

# Which key study to use in the exams?

For each exam question you must decide what APFCC study to use. The first step is to highlight key words and note them in the 'key words' box, then decide which APFCC study to use.

Past exam question	KEY WORD ALERT	Which APFCC study to use?
Outline and evaluate research (theories and/or studies) into life changes as a source of stress (18 marks).		
Outline and evaluate research (theories and/or studies) into the role of culture and/or gender in modifying the effects of stressors (18 marks).		
Outline and evaluate research (theories and/or studies) into the relationship between stress and physical illness (18 marks).		
Outline and evaluate two methods of stress management (18 marks).		
Outline and evaluate research (theories and/or studies) into the way in which personality and/or gender modify the effects of stressors (18 marks).		
Outline and evaluate one or more psychological methods of stress management (e.g. stress- inoculation training, increasing hardiness) (18 marks).		
'Research has shown that factors such as personality and gender can affect how people cope with stress.' Discuss ways in which individual differences can modify the effects of stressors (18 marks).		
Describe and evaluate one or more psychological approaches to stress management (e.g. stress-inoculation, increasing hardiness) (18 marks).		
Outline and evaluate research into the effects of stress on the immune system (18 marks).		
'Some individuals are more able than others to cope with stressful situations.' Discuss research into the role played by personality in modifying the effects of stressors (18 marks).		
'Drugs and biofeedback are two ways of helping people who suffer from stress.' Outline and evaluate one or more physiological approaches to managing stress (18 marks).		
Discuss research into the relationship between stress and cardiovascular disorders (18 marks).		