

Solutions

2.1 Answer: B. Exposure paired with relaxation is counterconditioning, a behavioural method. The other options do not satisfy the stated defining conditions.

2.2 Answer: C. Only a controlled comparison separates treatment gain from spontaneous remission and regression to the mean. Compare the exact process, design or evidence, rather than an associated keyword.

2.3 Use the worked case evidence to support a bounded claim and explain why a causal, universal or stronger claim needs additional evidence. The claim must fit the specific design and observed process.

3.1 Shared recruitment and setting can limit generalizability. Biased measurement, publication bias, incompatible outcomes and weak allocation can persist in a meta-analysis. Inspect study quality and heterogeneity; pooling does not create independent, representative evidence where the original studies lack it. Award B1 each (authored) for the interpretation, its reasoning, a relevant limitation/alternative and an appropriate check, up to four points. Accept a different justified answer satisfying these demands.