



Please write clearly in block capitals.

Centre Number

Candidate Number

Surname

Forename(s)

Candidate signature

A-level

PSYCHOLOGY

A-level topic mock · Based on AQA
Psychology

Paper 3 · Section C option ·

Stress

2026

Time allowed: 1 hour

Materials

For this paper you must have:

- a black ink or black ball-point pen.

Instructions

- This paper is for **A-level only** — Stress is a Paper 3 option topic, not assessed at AS.
- Use black ink or black ball-point pen. Fill in the boxes above.
- Answer **all** questions in the spaces provided. If you need extra space, use the lined pages at the end.
- Cross through any rough work you do not want marked.

Information

- The marks for questions are shown in brackets. This paper covers **Stress** only (AQA spec 4.3.7).
- **Maximum mark: 48.** The paper includes an 8-mark essay (Q10) and a 16-mark essay (Q11).
- Answer in continuous prose. You will be assessed on use of good English, clear organisation and specialist vocabulary.

For Examiner's Use	
Question	Mark
01	
02	
03	
04	
05	
06	
07	
08	
09	
10	
11	
TOTAL	

Section C

Stress

Answer all questions in this section.

0 1

Which one of the following is the correct order of the stages of Selye's **General Adaptation Syndrome**? Write A, B, C or D in your answer book.

- A Resistance, alarm, exhaustion.
- B Alarm, resistance, exhaustion.
- C Alarm, exhaustion, resistance.
- D Exhaustion, alarm, resistance.

[1 mark]

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0 2

Which one of the following is used to measure stress caused by **life changes**? Write A, B, C or D in your answer book.

- A The Hassles and Uplifts Scale.
- B The skin conductance response.
- C The Social Readjustment Rating Scale.
- D The Type A behaviour questionnaire.

[1 mark]

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0 3

Which one of the following is a characteristic of the **Type A** personality? Write A, B, C or D in your answer book.

- A Being relaxed and easy-going.
- B Time urgency and competitiveness.
- C A strong sense of commitment and control.
- D Suppression of emotions.

[1 mark]

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0 4

Outline the **sympathomedullary pathway (SAM)** as a response to acute stress.

[3 marks]

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0 7

Outline the **hypothalamic-pituitary-adrenal (HPA) system** and the **role of cortisol** in the response to chronic stress.

[4 marks]

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