

1. Rollo May's concept of the existential paradox primarily addresses which of the following conflicts in human experience?
  - A) The inability to resolve the tension between cultural expectations and personal desires
  - B) The inherent struggle to derive meaning in life amid existential isolation and absurdity
  - C) The clash between unconscious impulses and conscious awareness in shaping behavior
  - D) The dichotomy between individual autonomy and collective societal norms
2. You are eating a strong dark chocolate that is particularly bitter. After a while, the chocolate doesn't taste as strong as it did when you first tasted it. What has happened?
  - A) Sensory adaptation
  - B) Habituation
  - C) Subliminal perception
  - D) Perceptual defense
3. Which among the critical areas of the brain are involved in the processing of taste?
  - A) pons and medulla
  - B) cerebellum and parietal lobe
  - C) suprachiasmatic nucleus
  - D) insula and frontal operculum
4. In gate-control theory, substance P:
  - A) Opens the spinal gates for pain
  - B) Closes the spinal gates for pain
  - C) Is unrelated to pain
  - D) Is similar in function to endorphins
5. Automatic processes are typically characterized by:
  - A) High attention demand and flexibility
  - B) Low attention demand and high efficiency
  - C) High attention demand and low efficiency
  - D) Low attention demand but inflexible.
6. According to Viktor Frankl, which of the following best encapsulates the ways individuals can discover meaning in their lives?
  - A) Pursuing pleasure and immediate gratification as a primary goal.
  - B) Accumulating wealth and material possessions as indicators of success.
  - C) Adhering strictly to societal norms and expectations for validation.
  - D) Engaging in creative endeavors, forming deep relationships, and adopting a resilient attitude towards suffering.
7. In the context of signal detection theory, a "miss" occurs when the subject:
  - A) Fails to respond to a non-signal
  - B) Correctly identifies the absence of a signal
  - C) Fails to detect an actual signal
  - D) Detects a signal that was not present.

8. Assertive Training is most appropriate for individuals who:
  - A) Have difficulty managing anger and frustration
  - B) Avoid social interactions due to low self-confidence
  - C) Experience intense phobias and fears of specific stimuli
  - D) Suffer from delusions and other psychotic symptoms
9. Biofeedback is most commonly used to:
  - A) Train clients to relax through visual imagery
  - B) Replace negative thoughts with positive affirmations
  - C) Model appropriate responses to social stimuli
  - D) Increase awareness and control of physiological functions
10. Which of the following strategies is more effective in reducing stereotypes and prejudice?
  - A) Ignoring differences among groups
  - B) Encouraging intergroup friendships and extended contact.
  - C) Enforcing strict social norms
  - D) Promoting competition between groups
11. The cocktail party effect is an example of:
  - A) Divided attention
  - B) Selective attention
  - C) Vigilance
  - D) Signal detection
12. The Reticular Activating System (RAS), crucial for attention, is located in which part of the brain?
  - A) Parietal lobe
  - B) Prefrontal cortex
  - C) Brainstem
  - D) Cerebellum
13. The psychosocial implications of disabilities in a school setting are primarily concerned with:
  - A) Academic performance alone
  - B) Compliance with legal standards
  - C) Social integration and emotional well-being
  - D) Teacher workload management
14. The Attenuation Theory of attention, proposed by Treisman, suggests that:
  - A) Unattended stimuli are completely blocked and not processed at all
  - B) Unattended stimuli are processed but at a lower strength
  - C) Only one stimulus can be processed at a time
  - D) All stimuli are processed equally but with varying speeds
15. Sensitivity training primarily aims to improve ----- in organizational settings.
  - A) Technical skills of employees
  - B) Compliance with regulations
  - C) Performance metrics
  - D) Interpersonal relationships and communication

16. In crisis intervention, the primary goal is to:
  - A) Stabilize the individual and restore equilibrium
  - B) Diagnose underlying mental health disorders
  - C) Initiate long-term therapy
  - D) Encourage avoidance of the crisis situation
17. The superior colliculus is part of the brain's:
  - A) Forebrain
  - B) Hindbrain
  - C) Midbrain
  - D) Thalamus
18. ----- of the brain is most impaired in individuals with Attention-Deficit/Hyperactivity Disorder (ADHD).
  - A) Amygdala
  - B) Prefrontal cortex
  - C) Cerebellum
  - D) Superior colliculus
19. ----- is a monocular cue to depth perception.
  - A) Retinal disparity
  - B) Convergence
  - C) Linear perspective
  - D) Stereopsis
20. The Decay theory of forgetting suggests that memory loss is due to:
  - A) Lack of retrieval cues.
  - B) Competition between similar pieces of information.
  - C) Physical changes in neural connections over time.
  - D) Active suppression of painful memories.
21. The phenomenon where stimuli below the threshold of conscious awareness can still affect perception and behavior is known as:
  - A) Subliminal perception
  - B) Selective attention
  - C) Divided attention
  - D) Conscious processing.
22. If you are describing characteristics of your child such as irritability or adaptability, psychologists would say you are not describing their personality but rather their:
  - A) Character
  - B) Consciousness
  - C) Mood
  - D) Temperament
23. Stress Inoculation Training (SIT) mostly aims to:
  - A) Eliminate stressors by avoiding them
  - B) Help individuals build resilience through exposure to controlled stress
  - C) Replace negative thoughts with logical arguments
  - D) Teach muscle relaxation techniques
24. The neurotransmitter which is most closely associated with attentional processes involving alertness and fight-or-flight responses:
  - A) Serotonin
  - B) Dopamine
  - C) Glutamate
  - D) Norepinephrine

25. Dr. Kopelowoski has just given an examination to his Introduction to Psychology class. Because this is a class of more than 500 students, it would be difficult for him to assess the results looking at each score one at a time. If he wants to know how many students earned an A, a B, and so on, which of the following might be the best for him to program his computer to provide?
- A) median
  - B) mean
  - C) frequency distribution
  - D) correlation coefficient
26. Applied Behavior Analysis (ABA) is often used in the treatment of:
- A) Generalized Anxiety Disorder
  - B) Autism Spectrum Disorder
  - C) Bipolar Disorder
  - D) Schizophrenia
27. Bottom-up processing in perception refers to:
- A) Processing that relies on prior knowledge and expectations
  - B) Simultaneously interpreting sensory input and prior knowledge
  - C) Perceiving based on high-level cognitive functions
  - D) Processing that starts with sensory input and builds up to complex perception
28. Type A Personality is primarily characterized by:
- A) High levels of competitiveness, urgency, and hostility
  - B) A relaxed and easygoing approach to life
  - C) Low levels of ambition and drive
  - D) Increased vulnerability to depression
29. Chronic Pain is different from acute pain in that:
- A) It is always more intense than acute pain
  - B) It usually persists for more than 3-6 months
  - C) It is not influenced by psychological factors
  - D) It has a clear and identifiable physical cause
30. In health psychology, the placebo effect is an example of:
- A) A biological mechanism for pain relief
  - B) An uncontrollable aspect of pain management
  - C) A psychological influence on the perception of symptoms
  - D) A purely social factor influencing recovery
31. Aversive racism is best described as:
- A) Implicit negative attitudes despite believing in equality
  - B) Openly discriminatory behavior
  - C) Actively opposing racial inequality
  - D) Denying the existence of modern discrimination

32. Health Belief Model suggests that people are more likely to engage in health-promoting behaviors when they:
- A) Have a high level of stress and anxiety
  - B) Believe that health behaviors have little impact on outcomes
  - C) Perceive their risk of a disease to be high
  - D) Are unaware of potential health risks
33. Pain management techniques such as biofeedback work by:
- A) Enhancing the body's response to pain medication
  - B) Training individuals to control physiological functions
  - C) Reducing the need for cognitive restructuring
  - D) Eliminating the psychological experience of pain entirely
34. In top-down processing, perception is primarily guided by:
- A) Sensory input alone
  - B) Physiological activation in the occipital lobe
  - C) Features of the stimulus that are immediately present
  - D) Expectations, prior knowledge, and cognitive processes
35. Combating drug abuse in athletes primarily involves:
- A) Providing medications to counter the effects of drugs
  - B) Banning all performance-enhancing supplements
  - C) Relying solely on physical fitness tests
  - D) Implementing psychological interventions such as motivational interviewing
36. Narcoanalysis is a controversial forensic technique that:
- A) Uses hypnosis to retrieve repressed memories
  - B) Administers truth serum to lower inhibitions and encourage disclosure
  - C) Uses DNA samples to predict future criminal behavior
  - D) Relies on non-verbal cues to detect deception
37. In the context of disaster management, psychological first aid focuses on:
- A) Offering medical treatment for physical injuries
  - B) Offering long-term therapy sessions for trauma survivors
  - C) Providing immediate emotional support and promoting a sense of safety
  - D) Analyzing the structural impact of disasters on communities
38. Dr. Hill is constantly late for meetings. She often arrives to her classes 5 to 10 minutes late and leaves students waiting at her door during office hours for up to 30 minutes. Using the five-factor model, which dimension would show a very low score for Dr. Hill?
- A) Self-sufficiency
  - B) Openness
  - C) Agreeableness
  - D) Conscientiousness

39. Match each sampling method in List I with its correct description in List II:
- | List I                 | List II   |
|------------------------|---|
| a. Purposive Sampling  | 1. Selecting groups that represent specific characteristics         |
| b. Systematic Sampling | 2. Selection of predetermined preparation of units                  |
| c. Snowball Sampling   | 3. Identifying participants through referrals from initial subjects |
| d. Quota Sampling      | 4. Sampling participants at regular intervals from a list           |
- A) a-1, b-4, c-3, d-2      B) a-4, b-1, c-2, d-3  
 C) a-3, b-1, c-4, d-2      D) a-1, b-3, c-4, d-2
40. The type of amnesia which involves the inability to form new memories after a brain injury:
- A) Anterograde amnesia      B) Retrograde amnesia  
 C) Transient amnesia      D) Dissociative amnesia
41. Which of the following best describes John Bowlby's concept of "internal working models" in attachment theory?
- A) A set of unconscious desires related to achieving independence from caregivers.  
 B) A child's conscious understanding of parental expectations and societal norms.  
 C) Cognitive frameworks formed through early interactions with caregivers that shape expectations about relationships.  
 D) A process by which children use fantasy to cope with separation from their parents
42. Polygraph tests aim to detect deception by:
- A) Examining the eye movements of the individual  
 B) Analyzing facial expressions associated with truth-telling  
 C) Monitoring changes in breathing patterns, heart rate, and skin conductivity  
 D) Directly measuring the content of a suspect's thoughts
43. Identify the most accurate statement regarding the diagnosis and treatment of gender dysphoria in adults according to current clinical guidelines:
- A) The diagnosis of gender dysphoria requires a history of cross-dressing behavior since childhood  
 B) Hormone therapy is considered an initial step in treatment for all individuals with gender dysphoria  
 C) A diagnosis of gender dysphoria involves a significant duration of distress related to incongruence between gender identity and assigned sex  
 D) Social transition, such as changing one's name and pronouns, is not recommended until after medical interventions

44. Latent learning, as proposed by Tolman, suggests that:
- A) Learning is always observable through behavior.
  - B) Learning occurs without reinforcement and becomes apparent when there is a reason to demonstrate it.
  - C) Learning is restricted to classical conditioning.
  - D) Immediate rewards are necessary for effective learning.
45. Match each type of aphasia in List I with its corresponding characteristic in List II.
- | List I                | List II  |
|-----------------------|--|
| a. Broca's aphasia    | 1. Fluent but meaningless speech and poor comprehension.                             |
| b. Wernicke's aphasia | 2. Difficulty in word retrieval particularly names of word and right names.          |
| c. Anomic aphasia     | 3. Difficulty in speech production and agrammatic speech, with intact comprehension. |
| d. Global aphasia     | 4. Severe impairment in both language production and comprehension.                  |
- A) a-3, b-1, c-2, d-4
  - B) a-1, b-3, c-2, d-4
  - C) a-4 b-3, c-2, d-1
  - D) a-3, b-2, c-1, d-4
46. Assertion (A): Anhedonia is considered a core symptom of major depressive disorder.
- Reason (R): Anhedonia is associated with a heightened sense of pleasure in previously enjoyable activities.
- A) Both A and R are true, and R is the correct explanation of A.
  - B) Both A and R are true, but R is not the correct explanation of A.
  - C) A is true, but R is false.
  - D) A is false, but R is true.
47. The condition characterized by persistent intrusive thoughts and repetitive behaviours is known as:
- A) PTSD
  - B) OCD
  - C) GAD
  - D) SAD
48. An example of a perceptual disturbance assessed during an MSE:
- A) Flat affect
  - B) Auditory hallucinations
  - C) Anhedonia
  - D) Delusion
49. Arrange the following steps in the process of applying the Inverted-U Hypothesis to optimize performance in a competitive setting:
1. Monitor arousal levels during the competition
  2. Identify the optimal level of arousal for peak performance
  3. Implement strategies to adjust arousal levels if necessary
  4. Evaluate performance outcomes based on arousal levels
- A) 1, 2, 3, 4
  - B) 3, 4, 1, 2
  - C) 2, 1, 3, 4
  - D) 2, 4, 3, 1

50. ----- suggests that individuals create their own reality through the meanings they assign to experiences.  
 A) Lewin's Field Theory      B) Kelley's Personal Construct Theory  
 C) Rotter's Locus of Control      D) Bandura's Social Cognitive Theory
51. Which of the following best describes a decision making strategy where a decision-maker selects an option that meets a minimum threshold rather than the optimal choice?  
 A) Maximizing      B) Satisficing      C) Anchoring      D) Overconfidence
52. According to the self-fulfilling prophecy, when we hold certain expectations about others:  
 A) We are less likely to interact with them.  
 B) Our behavior may cause them to act in ways that confirm our expectations.  
 C) We tend to see them more positively, regardless of their behavior.  
 D) They will actively try to prove our expectations wrong.
53. Stereotypes can persist even when faced with contradictory information due to:  
 A) Motivational biases      B) Cognitive dissonance  
 C) Perseverance of beliefs      D) Impression formation
54. Match the following psychological studies in List I with their key findings in List II:  
 List I      List II  
 a. Milgram's obedience study      1. Compliance increases when individuals face unanimous group pressure.  
 b. Asch's conformity experiments      2. People obey authority figures, even when it involves causing harm to others.  
 c. Zimbardo's Stanford prison experiment      3. Social roles and the environment can lead individuals to behave in ways they normally wouldn't.  
 d. Janis's Groupthink theory      4. The desire for consensus in a group can result in poor decision-making.
- A) a-2, b-3, c-1, d-4      B) a-1, b-2, c-4, d-3  
 C) a-2, b-1, c-3, d-4      D) a-4, b-2, c-3, d-1
55. The phenomenon which refers to the tendency for individual members of a group to become less productive as the group size increases:  
 A) Social facilitation      B) Group polarization  
 C) Social loafing      D) Groupthink
56. According to Richard Lazarus, when someone asks themselves, "How can I deal with this potentially harmful stressor?" the individual is focused on a ----- appraisal.  
 A) Primary      B) Tertiary      C) Secondary      D) Minimal



57. Match the following authors in List I with their corresponding theories or concepts in List II:
- |                  |                      |
|------------------|----------------------|
| List I           | List II              |
| a. Julian Rotter | 1. Attachment Theory |
| b. Hans Eysenck  | 2. Locus of Control  |
| c. John Bowlby   | 3. REBT              |
| d. Albert Ellis  | 4. PEN Model         |
- A) a-4, b-2, c-3, d-1      B) a-2, b-4, c-1, d-3  
C) a-3, b-4, c-1, d-2      D) a-2, b-1, c-4, d-3
58. What distinguishes Agoraphobia from other specific phobias like Acrophobia or Claustrophobia?
- A) Agoraphobia is a fear of heights.  
B) Agoraphobia is not linked to specific places but rather situations where escape might be difficult.  
C) Agoraphobia is primarily concerned with fear of small spaces.  
D) Agoraphobia is a type of social anxiety.
59. Match each neurological condition in List I with the acute or early phase characteristic that precedes or accompanies its onset in List II:
- |                         |   |
|-------------------------|---|
| List I                  | List II   |
| a. Korsakoff's Syndrome | 1. Subtle changes in personality and mood, followed by motor symptoms   |
| b. Alzheimer's Dementia | 2. Ocular disturbances, ataxia, and confusion                           |
| c. Parkinson's Disease  | 3. Memory loss that does not significantly impair daily function        |
| d. Huntington's Disease | 4. Rigidity, bradykinesia, and loss of dopamine in the substantia nigra |
- A) a-2, b-4, c-3, d-1      B) a-4, b-3, c-1, d-2  
C) a-3, b-2, c-1, d-4      D) a-2, b-3, c-4, d-1
60. Eysenck's model of personality suggests that differences in personality traits are due to differences in:
- A) Childhood experiences      B) Levels of neurotransmitters  
C) Cognitive schemas      D) Unconscious desires
61. Assertion (A): Lewin's Field Theory emphasizes the importance of understanding the individual's environment and the dynamic interactions within it.  
Reason (R): According to Field Theory, behavior is a function of both the person and their environment, represented as  $B = f(P, E)$ .
- A) Both A and R are true, but R is not the correct explanation of A.  
B) A is true, but R is false.  
C) Both A and R are true, and R is the correct explanation of A.  
D) A is false, but R is true.

62. Assertion (A) : "Big C" creativity refers to significant, groundbreaking contributions that transform a field or society, such as a scientist developing a new theory that changes our understanding of the universe.  
Reason (R): "Big C" creativity is often recognized by formal accolades, such as Nobel Prizes or major artistic awards, distinguishing it from everyday creative acts.
- A) Both A and R are true, but R is not the correct explanation of A.  
B) A is true, but R is false.  
C) Both A and R are true, and R is the correct explanation of A.  
D) A is false, but R is true.
63. Match the cognitive biases in List I with their descriptions in List II:
- | List I                          | List II   |
|---------------------------------|---|
| a. Availability heuristic       | 1. Tendency to rely on initial information when making decisions              |
| b. Representativeness heuristic | 2. Overestimating the accuracy of one's knowledge or beliefs                  |
| c. Anchoring bias               | 3. Estimating likelihood based on similarity to existing categories           |
| d. Overconfidence bias          | 4. Judging frequency or probability based on how easily examples come to mind |
- A) a-4, b-1, c-3, d-2      B) a-2, b-4, c-1, d-3  
C) a-4, b-3, c-1, d-2      D) a-3, b-4, c-2, d-1
64. When conducting a two-way ANOVA, partitioning of variance allows researchers to assess:
- A) The total variance attributable to error only  
B) Interaction effects between independent variables, along with main effects  
C) The inter item correlation between dependent variables  
D) Only the effects of one independent variable
65. Match each inferential statistical term in List I with its correct description or application in List II:
- | List I                 | List II  |
|------------------------|--|
| a. Type I Error        | 1. The probability of incorrectly rejecting a true null hypothesis.                                  |
| b. Type II Error       | 2. An interval estimate that indicates the range of values likely to contain a population parameter. |
| c. Confidence Interval | 3. The probability of accepting a true null hypothesis.  |
| d. Power of a test     | 4. The probability of failing to reject a false null hypothesis.                                     |
- A) a-1, b-2, c-4, d-3      B) a-2, b-1, c-3, d-4  
C) a-1, b-4, c-2, d-3      D) a-4, b-2, c-3, d-1

66. The subjective expected utility theory differs from the expected utility theory in that it emphasizes:
- A) Purely logical and objective probability assessments.
  - B) The role of individual preferences and subjective probabilities in decision-making.
  - C) The elimination of emotional factors in choices.
  - D) The use of decision trees for all calculations.
67. Assertion (A): Research suggests that people with an internal locus of control tend to engage in proactive coping strategies and seek out challenges.  
Reason (R) : Individuals with an external locus of control are more likely to believe that they can influence their life circumstances through their efforts and abilities.
- A) Both A and R are true, and R is the correct explanation of A.
  - B) Both A and R are true, but R is not the correct explanation of A.
  - C) A is true, but R is false.
  - D) A is false, but R is true.
68. Arrange the stages of Beck's Cognitive Therapy in the correct order:
1. Identifying automatic thoughts
  2. Developing adaptive thinking
  3. Behavioral activation
  4. Challenging cognitive distortions
- A) 4, 3, 1, 2      B) 1, 4, 2, 3      C) 1, 2, 4, 3      D) 2, 1, 4, 3
69. A semantic differential scale measure:
- A) Specific skills in reading and writing.
  - B) The strength of attitudes using bipolar adjectives.
  - C) The strength of attitudes using unipolar adjectives.
  - D) The strength of aptitudes using bipolar adjectives.
70. Which of the following best illustrates the sunk cost fallacy in everyday life?
- A) Continuing to watch a movie that is boring because you already paid for the ticket.
  - B) Investing in education based on potential future earnings.
  - C) Changing a major because of personal interest.
  - D) Quitting a job to start a new business.
71. A p-value in hypothesis testing indicates:
- A) The strength of the relationship between variables.
  - B) The probability of observing the data if the null hypothesis is true.
  - C) The mean difference between groups.
  - D) The variance within a single group.

72. Match the Following Types of Designs in List I with Descriptions in List II
- | List I                               | List II   |
|--------------------------------------|---|
| a. Randomized Controlled Trial (RCT) | 1. A design that assesses the impact of interventions in a real-world context without random assignment.                                |
| b. Quasi-Experimental Design         | 2. An experimental design that requires random assignment to control and experimental groups, ensuring high internal validity.          |
| c. Ex Post Facto Design              | 3. A design that captures a snapshot of a population at a single point in time, providing insights into correlations but not causation. |
| d. Cross-Sectional Study             | 4. Investigates relationships between variables after the fact, often used when random assignment is not feasible or ethical.           |
- A) a-1, b-2, c-3, d-4      B) a-2, b-1, c-4, d-3  
 C) a-3, b-4, c-1, d-2      D) a-2, c-4, b-1, d-3
73. Which of the following criticisms might be levied against computational theory in cognitive science?
- A) It neglects the role of cultural and social influences on cognition.  
 B) It relies too heavily on the biological basis of cognition.  
 C) It ignores the impact of algorithms on computer processing.  
 D) It overemphasizes the influence of emotions in cognitive tasks.
74. Controlling error variance in experimental research can be achieved through:
- A) Random assignment and controlled conditions.  
 B) Analyzing archival data.  
 C) Using naturally occurring groups.  
 D) Selecting a small sample size.
75. The Wechsler Memory Scale (WMS) is primarily used to assess:
- A) Verbal and visual memory through various subtests  
 B) Cognitive processing speed through timed tasks  
 C) Semantic memory through vocabulary tests  
 D) Procedural memory through motor skills
76. The Model of intelligence, developed by Das, Naglieri, and Kirby, includes which of the following components?
- A) Planning, Attention, Simultaneous, Successive  
 B) Perceptual speed, Numerical ability, Logical reasoning  
 C) Verbal comprehension, Memory, Social intelligence  
 D) Analytical, Creative, Practical

77. According to Cattell, fluid intelligence is characterized by:
- A) Skills that are based on accumulated knowledge.
  - B) The ability to reason and solve novel problems, independent of acquired knowledge.
  - C) Knowledge of words, facts, and specific information.
  - D) Practical problem-solving ability.
78. In the context of memory testing, which of the following is **not** a component measured by the PGI Memory Scale?
- A) Delayed recall
  - B) Verbal retention for related pairs
  - C) Spatial navigation
  - D) Attention and concentration
79. The lowest level of stimulation that a person can consciously detect 50 percent of the time the stimulation is present is called
- A) Absolute threshold
  - B) Sensation
  - C) Just noticeable difference
  - D) Sensory adaptation.
80. Ramesh's uncle claimed to have seen a 'spotted tiger' in the trees beside the highway, although no one else saw it. Knowing that his uncle has been looking for a 'spotted tiger' for years, Ramesh attributes his uncle's "sighting" to:
- A) Bottom-up processing
  - B) Perceptual defense
  - C) Perceptual set
  - D) Cognitive convergence
81. The Drive Reduction Theory of motivation is most closely associated with:
- A) Abraham Maslow
  - B) Carl Rogers
  - C) Clark Hull
  - D) John Watson
82. A test with high reliability means that:
- A) It measures what it claims to measure.
  - B) It produces consistent results over repeated administrations.
  - C) It is free from cultural bias.
  - D) It can be administered quickly.
83. Item difficulty in item analysis is calculated as:
- A) The percentage of test-takers who answered the item incorrectly.
  - B) The number of test-takers who skipped the item.
  - C) The proportion of test-takers who answered the item correctly.
  - D) The time taken to answer each item.
84. In a sociometric study examining group dynamics, the primary purpose of asking participants to nominate peers for specific roles is to:
- A) Measure their preference for different activities within the group.
  - B) Identify social relationships, group cohesion, and isolate individuals who may be marginalized or less integrated.
  - C) Determine the accuracy of self-reported leadership qualities among group members.
  - D) Assess the level of verbal and non-verbal communication skills in the group.

85. The Facial Feedback Hypothesis suggests that:
- Emotions are independent of facial expressions.
  - Facial expressions influence the experience of emotion.
  - Emotions determine facial expressions directly.
  - Facial feedback has no role in emotion regulation.
86. Zone of Proximal Development (ZPD), as proposed by Vygotsky, refers to:
- The distance between what a learner can do independently and what they can achieve with guidance.
  - The ideal environment for self-directed learning.
  - The critical period for language development.
  - The role of reinforcement in learning new skills.
87. ARAS (Ascending Reticular Activating System) is primarily associated with:
- Emotional regulation
  - Cortical arousal and alertness
  - Memory consolidation
  - Social learning
88. Arrange the following physiological responses in the correct order according to Hans Selye's General Adaptation Syndrome (GAS):
- Decreased resistance as the body's energy stores are depleted.
  - Activation of the sympathetic nervous system and release of adrenaline.
  - Stabilization of physiological responses, with ongoing cortisol release.
  - Onset of physical symptoms such as fatigue, immune suppression, and possible organ damage.
- A) 3, 2, 4, 1    B) 2, 4, 3, 1    C) 2, 3, 1, 4    D) 1, 2, 3, 4
89. Match the following Research Method in List I with Description in List II:
- | List I                 | List II  |
|------------------------|--|
| a. Ethnography         | 1. Understanding the essence of experiences from the participants' perspectives.                     |
| b. Phenomenology       | 2. A detailed study of a single individual or group over time.                                       |
| c. Case Study Research | 3. A collaborative approach that seeks to improve practices through cycles of action and reflection. |
| d. Action Research     | 4. Immersion in a culture to understand social practices.  |
- A) a-4, b-2, c-1, d-3    B) a-4, b-1, c-3, d-2  
C) a-4, b-1, c-2, d-3    D) a-3, b-1, c-2, d-4
90. Eysenck's model of personality is most closely associated with :
- Openness and conscientiousness
  - Extraversion and neuroticism
  - Agreeableness and emotional stability
  - Achievement and affiliation

91. The standard error of measurement (SEM) helps to:
- A) Calculate the average score of a group
  - B) Estimate the precision of an individual's test score
  - C) Determine the validity of a test
  - D) Measure the test-taker's effort
92. A time-series design is best suited for:
- A) Studying individual differences over a single point in time
  - B) Observing changes in a variable over multiple time points
  - C) Comparing two groups without any temporal data
  - D) Analyzing archival data at a particular time point
93. According to Carl Jung, which archetype represents the inner feminine side of a man?
- A) The Anima
  - B) The Animus
  - C) The Mother
  - D) The Trickster
94. In Harry Stack Sullivan's interpersonal theory, what role does the concept of "self-system" play in understanding personality?
- A) It is a defense mechanism against internal conflicts and desires
  - B) It represents an individual's adaptive responses to interpersonal experiences, shaping their identity through social interactions
  - C) It functions primarily as a reflection of unconscious drives and instincts
  - D) It is a fixed structure that determines behavioral responses regardless of context
95. Functional fixedness is an obstacle to problem-solving that involves:
- A) A tendency to see objects only in their typical roles
  - B) Using the same solution repeatedly even when it is not effective
  - C) Believing that a problem has no solution
  - D) Overestimating one's problem-solving skills
96. Ethology focuses on studying behavior in:
- A) Controlled laboratory settings
  - B) Natural environments, emphasizing innate behaviors
  - C) Clinical and therapeutic contexts
  - D) Social and cultural influences of human existence
97. Which of the following is the primary difference between dissociative amnesia and dementia?
- A) Abrupt onset triggered by stress in dissociative amnesia
  - B) Memory loss for recent events in both conditions
  - C) Progressive cognitive decline in dissociative amnesia
  - D) Reversible cognitive symptoms in both conditions
98. According to Murray's theory, a key component of motivation is:
- A) Archetypes
  - B) Psychosocial stages
  - C) Needs and press
  - D) Fixed personality traits

99. Triangulation in qualitative research refers to:
- A) Using three different samples for a study
  - B) Combining multiple data sources to enhance validity
  - C) Analyzing data using three statistical tests
  - D) Comparing results from three specific but different studies
100. The theorist associated with the concept of "locus of control":
- A) Julian Rotter
  - B) Carl Rogers
  - C) Abraham Maslow
  - D) Albert Bandura
101. Personology is a branch of psychology that focuses on:
- A) Analyzing the structure and dynamics of social relationships within groups
  - B) Understanding the impact of early childhood experiences on personality development
  - C) Investigating the role of genetics and environment in shaping personality
  - D) Studying individual differences in personality traits and characteristics
102. The primary focus of Karen Horney's theory in the psychodynamic perspective is:
- A) The impact of societal and cultural factors on personality
  - B) The role of biological drives in behavior
  - C) The importance of early childhood experiences
  - D) The dynamics of interpersonal relationships
103. The foot-in-the-door technique works because of:
- A) The expectation of reciprocity
  - B) The desire for consistency in behavior
  - C) Fear of rejection
  - D) The power of authority
104. The attribution bias which occurs when individuals overemphasize personal traits and underestimate situational factors:
- A) Self-serving bias
  - B) Fundamental attribution error
  - C) Actor-observer effect
  - D) Confirmation bias
105. Behavioral theorists link depression to -----, whereas social cognitive theorists point to -----.
- A) Distortions in thinking; learned helplessness
  - B) Biological abnormalities; distortions in thinking
  - C) Unconscious forces; learned helplessness
  - D) Learned helplessness; distortions in thinking
106. Self-discrepancy theory suggests that individuals experience discomfort when there is a gap between:
- A) Personal identity and social roles.
  - B) Actual self, ideal self, and ought self.
  - C) Self-concept and public perception.
  - D) Short-term goals and long-term aspirations.



107. Which of the following concepts strongly relates to the belief that people are often unaware of their biases?
- A) Self-serving bias                      B) Fundamental attribution error  
C) Implicit bias                          D) Stereotype threat
108. According to the frustration-aggression hypothesis, aggression is most likely when:
- A) A goal-directed behavior is blocked.  
B) The aggressor is rewarded for their actions.  
C) An individual witness aggressive behavior.  
D) The individual has low self-esteem.
109. The subtype of bipolar disorder which is characterized by hypomanic episodes without full manic episodes:
- A) Schizoaffective disorder      B) Cyclothymic disorder  
C) Bipolar I disorder              D) Bipolar II disorder
110. Which of the following best describes "reciprocal altruism" in evolutionary psychology?
- A) Helping others to relieve personal distress  
B) Helping non-relatives with the expectation of future help in return  
C) Altruistic behavior that involves no expectation of reciprocation  
D) Assisting only when it benefits the immediate family
111. In social impact theory, which factor increases the likelihood of obedience?
- A) Proximity of the authority figure.  
B) The number of dissenters in the group.  
C) Perceived similarity between the individual and authority figure.  
D) The presence of anonymity.
112. In DSM-5, schizo affective disorder requires the presence of mood symptoms for:
- A) At least two weeks.  
B) The majority of the illness duration alongside psychotic symptoms.  
C) A brief period during psychosis.  
D) Only during acute psychotic episodes.
113. In the context of substance use disorders, "tolerance" is best described as:
- A) The need for an increased dose to achieve the same effect  
B) Experiencing withdrawal symptoms after discontinuation  
C) A strong craving for the substance that results in legal consequences  
D) Recurrent failure to cut down use
114. How many axes does the DSM-5 use to aid mental health professionals in making a diagnosis?
- A) one                      B) two                      C) four                      D) five

115. The neurotransmitter acetylcholine (ACh) is most involved in:
- A) Enhancing neural plasticity for memory
  - B) Increasing alertness and attentional focus
  - C) Modulating motor control
  - D) Suppressing relevant sensory stimuli
116. A common feature of delirium that distinguishes it from other neurocognitive disorders:
- A) Rapid onset and fluctuation in consciousness
  - B) Progressive memory decline
  - C) Stable cognitive impairment over time
  - D) Irreversible damage to cognitive functions
117. Which of the following best illustrates a feedback loop between the immune system and the central nervous system in response to chronic stress?
- A) Pro-inflammatory cytokines signaling the brain to alter neurotransmitter production
  - B) Reduced heart rate due to parasympathetic activation
  - C) Increased production of red blood cells in response to oxygen deprivation
  - D) Suppression of insulin release to prioritize glucose for muscle activity
118. According to the gate control theory of pain, which mechanism is primarily responsible for the modulation of pain perception?
- A) The role of the thalamus in relaying sensory information
  - B) The direct transmission of pain signals to the brain's cortical areas
  - C) The interplay between nociceptive and non-nociceptive signals in the spinal cord
  - D) The influence of psychological factors on pain threshold
119. Jathin hates to go to restaurants for fear that he will be seated in the far back of the restaurant and be unable to get out in case of an emergency. This may be a symptom of:
- A) Social phobia
  - B) Specific phobia
  - C) Agoraphobia
  - D) Claustrophobia.
120. Arjun is terribly worried that his college education was wasted when he doesn't get his dream job. Furthermore, Calvin believes he ruined his future when he did poorly in his job interview. Calvin explains, "I had to ace the interview. It had to be perfect, and it wasn't!" How might a cognitive-behavioral psychologist classify this distorted thought process?
- A) Magnification
  - B) Overgeneralization
  - C) All-or-nothing thinking
  - D) Minimization
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