

Title: Biopsychology

Topic: The fight or flight response including the role of adrenaline.

Q1	True or false? During the fight or flight response...	
A	the process of salvation is inhibited	
B	blood is diverted away from the surface of the skin	
C	the process of digestion is stimulated	
D	respiration increases	
E	the adrenal cortex secretes adrenaline into the blood stream	
F	there is a decrease in the release of noradrenaline	
G	pupils dilate	

Q2	Fill in the blanks
Complete the diagram outlining the Fight or Flight response, using the key terms listed below.	
<p>A person enters a stressful/dangerous situation.</p>	
<p>The _____ (part of the _____) is activated which send a distress signal to the _____.</p>	
<p>The hypothalamus activates the _____ – the pathway running to the adrenal medulla and the _____.</p>	
<p>The SNS stimulates the _____, part of the adrenal gland.</p>	
<p>The adrenal medulla secretes the hormones _____ and _____ into the bloodstream.</p>	
<p>Adrenaline causes a number of physiological changes to prepare the body for _____.</p>	
<p>Key terms: Hypothalamus, Sympathomedullary Pathway, Adrenal medulla, Adrenaline, Fight or Flight, Noradrenalin, Limbic System.</p>	

Q3 Evaluating 'Fight or Flight'

For each of the evaluation points described below, explain why they are an issue for the fight or flight response.

<p>Gray (1988) suggests that the first response to danger is not to fight or flight but to avoid confrontation altogether, which is known as 'freeze'.</p>	
<p>According to Taylor et al. (2000), women are more likely to protect their offspring (tending) and form alliances with other women (befriend), rather than fight an adversary or flee.</p>	
<p>Modern day life rarely requires such an intense biological response and repeated activation of the fight or flight response can have a negative consequence on our health, e.g. raised blood pressure and heart disease.</p>	

Q4 Apply your knowledge

Below is an answer to the following question: **Outline the function of adrenaline in the fight-or-flight response. (4 marks)**

Adrenaline is secreted from the adrenal medulla into the bloodstream, leading to a number of physiological changes. Firstly, our heart rate increases, secondly, our pupils dilates* and thirdly, there is a reduction in the functioning of non-essential functions, for example the digestive system.**

This answer is likely to achieve 2 marks, because it has not explained why these changes occur. Rewrite the answer below, expanding on each sentence where there is an asterisk*.

