

AQA Paper 3 Exam Analysis



EATING BEHAVIOUR

2026

Role of the hypothalamus (1)

Psychological explanations for obesity – scenario (6)

Modelling in relation to anorexia nervosa (1)

Evaluation of social learning theory for anorexia nervosa (8)

Evolutionary explanation for food preferences (8)

2025

Boundary model explanation for obesity (8)

Neural and hormonal mechanisms involved in the control of eating behaviour (16)

2024

Meta-analysis (1)

Ghrelin and the hypothalamus (1)

Limitation of neural explanations of anorexia nervosa (2)

Difference between neophobia and taste aversion (4)

Family systems as an explanation for anorexia nervosa – scenario (16)

2023

Matching key terms and definitions (4)

Reducing demand characteristics & investigator effects – scenario (4)

Explanations for anorexia nervosa - scenario (16)

2022

Cognitive distortion definition (1)

Enmeshment in family systems (1)

Role of learning in food preference with one limitation (6)

Data in a table – scenario (4)

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

Evaluate psychological explanations for obesity (8)

2021

Definitions of autonomy and enmeshment (2)

Evaluate one psychological explanation for anorexia nervosa (6)

Two explanations for food preferences – scenario (16)

2020

One study of taste aversion (4)

Implications of dieting – scenario (4)

Outline biological explanation(s) for anorexia nervosa and compare with the family systems explanation (16)

2019

Psychological explanation for anorexia nervosa (2)

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

Bias and generalisation in stats scenario (4)

Genetic and neural explanations for obesity (16)

2018

Psychological explanation for obesity (2)

Strength of psychological explanation for obesity (2)

Distribution of scores – scenario (4)

Biological explanations for anorexia nervosa (16)

2017

Situations where dis-inhibition leads to overeating (1)

Boundary model of obesity (1)

Describe the family systems theory explanation for anorexia nervosa – scenario (8)

Briefly discuss two limitations of the family systems theory explanation for anorexia nervosa (6)

Outline and evaluate the evolutionary explanation for food preferences (8)

Specimen Practise Papers

Role of ghrelin in the control of eating behaviour (2)

Knowledge of the role of learning in food preference, outline how parents might encourage their children to eat a healthy diet (4)

One limitation of using non-human animals to research the brain mechanisms of eating behaviour (2)

Discuss psychological explanations for anorexia nervosa (16)

Discuss one or more biological explanations for anorexia nervosa (8)

Interpret data in table for psychological explanations for the success and failure of dieting (4)

Discuss social learning theory as an explanation for anorexia nervosa (8)

Explain one limitation of the evolutionary explanation of food preferences (2)

Briefly outline neophobia as an explanation for food preferences (2)



* 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