

MCQS

Psy504 midterm preparation file

ZB

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of God , Most
Gracious, Most merciful



Psy504

MCQS

1. What is the primary focus of developmental psychology?

- a) Mental health
- b) Physical development
- c) Emotional regulation
- d) Growth and change throughout the lifespan

Answer: d) Growth and change throughout the lifespan

2. Which of the following is a characteristic of the sensorimotor stage of cognitive development?

- a) Abstract thinking
- b) Object permanence
- c) Conservation of mass
- d) Egocentrism

Answer: b) Object permanence

3. At which age does Piaget's concrete operational stage typically occur?

- a) 0-2 years
- b) 2-7 years
- c) 7-11 years
- d) 12+ years

Answer: c) 7-11 years

4. According to Erikson, what is the challenge during adolescence?

- a) Trust vs. mistrust
- b) Identity vs. role confusion
- c) Intimacy vs. isolation
- d) Integrity vs. despair

Answer: b) Identity vs. role confusion

5. Which of the following is NOT part of the Big Five personality traits?

- a) Neuroticism
- b) Openness
- c) Introversion
- d) Conscientiousness

Answer: c) Introversion

6. Which theory suggests that children actively construct their own cognitive development through interactions with their environment?

- a) Vygotsky's sociocultural theory
- b) Erikson's psychosocial theory
- c) Piaget's cognitive development theory
- d) Bandura's social learning theory

Answer: c) Piaget's cognitive development theory

7. What is the primary focus of social learning theory?

- a) Reward and punishment
- b) Learning through observation and imitation
- c) Self-actualization
- d) Environmental factors

Answer: b) Learning through observation and imitation

8. Which of the following is a defining characteristic of a secure attachment?

- a) Child avoids the caregiver
- b) Child shows distress when the caregiver leaves but is easily comforted upon return
- c) Child is indifferent to the caregiver
- d) Child shows anger toward the caregiver

Answer: b) Child shows distress when the caregiver leaves but is easily comforted upon return

9. Which term describes the ability to understand that objects continue to exist even when they are not visible?

- a) Conservation
- b) Object permanence
- c) Egocentrism
- d) Formal operational thinking

Answer: b) Object permanence

10. Which of the following is true about the preoperational stage of cognitive development?

- a) Children can think logically about concrete events.
- b) Children lack the ability to perform operations mentally.
- c) Children can think abstractly and hypothetically.
- d) Children begin to experience self-awareness.

Answer: b) Children lack the ability to perform operations mentally.

11. In which of Erikson's stages does a person focus on forming intimate relationships?

- a) Trust vs. mistrust
- b) Intimacy vs. isolation
- c) Autonomy vs. shame
- d) Industry vs. inferiority

Answer: b) Intimacy vs. isolation

12. Which type of research method involves manipulating an independent variable to observe its effect on a dependent variable?

- a) Case study
- b) Correlational study
- c) Experiment
- d) Naturalistic observation

Answer: c) Experiment

13. In classical conditioning, the neutral stimulus becomes the:

- a) Unconditioned stimulus
- b) Conditioned response
- c) Conditioned stimulus
- d) Unconditioned response

Answer: c) Conditioned stimulus

14. Which of the following is an example of negative reinforcement?

- a) Giving a reward for good behavior
- b) Taking away a chore to encourage good behavior
- c) Adding a privilege for good behavior
- d) Yelling to stop bad behavior

Answer: b) Taking away a chore to encourage good behavior

15. What is the main difference between positive and negative punishment?

- a) Positive punishment adds something unpleasant, while negative punishment removes something pleasant
- b) Positive punishment removes something unpleasant, while negative punishment adds something unpleasant
- c) Positive punishment and negative punishment are the same
- d) Positive punishment focuses on reinforcement, while negative punishment focuses on punishment

Answer: a) Positive punishment adds something unpleasant, while negative punishment removes something pleasant

16. Which of the following is an example of a fixed-interval schedule of reinforcement?

- a) A teacher gives a quiz every Friday
- b) A slot machine pays out after an unpredictable number of plays
- c) A dog is given a treat every time it barks
- d) A child is given a cookie after three instances of good behavior

Answer: a) A teacher gives a quiz every Friday

17. What is the term for the ability to focus on one stimulus while ignoring others?

- a) Selective attention
- b) Divided attention
- c) Sustained attention
- d) Focused concentration

Answer: a) Selective attention

18. What is the primary focus of the humanistic perspective in psychology?

- a) Social interactions
- b) Self-actualization and personal growth
- c) Biological drives
- d) Behavioral responses to the environment

Answer: b) Self-actualization and personal growth

19. Which of the following is associated with the term "self-actualization"?

- a) Reaching one's full potential
- b) Learning from negative experiences
- c) Satisfying biological needs
- d) Developing social relationships

Answer: a) Reaching one's full potential

20. What does the term "cognitive dissonance" refer to?

- a) The discomfort felt when holding conflicting beliefs or attitudes
- b) The process of learning new information
- c) The inability to process emotions effectively
- d) The adaptation of thought patterns to new experiences

Answer: a) The discomfort felt when holding conflicting beliefs or attitudes

21. According to Maslow's hierarchy of needs, which need must be satisfied before higher-level needs can be pursued?

- a) Esteem needs
- b) Social needs
- c) Safety needs
- d) Physiological needs

Answer: d) Physiological needs

22. What is the term for a mental shortcut or rule of thumb that simplifies decision making?

- a) Schema
- b) Heuristic
- c) Prototype
- d) Algorithm

Answer: b) Heuristic

23. Which type of memory has the largest capacity and stores information for the shortest period of time?

- a) Sensory memory
- b) Short-term memory
- c) Long-term memory
- d) Working memory

Answer: a) Sensory memory

24. In terms of attachment, what is the primary characteristic of avoidant attachment?

- a) Infants are overly dependent on their caregivers
- b) Infants show little distress when the caregiver leaves and avoids them upon return
- c) Infants are anxious and clingy, even when the caregiver is present
- d) Infants show intense distress when the caregiver leaves but are easily comforted

Answer: b) Infants show little distress when the caregiver leaves and avoids them upon return

Midterm preparation file

25. In Maslow's hierarchy of needs, which of the following is considered a deficiency need?

- a) Esteem
- b) Self-actualization
- c) Love and belonging
- d) Physiological

Answer: d) Physiological

26. Which of the following describes the term "regression" in psychological defense mechanisms?

- a) Returning to earlier stages of development in response to stress
- b) Replacing unwanted thoughts with acceptable ones
- c) Exaggerating positive behaviors to reduce anxiety
- d) Attributing one's own unacceptable feelings to others

Answer: a) Returning to earlier stages of development in response to stress

27. What is the main purpose of the social-cognitive theory of personality?

- a) To explain the interaction between behavior, cognitive processes, and social influences
- b) To understand genetic influences on personality
- c) To identify the biological basis for personality
- d) To measure the impact of childhood experiences on adult behavior

Answer: a) To explain the interaction between behavior, cognitive processes, and social influences

28. Which of the following is an example of intrinsic motivation?

- a) Studying to get a good grade
- b) Playing a sport to win a trophy
- c) Reading a book because you enjoy it
- d) Going to work to receive a paycheck

Answer: c) Reading a book because you enjoy it

Midterm preparation file

29. What does the term "learned helplessness" refer to?

- a) The learned ability to succeed despite failure
- b) A passive response to uncontrollable situations
- c) The ability to control one's own destiny
- d) The feeling of empowerment through effort

Answer: b) A passive response to uncontrollable situations

30. Which of the following best describes an external locus of control?

- a) Believing that outcomes are determined by internal factors
- b) Believing that outcomes are determined by external forces
- c) Feeling responsible for others' success
- d) Focusing on self-improvement

Answer: b) Believing that outcomes are determined by external forces

31. What is the primary focus of behavioral psychology?

- a) Cognitive processes
- b) Unconscious mind
- c) Observable behavior and environmental influences
- d) Social influences on personality

**Answer: c) Observable

Midterm preparation file

33. Which of the following is a key principle of behaviorism?

- a) Internal cognitive processes should be the main focus of study**
- b) Behavior is shaped by the environment through reinforcement and punishment**
- c) People are born with an innate drive toward self-actualization**
- d) Behavior is influenced by unconscious conflicts**

Answer: b) Behavior is shaped by the environment through reinforcement and punishment

34. What is the primary role of the myelin sheath?

- a) To transmit electrical signals faster across neurons**
- b) To store neurotransmitters**
- c) To regulate the cell's metabolic processes**
- d) To detect environmental stimuli**

Answer: a) To transmit electrical signals faster across neurons

35. Which of the following is associated with the dopamine neurotransmitter?

- a) Regulation of sleep-wake cycles**
- b) Control of mood and motivation**
- c) Pain regulation**
- d) Vision processing**

Answer: b) Control of mood and motivation

36. Which of the following is a characteristic of the formal operational stage in Piaget's theory?

- a) Use of symbolic thinking**
- b) Ability to think logically about concrete events**
- c) Ability to think abstractly and logically about hypothetical situations**
- d) Development of motor skills**

Answer: c) Ability to think abstractly and logically about hypothetical situations

Midterm preparation file

37. Which term refers to the mental framework that helps individuals organize and interpret information?

- a) Schema
- b) Heuristic
- c) Cognitive dissonance
- d) Prototype

Answer: a) Schema

38. What is the key feature of the concept of "fixed mindset"?

- a) Belief that abilities and intelligence can be developed with effort
- b) Belief that intelligence and abilities are fixed traits
- c) Focus on extrinsic rewards to motivate performance
- d) Focus on enhancing self-esteem and self-worth

Answer: b) Belief that intelligence and abilities are fixed traits

39. According to Freud, what is the primary function of the ego?

- a) To serve as the moral compass of the personality
- b) To mediate between the demands of the id and the superego
- c) To experience pleasure without regard for consequences
- d) To repress socially unacceptable desires

Answer: b) To mediate between the demands of the id and the superego

40. Which of the following describes the term "bystander effect"?

- a) The tendency for individuals to help others when they are in need
- b) The tendency for people to assume others will intervene in an emergency situation
- c) The tendency for people to act more altruistically when they are alone
- d) The tendency for people to behave aggressively in groups

Answer: b) The tendency for people to assume others will intervene in an emergency situation

MCQS

Midterm preparation file

41. Which concept in social psychology refers to the change in behavior due to the real or imagined influence of others?

- a) Conformity
- b) Obedience
- c) Social facilitation
- d) Social loafing

Answer: a) Conformity

42. In research, the term "operational definition" refers to:

- a) The researcher's personal bias in interpreting results
- b) A precise description of how a variable is measured or manipulated
- c) The method used to collect data
- d) The variables that are not being studied

Answer: b) A precise description of how a variable is measured or manipulated

43. Which of the following best describes the placebo effect?

- a) When an individual experiences physical improvement after receiving a non-effective treatment
- b) When an individual refuses to participate in a clinical trial
- c) When a researcher provides an active treatment to a control group
- d) When an individual's expectations about an outcome influence the results

Answer: a) When an individual experiences physical improvement after receiving a non-effective treatment

44. Which term refers to the process of encoding, storing, and retrieving information?

- a) Memory
- b) Perception
- c) Attention
- d) Cognition

Answer: a) Memory

45. What is the main characteristic of a longitudinal research design?

- a) It involves a cross-sectional sample of participants from different age groups
- b) It studies participants over a long period of time
- c) It manipulates one or more variables in a controlled environment
- d) It involves only a single participant at a time

Answer: b) It studies participants over a long period of time

46. What is the key difference between reliability and validity in research?

- a) Reliability refers to the consistency of results; validity refers to whether the test measures what it is intended to measure
- b) Reliability refers to the accuracy of the results; validity refers to consistency
- c) Reliability is important only in experimental designs; validity is important in observational studies
- d) Reliability and validity are interchangeable terms in research

Answer: a) Reliability refers to the consistency of results; validity refers to whether the test measures what it is intended to measure

.....

ZB +92 300 5427579

WhatsApp:

<https://whatsapp.com/channel/0029VaODheTDp2Q8YVco0N2p>

**Second WhatsApp channel
channel on WhatsApp:**

<https://whatsapp.com/channel/0029VafvOcy90x2tPbUaX02l>

YouTube:

<https://youtu.be/-AMj4iNz0UE?si=hg29pJZ1kujzg57J>

Phone no : +92 300 5427579

Phone no: +92 330 3869586

Email: asktozb@gmail.com

Passing criteria of this course

Letter Grade	Grade Points	Equivalent Percentage
A+	4.00	90-100
A	4.00	85-89
A-	3.66 - 3.99	80-84
B+	3.33 - 3.65	75-79
B	3.00 - 3.32	71-74
B-	2.66 - 2.99	68-70
C	2.00 - 2.65	61-67
D	1.00 - 1.99	50-60
F	0.00	00-49

Passing Criteria for a Course:

The passing criteria is defined in such a way that it ensures the student shall be consistent in his studies throughout the semester.

Therefore, for passing a course/subject, student shall fulfill the following:

- a) Secure minimum **20%** score in Formative Assessments/Mid terms
- b) Secure minimum **20%** score in Final Term Examinations.
- c) Secure at least **40%** marks in aggregate while fulfilling the above requirements

Course Selection and Credit Hours

Q: How do I select courses when the course selection is open?

A: Follow these steps:

- 1. Check the credit hours allowed by your university (e.g., 21, 18, or 15 credit hours).**
- 2. Each subject typically has 3 credit hours.**
- 3. Divide the total allowed credit hours by 3 to determine how many subjects you can select.**

Examples:

21 credit hours = 7 subjects

15 credit hours = 5 subjects

Remember, the university may allow different credit hours for each student, so check your specific allowance.

By following these steps, you can make informed decisions during course selection and manage your credit hours effectively.

ZB

Advice

Hmaesha relax ho ke parha kryn panic mat hua kryn apky parents ky bohat khawab hoty hn wo pura krny ki puri koshish kea kryn kbi b ksi pe depend na kea kryn apko bs ak insan success kr saqta ha or wo insan ap khud hn apky elawa koi nahe ap bs koshish kryn Allah pak pe strong yakeen rakha kryn or mehnat krke sb Allah ke hawaly kr dea kryn everything is possible be brave be strong stay blessed

Hum insan hamesha moat se darty or bhagty hn or moat se bachny ki koshish krty hn jabke moat ny ana hi ana ha hum

moat se nahe bach saqty humy jahanam se bachny ki koshish
krni chaheay hum jahanam se bach saqty hn
Insan ko 3 chezo se dar lagta ha Moat Risk/Dolat Ezat Shohrat
Fame

Moat

**Humy pta hona chaheay Moat tab ani ha jab Allah
chahy us se pehly puri dunya bi ak taraf ho ke apko
marna chahy to apka kuch nahe beggar saqti**

Risk/Dolat

**Risk Dolat sb Allah pak ke hath m ha puri dunya ak
taraf b ho jay na apsy apka risk cheen saqti ha na de
saqti ha Ye sirf ALLAH pak ky hath m ha**

Izat Zilat shohrat Fame

**Izat Zilat Sirf Allah de saqty hn puri dunya mel ke b
apko zra brabr b damage nahe kr saqti Agr ALLAH**

**Apko izat dena chahay to puri dunya ak taraf ho ke
b apko 1% b nuksan nahe pohancha saqti**

Phr Dar ks bat ka ??????????????????

Be brave be strong Just put your trust To ALLAH

**Hamesha Confident or himat se raho kbi ksi k samne
mat jhuko puri dunya mel k b apka kuch b nahe
beggar saqti**

ZB
MY REQUEST FROM ALL OF YOU

ZB Request from All of you My family

Mjy ap sbki help or support ki zarort ha or wo ye k hum sb Mel kr Allah ka Quran ki Urdu translation logo tak pohanchy or Quran ko samjna asaaan kryn dosro k leay sb tak Allah ka Quran pohanchy it's my campaign hum log 70+ age k ho jaty hn phr b hmy namaz tak ki translation nahe pta hoti k hum Allah pak se

Kya Dua kr rhy hn so hum youngster's ko Mel kr puri takat or energy ke sath Allah ka Quran spread krna ha

Hum puri Koshish kr rhy hn k hum sb Mel k Quran ki translation or most important topics ko maximum share kry with translation hmara maksad Quran ko spread krna ha be a part of us

m apni pocket se ye sb kr rha ho Allah ka Quran spread krny k leay apne or mene sbny Marna ha ak din to q na Allah k leay Kuch kryn apni energies apni power ko bajay negative use krny k Allah k leay invest kryn khud ko be a part of us

Agr m 23 ki age m apny sare sources use kr rha ho pocket se heavy amounts give away kr rha ho Quran spread krny k leay to ap just share to kr saqty hn itna e kr dyn

Contact ZB [+92 300 5427579](tel:+923005427579)

ZB

Agr ap mujsy contact na kr sky too b ap jo b hn jaha bi hn waha Allah ka quran pheelay zada se zada with urdu translation jitni himat ha utna share kryn

..... **MY Family**

**Just Relax and focus! Exams are not difficult. Put in your
100% effort and trust in Allah.**

..... **AL-Quran**

**"And indeed, with hardship comes ease." (Quran 94:5)
Remember, I'm here to support you! Stay brave and strong!"**

May Allah bless you