MCQS

Psy402 midterm preparation file

ZB

بسم الله الرحمن الرحيم

In the name of God , Most Gracious, Most merciful

Psy402

MCQS

1. Who is considered the father of modern clinical psychology?

a) Sigmund Freud

b) Wilhelm Wundt

c) Lightner Witmer

d) Carl Rogers

Answer: c) Lightner Witmer

2. Which approach emphasizes unconscious conflicts and childhood experiences?

a) Humanistic

b) Cognitive

c) Psychodynamic

d) Behavioral

Answer: c) Psychodynamic

3. The DSM is primarily used for:

a) Conducting experiments

b) Diagnosing mental disorders

c) Treating physical illnesses

d) Studying brain anatomy

Answer: b) Diagnosing mental disorders

4. What does the "S" in DSM stand for?

a) Symptoms

b) Statistical

c) Social

d) Scientific

Answer: b) Statistical

5. Who developed client-centered therapy?

a) Albert Ellis

b) Carl Rogers

c) Aaron Beck

d) B.F. Skinner

Answer: b) Carl Rogers

6. What does "comorbidity" refer to in clinical psychology?

a) Coexistence of two disorders

b) Death caused by mental illness

c) Progression of a single disorder

d) Treatment failure

Answer: a) Coexistence of two disorders

7. Which therapy focuses on changing irrational beliefs?

a) Cognitive Behavioral Therapy

b) Rational Emotive Behavior Therapy

c) Psychoanalysis

d) Gestalt Therapy

Answer: b) Rational Emotive Behavior Therapy

8. A structured interview in clinical psychology ensures:

a) Flexibility for therapists

b) Standardized assessment

c) Subjective judgments

d) Better rapport with clients

Answer: b) Standardized assessment

9. Who is associated with cognitive therapy?

a) Sigmund Freud

b) Carl Rogers

c) Aaron Beck

d) Abraham Maslow

Answer: c) Aaron Beck

10. Behavior therapy is primarily based on principles of:

a) Humanism

b) Psychodynamics

c) Conditioning

d) Cognition

Answer: c) Conditioning

11. In operant conditioning, reinforcement is used to:

a) Decrease behavior

b) Increase behavior

c) Punish behavior

d) Erase memory

Answer: b) Increase behavior

12. The primary focus of humanistic therapy is:

a) Past trauma

b) Future aspirations

c) Self-actualization

d) Unconscious motives

Answer: c) Self-actualization

13. Freud's concept of the Id operates on the:

a) Reality principle

b) Pleasure principle

c) Moral principle

d) Cognitive principle

Answer: b) Pleasure principle

14. Which is a projective personality test?

a) MMPI

b) Rorschach Inkblot Test

c) WAIS

d) Beck Depression Inventory

Answer: b) Rorschach Inkblot Test

15. In classical conditioning, the unconditioned stimulus produces:

a) Conditioned response

b) Neutral response

c) Unconditioned response

d) No response

Answer: c) Unconditioned response

16. Which psychologist proposed the hierarchy of needs?

a) Erik Erikson

b) Abraham Maslow

c) Carl Jung

d) Carl Rogers

Answer: b) Abraham Maslow

17. The main goal of psychoanalysis is to:

a) Change behaviors

b) Promote relaxation

c) Explore unconscious conflicts

d) Enhance cognitive skills

Answer: c) Explore unconscious conflicts

18. Systematic desensitization is commonly used to treat:

a) Depression

b) Schizophrenia

c) Phobias

d) OCD

Answer: c) Phobias

19. Which of the following is NOT a characteristic of clinical psychology?

a) Diagnosis

b) Psychotherapy

c) Biological interventions

d) Research

Answer: c) Biological interventions

20. What is the primary method used in cognitive therapy?

a) Challenging distorted thoughts

b) Exploring childhood experiences

c) Free association

d) Relaxation techniques

Answer: a) Challenging distorted thoughts

21. The WAIS is designed to measure:

a) Personality traits

b) Intelligence

c) Emotional stability

d) Academic skills

Answer: b) Intelligence

22. In Pavlov's experiment, the bell was the:

a) Unconditioned stimulus

b) Conditioned stimulus

c) Neutral stimulus

d) Unconditioned response

Answer: b) Conditioned stimulus

23. CBT combines cognitive therapy with:

a) Psychodynamic therapy

b) Behavioral therapy

c) Humanistic therapy

d) Gestalt therapy

Answer: b) Behavioral therapy

24. Which disorder involves extreme mood swings?

a) Bipolar Disorder

b) OCD

c) PTSD

d) Generalized Anxiety Disorder

Answer: a) Bipolar Disorder

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25. Albert Ellis developed which therapeutic approach?

a) Psychoanalysis

b) REBT

c) CBT

d) Humanistic Therapy

Answer: b) REBT

26. The term "insight" in therapy refers to:

a) A client's ability to change behavior

b) Understanding underlying issues

c) Effective coping strategies

d) Positive reinforcement

Answer: b) Understanding underlying issues

27. Which model views mental disorders as biological illnesses?

a) Biopsychosocial

b) Medical

c) Humanistic

d) Psychodynamic

Answer: b) Medical

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28. The term "psychometrics" refers to:

a) Treatment techniques

b) Testing and measurement

c) Brain imaging

d) Counseling methods

Answer: b) Testing and measurement

29. Which approach emphasizes free will and personal growth?

a) Behavioral

b) Humanistic

c) Psychodynamic

d) Biological

Answer: b) Humanistic

30. Which type of therapy is brief and problem-focused?

a) Psychoanalysis

b) CBT

c) Gestalt Therapy

d) Humanistic Therapy

Answer: b) CBT

31. An example of a positive symptom of schizophrenia is:

a) Lack of motivation

b) Hallucinations

c) Reduced emotional expression

d) Social withdrawal

Answer: b) Hallucinations

32. The term "etiology" refers to the:

a) Treatment of disorders

b) Symptoms of a disorder

c) Causes of a disorder

d) Diagnosis process

Answer: c) Causes of a disorder

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33. Which term describes the reliability of a test over time?

a) Construct validity

b) Test-retest reliability

c) Internal consistency

d) Predictive validity

Answer: b) Test-retest reliability

34. The biopsychosocial model includes which factors?

a) Psychological, cultural, and genetic

b) Biological, psychological, and social

c) Behavioral, biological, and medical

d) Cognitive, social, and emotional

Answer: b) Biological, psychological, and social

35. The MMPI is primarily used to assess:

a) Cognitive skills

b) Personality traits and psychopathology

c) Academic abilities

d) Neurological damage

Answer: b) Personality traits and psychopathology

36. In Freud's structural theory, the superego represents:

a) Unconscious drives

b) Reality-based decision-making

c) Moral standards and values

d) Primitive impulses

Answer: c) Moral standards and values

37. A psychologist studying the effects of brain lesions is using which approach?

a) Psychodynamic

b) Biological

c) Cognitive

d) Behavioral

Answer: b) Biological

38. The primary focus of Gestalt therapy is on:

a) Childhood experiences

b) Resolving unconscious conflicts

c) The "here and now" experience

d) Irrational beliefs

Answer: c) The "here and now" experience

39. In research, which variable is manipulated by the experimenter?

a) Dependent variable

b) Control variable

c) Independent variable

d) Confounding variable

Answer: c) Independent variable

40. What does the term "dual diagnosis" refer to?

a) Two clients in therapy together

b) Two disorders occurring simultaneously

c) Two different therapy techniques

d) Two phases of treatment

Answer: b) Two disorders occurring simultaneously

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41. Which neurotransmitter is primarily associated with mood regulation?

a) Dopamine

b) Serotonin

c) GABA

d) Acetylcholine

Answer: b) Serotonin

42. What is the purpose of a case study in clinical psychology?

a) To generalize findings

b) To study a single individual in depth

c) To conduct experiments

d) To validate theories statistically

Answer: b) To study a single individual in depth

43. A person with irrational fears and avoidance of specific objects likely has:

a) Panic Disorder

b) Generalized Anxiety Disorder

c) Specific Phobia

d) OCD

Answer: c) Specific Phobia

44. Which test measures cognitive deficits following brain injury?

a) Rorschach Inkblot Test

b) WAIS

c) Bender Visual-Motor Gestalt Test

d) TAT

Answer: c) Bender Visual-Motor Gestalt Test

45. What is the primary focus of psychodynamic therapy?

a) Uncovering unconscious motives

b) Addressing present-day problems

c) Encouraging self-expression

d) Identifying faulty thought patterns

Answer: a) Uncovering unconscious motives

46. What is the function of the prefrontal cortex in the brain?

a) Regulating emotions and decision-making

b) Controlling involuntary actions

c) Processing auditory information

d) Coordinating motor movements

Answer: a) Regulating emotions and decision-making

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WhatsApp:

https://whatsapp.com/channel/0029VaODheTDp2Q8YVcoON2p

Second WhatsApp channel

channel on WhatsApp:

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

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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 su18 credit hours = 6 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.

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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 tararf 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 demage nahe kr saqti Agr ALLAH

Apko izat dena chahay to puri dunya ak tararf 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 compaign 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 krdyn

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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

ust 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