why** reliability may drop, with an example.

CONTEXT Uses **contracts**

DICAL ADVICE · JUNE 2026

The rest of this evaluation is in the full pack

Each issue applied to both topics, with the analysis and every annotation.

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A final issue is **application to everyday life**. The Funhaler is cheap and easy to use, so it can be given to young children with asthma, who often refuse a plain spacer. Prompts are also practical, as text messages 8 can be sent automatically by a clinic to hundreds of patients. Contracts are useful for long treatments, such as diabetes care, as they set clear goals. However, prompts only help forgetful patients 9, not those who stop because of side effects, and a contract will not help a patient who cannot aff dicine. The

8 CONTEXT Links back to **prompts**.

9 ANALYSIS Explains a **limit**, with an example.

The third issue and the conclusion

As full as the first two issues, then a conclusion that weighs them up.

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a

November 2025 · Paper 31 & 33 · Question 12

Describe

6 marks

(a) Describe what psychologists investigating practitioner diagnosis have discovered about: 6 marks

- making a diagnosis (disclosure of information, false positive and false negative diagnosis), and
- presenting a diagnosis.

Making a diagnosis depends on the patient's disclosure of information [1], but patients do not always tell the doctor everything. They may be embarrassed, for example about drinking alcohol, they may forget, or they may not know which details matter. The doctor's style also affects disclosure, as a rushed doctor who asks closed questions gets less information than one who liste Patients often disclose more to a computer or on a form than ce. If informati ed clearly,

1 KEY TERM The first part of **making a diagnosis**.

13 more essays like this

Studies, theories and treatments, described and evaluated, all annotated.

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b

June 2024 · Paper 32 · Question 12

Evaluate

10 marks

(b) Evaluate a study investigating reasons for delay in seeking treatment and a study on Munchausen syndrome, including a discussion about the **case study method**. 10 marks

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

One relevant issue is the **case study method** 1. Aleem and Ajarim's case study gave rich, detailed data on one patient over five years, which helps doctors recognise warning signs, such as swelling that returns with no physical cause 2. This is a strength, as Munchausen syndrome is rare and patients hide it, so it coul… e studied with a lar… …ns **who** it …

1 **NAMED ISSUE** Starts with the issue the question names. Without it, (b) is capped at **4**.

2 **CONTEXT** Uses the **case** from part (a).

Evaluation, done properly

Every issue explained, applied to both topics and brought to a conclusion.

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IP · JUNE 2024

Sneak peek · full pack p. 51



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