

Solutions

Each answer shows the steps, then the **result**.

2.1

- cognitive therapy targets patterns of thought that maintain distress; behavioural therapy targets the behaviours themselves

2.2

- random assignment removes systematic differences between groups, so any outcome difference can be attributed to the treatment rather than to who received it

2.3

(a)

- it manages symptoms rather than removing the underlying condition

(b)

- discontinuation should be planned and often combined with therapy to reduce relapse

3.1 B

- exposure changes the behaviour and the conditioned response directly

3.2 B

- self-selection means the groups differed before treatment

3.3

(a)

- completers differ systematically from those who drop out, so the comparison is confounded

(b)

- a randomised controlled trial analysing all those assigned to each group regardless of completion