

PSY404 (Abnormal PSYCHOLOGY)***Quizzes + Short Question mega file******PREPARED BY******INNOCENT MISHII******BRAVE HEART*****PSY404 MCQs 2016**

1. Which therapy focuses on the unconscious motives, repressed wishes and childhood experiences?
Psychoanalytic
Existential
Gestalt
Humanistic
1
2. Who used hypnosis and allowed troubled patients to talk freely about the problems in their lives?
Anna Freud
Karen Horney
James Lange
Joseph Breuer
4
3. Sana, a diagnosed patient of depression, has the complaints of change in appetite and sleep patterns. These symptoms are called _____ symptoms of depression.
Somatic
Behavioral
Cognitive
Both somatic and behavioral
1
4. Identify the disorder that is similar to post traumatic stress disorder but its symptoms last for at least two days but not more than four weeks.

Acute stress disorder
 Panic attacks
 Generalized anxiety disorder
 all
 1

5. _____ is an ego analyst?
 Ellis
 Skinner
 Watson
 Erikson
 4

6. Gestalt therapy belongs to which of the following group?
 Cognitive Therapies
 Solution Focused Therapies
 Problem Focused Therapies
 Global Therapies
 3 Not confirm

7. Attachment theory was proposed by:
 Sigmund Freud
 John Bowlby
 Erik Erikson
 Karen Horney
 2

8. The spiritual/religious tradition is an ancient one that attributes both physical and mental ailments to:
 Chemical imbalance
 Unconscious conflicts
 Hormonal disturbances
 Supernatural forces
 4

9. Freud asserted that _____ is sufficient for curing psychological disorders.
 Insight
 Symptom alleviation
 Chemical balance
 Hormonal secretions
 1

10. Which of the following therapy focuses on irrational and illogical belief system?
 Systematic desensitization
 REBT
 Aversion therapy
 Flooding
 2

11. _____ is a return of active symptoms in person who has recovered.
 Remission
 Relapse
 Incidence
 Onset
 2

12. Mood disorders are primarily characterized by disturbance in:

- Thought processes
- Biological processes
- Expressed emotions
- Motor responses
- 3 Not confirm

13. It has been found that if one fraternal twin suffers a major depression, there is a 20 percent chances that at some other time the other twin will too. The rate for identical twin is closer to 50 percent. The most accurate conclusion from such studies is that:

- Depression is caused by genetic factors
- Depression is caused by environmental factors
- Depression has genetic basis, but environmental factors are also important
- Neither genetic factors nor environmental influences appear to be linked to depression

4

14. _____ lasts only for four week.

- Acute stress disorder
- Post traumatic stress disorders
- Post trauma anxiety
- All of the given options

1

15. Unipolar disorder includes which of the following subtypes?

- Major depression and dysthymia
- Major depression and cyclothymia
- Mania and depression
- Mild depression and major depression

1

16. Who among the followings form close relationships with clients and encourage them to accept responsibility for their lives and recognize their freedom to choose a different course of action?

- Existential therapist
- Gestalt therapist
- Behavioral therapist
- Psychodynamic therapist

1

17. A technique in which a hole was made in the skull of an unfortunate sufferer with a crude stone tool and it was presumed that evil spirits will escape is known as:

- Omission of waste materials
- Lobotomy

- Phlebotomy
- Trephining

4

18. Flooding and desensitization are both:

- Cognitive treatments
- Based on psychodynamic perspective
- Related with social learning theory
- Based on behavioristic approach

4

19. In which of the following ECT refers, the electric current is passed through only one side of the brain, the non-dominant hemisphere.

- Composed

Trilateral
Bilateral
Unilateral

4

20. In the Active Stage in Schizophrenia which of the following symptoms are evident?^{3:21 PM}

Delusions
Disordered speech and communication
Hallucinations ^{3:21 PM}
all of given

21. In _____ unexplained physical symptoms indicate the conversion of unconscious emotional conflicts into more acceptable form.

Hypochondriasis
Conversion disorder
Dissociative disorder
Somatization disorder

22. Who suggested the title schizophrenia?

Bleuler
Kraepelin
Freud
Jung

1

23. 'Poverty of content' in Schizophrenia is when:

Speech appears to be detailed in terms of numbers of words, but is grammatically incorrect
A tendency to jump from one topic to another within a sentence
Poor use of vocabulary
Poor use of grammar

24. In schizophrenic patients indecisiveness, ambivalence, and a loss of willpower is known as:

Avolition
Affective flattening
Blunted affect
Anhedonia

1

25. Ali is a Vietnam veteran. He had been getting by pretty well until a year ago, when he witnessed a robbery in a bank. Seeing the gun and experiencing the threat threw him back into the jungles of Vietnam. Now he is experiencing nightmares and flashbacks, and his personal relationships have suffered because of his anger and difficulty coping. Ali is suffering from _____.

Generalized anxiety disorder
Panic disorder
Post-traumatic stress disorder
Obsessive-compulsive disorder

3

26. Akbar found himself going miles away from his house and while returning back was unable to recall that what he did while on the trip. He may be suffering from which of the following?

Generalized Amnesia
Selective Amnesia
Dissociative Fugue
Dissociative Amnesia

3

27. In Dissociative Identity Disorder the host identity refers to:^{3:33 PM}

The one that was the first to emerge as new identity

The one that is the most dominant
 The one that existed before the onset of the disorder
 The one that is the most aggressive
 3

28. People with dependent personality disorder:
 Rely on others for even minor decisions
 Avoid the social interaction
 Are involved in illegal affairs
 all off given
 1

29. For acute post traumatic stress disorders, the symptoms prevail for _____ months.
 Less than two
 Less than Three
 More than Four
 More than ten
 1

30. A young person forgets the memories of his/her early childhood is an example of:
 Amnesia
 Retrograde Amnesia
 Anterograde Amnesia
 Delirium
 2

31. Akbar found himself going miles away from his house and while returning back was unable to recall that what he did while on the trip. He may be suffering from which of the following?

Generalized Amnesia
 Selective Amnesia
 Dissociative Fugue
 Dissociative Amnesia
 3

32. Mostly people believe that hypochondriasis is basically a disorder of:
 Faulty thinking or cognition
 Emotions
 Wrong learning
 Unconscious wishes

33. Which of the following approach suggests that those individuals are more likely to develop a pattern of drug abuse who has family history for drug abuse and lives in societies that create stress?
 Biological
 Psychodynamic
 Behavioral
 Socio-cultural
 4

34. The basic feature of dissociative fugue is that the individual:
 Suddenly and unexpectedly develops anterograde amnesia
 Suddenly and unexpectedly develops retrograde amnesia
 Suddenly and unexpectedly travels away from home or from their customary place of daily activities
 Suddenly and unexpectedly develops an alternative personality
 3

35. Dissociative amnesia and fugue usually occur in which of the following age?
 Childhood

Adolescence
Adulthood
Old age
3

36. It is believed that approximately _____ of all adults in United States currently display some form of substance use disorder.

2%
10%
7%
14%
3

37. Misinterpretations of perceptions or experiences in Schizophrenia are known as:

Hallucinations
Misperceptions
Delusions
Avolition
1

38. Which of the following includes communities where addicts live, work and socialize in a drug free environment?

Therapeutic communities
Social groups
Special people group
Third care houses
1

39. Which of the following model addresses several important issues that confront the addict in trying to deal with the challenges of life without drugs?

Behavioral techniques
Aversive therapy
Relapse prevention training
Self help groups
3

40. Afifa becomes anxious at even the thought of social interactions. She is extremely sensitive to the opinion of others and has a fear of rejection. She may be suffering from:

Avoidant personality disorders
Dependent personality disorder
Schizoid personality disorder
Schizotypal personality disorder
1

41. Due to the presence of physical symptoms individuals with hypochondriasis go to _____

Psychiatrists
Family physicians
Someone elderly at home
No one and restrict to themselves
2

42. The sight, sound, smell, feelings and even taste are distorted sometimes in dramatic ways when a person is under the effect of:

Depressants
Stimulants
Hallucinogens

Cocaine

3

43. Which of the following is NOT a stimulant?

Amphetamines

Nicotine

Caffeine

Alcohol

4

44. In the Active Stage in Schizophrenia which of the following symptoms are evident?

Delusions

Disordered speech and communication

Hallucinations

All of the given options

4

45. Studies of community samples in North America and Europe indicate that the prevalence of dementia in people between the ages of 65 and 69 is approximate

1 percent

3 percent

2.5 percent

4 percent

1

46. Which of the following approach states that people who turn to drugs has an inordinate dependency needs?

Biological

Psychodynamic

Behavioral

Socio-cultural

2

47. The basic feature of dissociative fugue is that the individual:

Suddenly and unexpectedly develops anterograde amnesia

Suddenly and unexpectedly develops retrograde amnesia

Suddenly and unexpectedly travels away from home or from their customary place of daily activities

Suddenly and unexpectedly develops an alternative personality

3

48. The biochemical theory of schizophrenia known as the Dopamine Hypothesis refers to:

Insufficient Dopamine Activity

Contaminated Dopamine

Excess Dopamine Activity

Allergic Sensitivity to Dopamine

1

49. In Dissociative Identity Disorder the host identity refers to:

The one that was the first to emerge as new identity

The one that is the most dominant

The one that existed before the onset of the disorder

The one that is the most aggressive

3

PSY404 MCQs

According to DSM-VI-TR, what is the minimum duration for the presence of symptoms required to diagnoses a patient as suffering from unipolar disorder?

- One week
- **Two week**
- Less than two week
- Depends upon the severity of symptoms
- Which of the following are difficulties in the amount, quality, or timing of sleep?

- **Dysomnias**
- Parasomnias
- Insomnia
- Hyposomia

Sara's behavior becomes very strange at times. Her speech and way of dealing with others changes dramatically, as if she is a different person. She is unable to recall anything she did during these periods of time. Her symptoms are indication of which of the following?

- Dissociative generalized amnesia
- Dissociative identity disorder
- Dissociative fugue

- **Dissociative amnesia**

Sana, a diagnosed patient of depression, has the complaints of change in appetite and sleep patterns. These symptoms are called _____ symptoms of depression.

- **Somatic**
- Behavioral
- Cognitive
- Both somatic and behavioral

It is believed that approximately _____ of all adults in United States currently display some form of substance use disorder.

- 2%
- 10
- **7**
- 14

Akbar found himself going miles away from his house and while returning back was unable to recall that what he did while on the trip. He may be suffering from which of the following?

- Generalized Amnesia
- Selective Amnesia
- Dissociative Fugue
- **Dissociative Amnesia**

- Some students are unable to perform well in class presentation and are fearful and very anxious on such confrontations. This is an example of:

- Agoraphobia
- Phobia
- **Social phobia**
- Specific Phobia
Rubab seldom leaves her home. Even friends visit her at home, and have most things delivered to her. The idea of being in a movie theater, going to a public park, or eating in a restaurant scares her. Such symptoms are typical of:
- Obsessive-compulsive disorder
- **Agoraphobia**
- Fugue states
- Panic disorder
- All of the mood disorders involve:
- **Persistent depression**
- Psychotic depression
- Cycles of depression and elation
- Disturbance in expressed emotions

• 9:42 AM

Farwa goes through each day feeling uneasy and tense. She is very sensitive to criticism and has difficulty in making decisions, even about little things. She constantly worries about her job, her financial situation, and family matters. Her symptoms fit the diagnostic category of:

- Generalized anxiety disorder
- **Major depression**
- Phobic disorder
- Somatoform disorder
- Trauma victims are more likely to develop PTSD when the trauma is more
 - Intense
 - Life-threatening
 - Involves greater exposure
 - **all**
- Dissociative amnesia and fugue usually occur in which of the following age?
 - Childhood
 - Adolescence
 - Adulthood
 - **old age**
- Farwa goes through each day feeling uneasy and tense. She is very sensitive to criticism and has difficulty in making decisions, even about little things. She constantly worries about her job, her financial situation, and family matters. Her symptoms fit the diagnostic category of:
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- **Somatoform disorder**

It is believed that approximately _____ of all adults in United States currently display some form of substance use disorder.
_____ lasts only for four week.

- Acute stress disorder
- **Post traumatic stress disorders**
- Post trauma anxiety
- all

Linda just does not enjoy doing much of anything lately. She blames herself for all of her failures in life. She has lost interest in food and social activities, and most days she just stays in bed. If these symptoms last more than two weeks, then she may be diagnosed as having:

- **Bipolar disorder**

- Antisocial personality
- Major depression
- Agoraphobia

Sana has frequent thoughts that her hands are dirty. She is unable to get rid of these thoughts. This is an example of:

- Obsession
- Compulsion
- Excessive worry
- anxiety

People with dependent personality disorder:

- **Rely on others for even minor decisions**

- Avoid the social interaction
- Are involved in illegal affairs
- All of the given options

Afifa becomes anxious at even the thought of social interactions. She is extremely sensitive to the opinion of others and has a fear of rejection. She may be suffering from:

- **Avoidant personality disorders**

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- Schizoid personality disorder
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it has been found that if one fraternal twin suffers a major depression, there is a 20 percent chances that at some other time the other twin will too. The rate for identical twin is closer to 50 percent. The most accurate conclusion from such studies is that:

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- **Depression has genetic basis, but environmental factors are also important**

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Due to the presence of physical symptoms individuals with hypochondriasis go to _____.

- **Psychiatrists**
- Family physicians
- Someone elderly at home
- No one and restrict to themselves
- The most deadly and well-known form of coronary heart disease is _____, commonly called a heart attack.
- Dyssomnias
- **Myocardial infarction**
- Hypertension
- Hypersomnia
- Which one of the following statement about suicide is inaccurate?
- **More men than women complete their attempted suicides**
- More women than men attempt suicide
- Depression is not associated with suicide attempts
- One of the best predictors of suicide is a sense of hopelessness
- Which of the following are difficulties in the amount, quality, or timing of sleep?
- **Dysomnias**
- Parasomnias
- Insomnia
- Hyposomia
- Mood disorders are primarily characterized by disturbance in:
- **Thought processes**
- Biological processes
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- Akbar found himself going miles away from his house and while returning back was unable to recall that what he did while on the trip. He may be suffering from which of the following?
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- Some students are unable to perform well in class presentation and are fearful and very anxious on such confrontations. This is an example of:
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- **Social phobia**
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- Which of the following approach states that people who turn to drugs has an inordinate dependency needs?
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- **Psychodynamic**
- Behavioral
- Socio-cultural

Identify the disorder that is similar to post traumatic stress disorder but its symptoms last for at least two days but not more than four weeks.

- **Acute stress disorder**
 - Panic attacks
 - Generalized anxiety disorder
 - all
- An individual with narcissistic personality disorder routinely overestimates his abilities and inflates his accomplishments. This is characterized by which of the following?
- Pervasive need for admiration
 - **Inability to monitor reality**
 - Impulsive behavior such as drug abuse
 - Unusual ideas of reference
 -
- 1) Which therapy originally was promoted as a third force in psychotherapy.**
- a) Beck's cognitive therapy .
 - b) Rational emotive therapy.
 - **c) Humanistic psychotherapy .(pg:97)**
 - d) Gestald therapy.
- 2)----- involve putting your self in some one else's shoes and conveying your understanding of that person's feeling and perspectives.**
- a) Role reversal.
 - **b) Empathy.(pg:97)**
 - c) both a and b .
 - d) none of the above.
 -
- 3) In which technique clients are told to talk as the other person and feel as the other person.**
- a) Existential therapy.
 - **b) Role reversal.(pg:97)**
 - c) Meta analysis.
 - d) none of the above .
 -
- 4) In order to summarize findings across all of these studies, psychologists have invented a new statistical technique called -----**
-
- **a) Existential therapy.**
 - b) Gestalt therapy.
 - **c) meta analysis.(pg:98)**

- d) none of the above .
- 5)----- is a mood state , characterized by marked negative effect. Bodily symptoms of tension , restlessness and apprehension about future .
- a) phobia .
- b) stress.
- c) schizophrenia.
- **d) anxiety .(pg:104)**
-
- 6)The ----- response of anxiety is reflected in increase heart beat and muscle tension.
- a) psychological.
- **b) physiological.(pg:104)**
- c) danger.
- d) none of the above.
- 7)Anxiety disorder share several important similarities with -----.
- a) stress disorders.
- b) memory related disorders .
- c) schizophrenic disorders.
- **d) mood disorders.(pg:106)**
- 8) Excessive anxiety and worry that occur on most days for a period of six months about events and activities such as work or schools , symptoms include restlessness, fatigue, difficulty concentrating, irritability , muscle tension and sleep disturbance.
- a) social phobia.
- b) panic attacks .
- **c) generalized anxiety disorder.(pg:106)**
- d) Acute stress disorder .
- 9) Phobic disorder are the most common of the anxiety disorder ,Magee and associates (1996) reported life time prevalence for social phobia.
- a) 11.3 %.
- **b) 13.3% (pg:109)**
- c) 6.7 %
- d) 14.2 %
- 10) The term agoraphobia which we derived from the Greek word agora means market place ,was originally used to refer a pathological fear of ---
- a) pointed places.
- b) Spiders.
- **c) open places.(pg:110)**

- d)water.
- 11) ----- are persistent and unwanted thoughts , ideas or images that a person does not intentionally produce .
- a)compulsion.
- **b) obsession(pg:113)**
- c)stress.
- d)phobia.
-
- 12)----- are the most common psychological disorders and the risk of developing them is increasing all over the world especially among the young people .
- a) anxiety.
- b)depression.
- c)Stress .
- **d) Mood.(pg:116)**
- 13) ----- refers to subjective state of feelings , such as sadness, anger and adjust .
- **a) emotions.(pg:116)**
- b) Affects.
- c) mood.
- d) stress.
-
- 14) Which is flip side of depression ,and also involve in disturbance mood that is additional symptoms.
- a) Unipolar mood disorder.
- b) Bipolar mood disorder.
- **c) Mania.(pg:117)**
- d) all of the above .
-
- 15) People who are clinically depressed frequently note that their thinking is slowed down , that they have trouble concentrating, and that they are easily distract ,guilt are worthlessness are also common preoccupation is symptoms of which state of depression.
- a)Emotional.
- **b)Cognitive.(pg:117)**
- c) Somatic.
- d) Behavioral.

Quiz 2009

