Solutions

Marking: **M1** a correct method, **A1** the correct answer, **B1** an independent mark.

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

2.1

carers of relatives with dementia took longer to heal small wounds; 48.7 days on average, against 39.3 days for similar women; suggests that long-term stress weakens the immune system, e.g. through cortisol

2.2

any two: no close person to talk to; three or more children under 14 at home; no job outside the home; losing their mother before age 11

2.3

Beck's cognitive triad; depressed people hold negative views of themselves ("I am a failure"), the world and the future; these thoughts come from negative schemas formed through earlier experiences and are triggered by stress; they lead to low mood and giving up, which keeps depression going; supported by CBT, which changes these thoughts and reduces symptoms

2.4

award up to [6]: the model: a diathesis lowers the stress needed for depression but does not cause it alone; the family history suggests a genetic diathesis; twin studies estimate about 38 % of the risk comes from genes (Kendler, 2006); Wei then met two serious life events at once; Caspi et al. (2003): people with the short 5-HTT gene became depressed mainly after several stressful events; so her depression fits the model: a vulnerability plus stress, which explains why she was well before

3.1

Mark with the markbands: [13-15] focused on the claim, accurate knowledge, evidence used to build an argument, the concept used to evaluate throughout, a supported conclusion; [10-12] mostly focused, evidence used, some evaluation through the concept; [7-9] relevant knowledge but mostly description; [4-6] limited knowledge, little evaluation; [1-3] little that is relevant. Points that may be included: perspective: the treatment chosen follows the approach used to explain depression; biological: SSRIs act on serotonin and help many patients, and genes play a part; but heritability of about 38 % leaves most of the variation to other factors, and drugs have side effects; cognitive: CBT changes the negative thoughts of Beck's triad and teaches skills that last after treatment ends; sociocultural: Brown and Harris's vulnerability factors suggest support and help with life problems matter; trials such as March et al. (2004) with teenagers found the combination of a drug and CBT gave the best response at 12 weeks (about 71 %, against about 61 % for the drug alone); diagnosis and treatment may differ across cultures; conclusion: medication helps, but one perspective is not enough; combined treatment best fits the diathesis–stress model

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