

AQA Paper 3 Exam Analysis



STRESS

2026

General adaptation syndrome (1)

Sources of stress – scenario (6)

Definition of biofeedback (1)

Evaluation of biofeedback as a way of managing stress (8)

Physiological measures of stress (8)

2025

Role of social support in coping with stress (8)

Individual differences in stress (16)

2024

Meta-analysis (1)

Role of sympathomedullary pathway (1)

Limitation of drug therapy (2)

Difference between instrumental support and emotional support (4)

Role of stress in illness – scenario (16)

2023

Matching key terms and definitions (4)

Reducing demand characteristics & investigator effects – scenario (4)

Workplace stress - scenario (16)

2022

Skin conductance during stress (1)

Hypothalamic pituitary adrenal (HPA) system (1)

Life changes as a source of stress and one limitation (8)

Data in a table – scenario (4)

Levels of data (nominal and ordinal) – scenario (4)

Evaluate drug therapy (8)

2021

Definitions general adaptation syndrome and immunosuppression (2)

Evaluate personality type (6)

Gender differences and the role of social support – scenario (16)

2020

One study of immunosuppression (4)

Biofeedback therapy – scenario (4)

Outline one/ more self-report measure(s) of stress and compare with physiological measures of stress (16)

2019

Type of drug used to treat stress and briefly outline how it functions (2)

Why a Mann-Whitney test is an appropriate choice of statistical test in stats scenario (2)

Bias and generalisation in stats scenario (4)

Role of personality type and hardiness in stress (16)

2018

Therapy used to manage stress (2)

Limitation of the therapy (2)

Distribution of scores – scenario (4)

Role of stress in illness (16)

2017

Steroid hormone that regulates energy use and the immune system (1)

General adaptation syndrome (GAS) (1)

Describe stress inoculation therapy as a way of managing stress (8)

Discuss one strength and one limitation of stress inoculation therapy (6)

Outline and evaluate one or more self-report scales to measure stress (8)

Specimen Practise Papers

With reference to hardiness, outline what is meant by ‘challenge’ (2)

Workplace stress – scenario (4)

Explain one limitation of the Social Readjustment Rating Scale (2)

Discuss two from drug therapy, stress inoculation therapy and biofeedback (16)

Briefly explain what is meant by instrumental social support (2)

Data in table for gender differences in types of social support (4)

Discuss sources of workplace stress (8)

One limitation of the Hassles and Uplifts Scale as a method of measuring stress (2)

With reference to research evidence, discuss links between stress and illness (8)



* NOTE: Some of the topics have been removed so will not appear in exams from 2027 onwards,
see specification for details.



STUDY PSYCHOLOGY

• HELPING YOU ACHIEVE