

*PSY101 (INTRO TO PSYCHOLOGY)*  
*Quizes and Mcqs*  
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*PSY 101 introduction To Psychology*  
*Quiz No 3 (2/7/2016)*  
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*All of the followings are the agents of attitude formation EXCEPT:*

- Neighborhood*
- **Innate tendencies***
- Social Environment*
- Mass Media*

*Which one is NOT a type of schizophrenia?*

- Disorganized type*
- Catatonic type*
- Paranoid type*
- **Differentiated type***

*Major depressive disorder is also referred to as what?*

- **Unipolar***
- Bipolar*
- Tripolar*
- Polar*

*Who gave the concept of learned helplessness?*

- **Martin Seligman***
- Martin Sernam*
- Martin Quinine*
- Alexander Fleming*

The branch of psychology that focuses upon the role of psychological factors in the development and prevention of illness, in coping with disease, and in promotion of wellbeing is known as what?

- Forensic psychology
  - Social psychology
  - **Health psychology**
  - Industrial psychology
- Which of the following is NOT a behavioral disturbance exhibited by schizophrenics?
- Repetitive movements
  - Increased motivation
  - Avolition

- **Odd facial expressions**

Humanistic approach emphasizes on all of the followings EXCEPT:

- **Observable behavior**
- Capacity for personal growth
- Intrinsic worth
- Potential for self-fulfillment

Which disorder was previously known as “melancholia”?

- **Major depression**

- Dissociative disorder
- Anxiety
- Dissociative fugue
- In which year, APA established its division 38?

- **1978**

- 1976
- 1977
- 1979

Which model of psychotherapy consists of Systematic desensitization and contingency management?

- Biological
- Family and couples

- **Behavioral**

- Cognitive

Galvanic skin response; in combination with the respiration and blood pressure is used for:

- Virus detection
- Measuring sugar in blood

- **Lie detection**

- Antibodies detection

With which of the following test problems and tendencies like Depression, Hysteria, Paranoia, and Schizophrenia can be identified

and at the same time it can be used to predict if college students will marry within 10 years?

- **MMPI**
- Rorschach
- TAT
- HTP

Who among the following gave the three classic categories of traits such as Cardinal, Central and Secondary traits?

- **Gordon Allport**
- Sigmund Freud
- Alfred Adler
- Erik Erikson

Which of the following is a rule; if it is applied, ensures the solution to the problem?

- Heuristics
- **Algorithms**
- Both heuristics and algorithms
- Logrithm

All of the followings are the main components of Sternberg's triarchic or three-dimensional theory, EXCEPT:

- Analytic intelligence
- Creative intelligence
- Practical intelligence
- **Verbal intelligence**

WAIS-R consists of two major parts. All of the followings are the subscales of verbal scale EXCEPT:

- Information
- **Object assembly**
- Arithmetic
- Similarities

Which of the following model is also known as "Sequential model"?

- Cannon- Bard Theory of Emotions
- Opponent- Process Theory
- Activation Theory
- **Magda Arnold's Cognitive Theory**

What is the correct sequence of opponent process theory of Solomon and Corbit?

- **Baseline--> State A--> State B--> Baseline**
- State B--> Baseline--> State A--> Baseline
- State A--> Baseline--> Baseline--> State B

- *Baseline--> Baseline--> State A--> State B*

*According to Horney, which of the following Arise from emotional conflicts and creates disturbance in interpersonal relationships in later life?*

- *Neuroses*
- **Depression**
- *Anorexia*
- *Schizophrenia*

*Who proposed that a power similar to magnetism existed in humans?*

- **Franz Mesmer**
- *Philippe pinel*
- *Galen*
- *plato*

*Thorndike divided intelligence into three main divisions. Which of the following is not one of them?*

- *Social intelligence*
- **Fluid intelligence**
- *Abstract intelligence*
- *Concrete intelligence*

*Which of the following mediates the link of the self with the outside world?*

- *Id*
- **Ego**
- *Superego*
- *Libido*

*Relaxation exercises and meditation are the examples of what?*

- *Mental images*
- **Schema**
- *Concepts*
- *Ideas*

*Who among the following published the first system of classification of mental diseases?*

- *Phillip Pinal*
- **Kraepelin**
- *Charcot*
- *Griesinger*

*All of the followings are included in Vertical thinking EXCEPT:*

- **Avoids looking for what is "right" or" wrong".**
- *Seeks continuity*

- Tries to find absolutes
- Finds what is right: seeks “yes” or “no” justifications

WAIS-R consists of two scales: Verbal and Performance. All of the followings are the subscales of Performance scale EXCEPT:

- Digit symbol
- **Object assembly**
- Picture completion
- Similarities

According to Jung, which of the following is the energy for personal growth and development?

- Archetypes
- Superiority complex
- **Libido**
- Neurotic needs

Aslam believes that Imran has high level of “Emotional Intelligence”. It means Aslam appreciates all of the following aspects in the personality of Imran, EXCEPT

- Self-awareness
- Empathy
- Handling relationships
- **High motivational level**

The explanation of mental disease according to the ancient man was that mental disorders are caused by abnormal activities of which of the following part?

- **Soul**
- Mind
- Glands
- Hormones

Which of the following hormones are secreted into the blood stream in excessive amounts during strong emotional states such as anger or fear?

- Thyroid
- Androgens
- **Adrenaline and nor adrenaline**
- Estrogens

Tests in which the subject is first shown an ambiguous stimulus and then he has to describe it or tell a story about it; known as what?

- Self-Report Test
- **Projective Tests**
-

- Which of the following refers to the problems whose solution depends on the relationship of components so that new construct can be developed?
- **Problems of Inducing Structures**
- Transformation Problems
- Arrangement Problems
- All of the given options

Galvanic skin response; in combination with the respiration and blood pressure is used for:

- Virus detection
- Measuring sugar in blood
- **Lie detection**
- Antibodies detection

Who among the following gave the Cognitive Appraisal Theory of emotions?

- Richard Solomon and John Corbit
- **Richard Lazarus**
- Albert Ellis
- Cannon-Bard

Which of the following operates on the "Pleasure principle"?

- :P
- **Id**
- ego
- super ego
- archetypes :(

Which of the following mediates the link of the self with the outside world?

- **ego**
- super ego
- lidido

- Memory, intelligence and language are important aspects of:
- Motivation
- Imagination
- Emotion
- **Cognition**

Learning approaches are primarily based upon the principles of all of the followings EXCEPT:

- Classical Conditioning
- Operant Conditioning

- **Gestalt Principle**
- Cognitive Learning
- 
- Which of the following Approach focuses upon the unconscious determinants of personality?
- **Psychodynamic Approach**
- Behavioral Approach
- Cognitive Approach
- Existential Approach

Salesmen, politicians, teachers, clinicians and religious leaders exhibit which type of intelligence?

- Moral intelligence
- **Social intelligence**
- Emotional intelligence
- Motivational intelligence

## From 2008 to 2015

1. John B. Watson believed that psychology should involve the study of \_\_\_\_\_.

- a. Consciousness
- b. The brain
- c. The mind
- d. Behavior

2. A(n) \_\_\_\_\_ is a measure of how strongly two variables are related to one another.

- a. Independent variable
- b. Correlation
- c. Experimental effect
- d. Dependent variable

**3. A variable that the experimenter manipulates is called a(n) \_\_\_\_\_.**

- a. Control condition
- b. Independent variable
- c. Coefficient of correlation
- d. Dependent variable

**4. Observing behavior as it happens in real-life natural settings without imposing laboratory controls is known as the \_\_\_\_\_.**

- a. Naturalistic observation method
- b. Experimental method
- c. Psychometric approach
- d. Survey method

**5. Who claimed that behavior is affected by positive reinforcement?**

- a. B. F. Skinner
- b. Sigmund Freud
- c. William James
- d. Wilhelm Wundt

**6. A detailed description of a particular individual being studied or treated is called \_\_\_\_\_.**

- a. A single-blind study
- b. A representative sample
- c. A naturalistic observation
- d. A case study

**7. The psychodynamic perspective was based on the work of \_\_\_\_\_.**

- a. Freud
- b. Watson
- c. Gestalt
- d. Wundt

**8. Who was an early proponent of functionalism?**

- a. Wilhelm Wundt
- b. Ivan Pavlov
- c. William James
- d. Max Wertheimer

**9. Which of the following terms do NOT belong together?**

- a. Natural selection; functionalism
- b. Psychoanalysis; unconscious conflict
- c. Structuralism; observable behavior
- d. Gestalt; whole

**10. "The whole is greater than the sum of the parts" is a statement associated with the perspective of \_\_\_\_\_.**

- a. Introspection
- b. Gestalt psychologists
- c. Psychoanalysis
- d. Functionalism

**1. Drugs that speed up the functioning of the nervous system are called \_\_\_\_\_.**

**Stimulants**

Psychogenics

Narcotics

Depressants

**2. According to Sigmund Freud, the important underlying meaning of our dreams is found in the \_\_\_\_\_.**

Manifest content

Deep content

**Latent content**

Subliminal content

**3. Freud's psychoanalytic theory of dreaming states that**

\_\_\_\_\_.

**The purpose of dreaming is to express unconscious wishes, thoughts, and conflicts**

Dreaming is a by-product of a process of eliminating or strengthening neural connections

The purpose of dreaming is to resolve current concerns and problems

There is no purpose to dreaming; dreams occur because of random brain stem signals

**4. Daydreaming, meditation, intoxication, sleep, and hypnosis are all types of \_\_\_\_\_.**

**Altered states of consciousness**

Waking consciousness

Self-awareness

Self-absorption

**5. The branchlike structures that receive messages from other neurons are called \_\_\_\_\_.**

Nerve bundles

**Dendrites**

Axons

Synapses

**6. The idea that learning occurs and is stored up, even when behaviors are not reinforced, is called \_\_\_\_\_.**

Innate learning

Insight

Placebo learning

## Latent learning

**7. In operant conditioning, \_\_\_\_\_ is necessary to create the association between the stimulus and the voluntary response.**

The law of negative effect

A long time delay

Conditional emotional linkages

## Reinforcement

**8. \_\_\_\_\_ is synonymous with short-term memory.**

Sensory registers

Shadow memory

## Working memory

Secondary memory

**9. \_\_\_\_\_ of the following statements is true about retrieval.**

It is a process of getting information from the sensory receptors to the brain

It is a process that allows an extinguished CR to recover.

It is the reason that conditioned taste aversions last so long.

It is a process of getting stored memories back out into consciousness.

**10. Receptor cells in the retina responsible for color vision are**

\_\_\_\_\_.

**Cones**

Rods

Bipolar cells

Ganglion cells

**1. The duration of iconic memory is \_\_\_\_\_ than echoic memory, but its capacity is probably \_\_\_\_\_.**

Longer; larger

Shorter; about the same

**Shorter; smaller**

Longer; about the same

**2. Which memory system provides us with a very brief representation of all the stimuli present at a particular moment?**

Sensory memory

Short-term memory

Long-term memory

Primary memory

**3. The ability to produce solutions to problems that are unusual, inventive, novel, and appropriate is called \_\_\_\_\_.**

Insight

Creativity

Heuristics

Latent learning

**4. \_\_\_\_\_ of the following perspectives would be associated with free will.**

Behavioral

Psychodynamic

Biological

Humanistic

**5. In the statement “Critical thinking requires reasoned judgments,” the word reasoned means \_\_\_\_\_.**

Giving it a lot of thought

Seeing one side of an argument very clearly

Focusing on opinion

Logical and well thought out

**6. The correct formula for determining IQ as used in Stanford - Binet test was \_\_\_\_\_.**

MA/CA

MA/DA  $\times$  100

CA/MA  $\times$  100

MA/CA  $\times$  100

**7. Critical thinking means making judgments based on \_\_\_\_\_.**

Emotion

Authority and expertise

Keeping a closed mind

Reason and logical evaluation

**8. The behavioral treatment approaches assume that abnormal behavior is \_\_\_\_\_.**

Learned

A function of dysfunctional cognitions

A consequence of restricted growth potential

The result of a biological dysfunction

**9. The therapy based upon \_\_\_\_\_ theory is too time consuming and therefore expensive.**

Psychodynamic

Psycho social

Trait

None of the given options

**10. What is one similarity shared by clinical psychologists and psychiatrists?**

They diagnose and treat people experiencing behavioral and emotional problems.

They have the same training experiences after college

They view abnormal behaviors as arising from the same causes.

They obtain the same graduate degree

**Total marks: 10**

**Solution Quiz no 1**

**1) Psychology is defined as the science of:**

- Sensation and perception.
- Experience and mental illness.
- Culture and group dynamics.
- **Behavior and mental processes.**

**2) Who is considered the "father of psychology" by his establishment of the first psychology lab?**

- **Wilhelm Wundt**
- William James
- Sigmund Freud
- E. B. Tichener

**3) Which of the following is considered the founder of the psychodynamic perspective in psychology?**

- Wilhelm Wundt
- William James
- **Sigmund Freud**
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**4) The behaviorists believed:**

- Psychology should emphasize the study of healthy people.
- **Psychology should only study observable and objectively described acts**
- Psychology should study the self examination of inner ideas and experiences.
- All of the above.

**5) The psychological school of thought that stressed the whole or complete view of a situation was:**

- Structuralism.
- Functionalism
- Behaviorism
- **Gestalt**

**6) According to this Psychological school of thought, to understand human behavior and thought, one must understand the unconscious mind and the key events that happened early in life that influence the unconscious mind. What is this school of thought?**

- **Psychoanalysis.**
- Functionalism
- Behaviorism
- Gestalt

7) Manifest content of a dream is:

- The obvious and apparent part
- Hidden content.
- Conscious part of dream.
- Overt part of dream.

**8) Who established the first psychology lab in the United States?**

- **G. Stanley Hall**
- William James
- Francis Cecil Sumner
- Mary Whiton Calkins

9) Edward Titchener used a method for studying the mind that became very popular during the Structuralist period. The method, called \_\_\_\_\_ required trained participants to report their conscious mental experiences to the investigator. For example, if a person was angry, they would report all of their experiences during the time they were angry.

- Empiricism
- Functionalism
- Contemplation
- **Introspection.**

10) \_\_\_\_\_ is the school of thought in where psychology is defined as the study of the structure of the mind.

- Functionalism.
- Behaviorism.
- **Structuralism.**
- All of the above.

### **Introduction to Psychology PSY101**

Total marks: 10 Quiz no. 02

#### **(Part 1)**

1. While maintenance rehearsal will help keep information in short-term

memory for longer periods of time, it does not help transfer information into

long-term memory. In order to get information into long-term memory we

**need to engage in:**

**A. Elaborative rehearsal**

B. Maintenance priming

C. Chunking

D. Episodic rehearsal

**2. In sensory memory, visual stimuli are held for a very brief time as**

\_\_\_\_\_

**memories, whereas auditory stimuli are held as \_\_\_\_\_ memories.**

A. Short-term; long-term

**B. Iconic; echoic**

C. Echoic; iconic

D. Long-term; short-term

**3. Which of the following is NOT true of long-term memory?**

A. It has unlimited space

B. It includes both semantic and episodic memory

C. It can hold information for unlimited lengths of time

**D. It has about seven slots or chunks for information storage**

**4. People do things (like work) for all different reasons. Some work for money,**

**some work for power, and some work for satisfaction. Internal motivation**

**that causes us to do something because we receive self-satisfaction is called:**

A. Humanistic

**B. Intrinsic**

C. Sociobiological

D. Optimum arousal

**5. Which of the following is NOT a biological motive that operates within a**

**homeostatic cycle (is not regulated by homeostasis)?**

**A. Sex**

B. Hunger

C. Body temperature

D. Thirst

**(Part 2)**

**INSTRUCTIONS: Fill in the following blanks. Each carries 1 mark.**

**In learning theory, remember that positive means adding something and negative means subtracting something. Reinforcement will increase the likelihood of a response in the future; punishment will decrease the likelihood of a response in the future.**

**Identify each of the following examples as either:**

**Positive reinforcement**

**Negative reinforcement**

**Positive punishment**

**Negative punishment**

1. **Positive reinforcement** Maliha's father gives her 10 Rs for making tea for him.
2. **Negative punishment** Maria was fighting with her sister. Her mother says she can't watch TV tonight.
3. **Positive punishment** Moona is 4 years old. Her mother spansks her for running out into the street.
4. **Negative reinforcement** your teacher says you don't have to take the final exam if you have a "B" average at the end of the semester.
5. **Positive reinforcement** you receive a 1000 Rs incentive bonus from your boss for completing a project early.

**Total marks: 10**

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- Behaviorism.
- **Structuralism.**
- All of the above.

### Solution of Assignment No: 3

- 1) **A correlation is a numerical measure of the \_\_\_\_\_.**
- a) Unintended changes in participant's behavior due to cues from the experimenter.
  - b) Behaviors of participants of different ages compared at a given time.
  - c) Behaviors of participants followed and periodically assessed over time.
  - d) **Strength of relationship between two variables.**
- 2) **An adjustment in the lens shape in order to keep images in sharp focus is called:**
- a) lens-image inversion
  - b) top-down processing
  - c) **Accommodation.**
  - d) optical adaptation
- 3) **A researcher stops people at the mall and asks them questions about their attitude toward gun control. Which research technique is being used?**
- a) **Survey**
  - b) Experiment
  - c) Naturalistic observation
  - d) Case study

**4) As Saadia is walking across the campus, a car swerves toward her. Her heart beat races and sweat breaks out as she jumps out of harm's way. This mobilization of energy is due to the action of Saadia's \_\_\_\_\_ system:**

- a) Sympathetic**
- b) Para sympathetic
- c) Somatic nervous
- d) Skeleton nervous

**5) What two categories of dream content did Sigmund Frued described?**

- a) Latent and manifest**
- b) Poetic and realistic
- c) Delusional and hallucinatory
- d) Literal and symbolic

**6) In survey research method:**

- a) Existing data are examined
- b) A control group is necessary
- c) New data is generated
- d) A sample of people are asked questions**

**7) A psychologist with a \_\_\_\_\_ perspective focuses on how people know, understand, and think about the world:**

- a) Psychodynamic
- b) Behavioral
- c) Humanistic
- d) Cognitive**

**8) The change that an experimenter deliberately produces in a situation is called:**

- a) **The experimental manipulation**
- b) Randomization
- c) Replication
- d) The control group

9) **The proper sequence of structures that sound passes when it enters the ear is the following:**

- a) Oval window, eardrum, stirrup, cochlea
- b) Cochlea, stirrup, eardrum, oval window
- c) Stirrup, eardrum, oval window, cochlea
- d) **Eardrum, stirrup, oval window, cochlea**

10) **The endocrine system is a \_\_\_\_\_ communication network that sends messages throughout the nervous system via the bloodstream:**

- a) Photo
- b) Neural
- c) Electrical
- d) **Chemical**

**Quiz - 04**

**(Solution)**

1) **The function of memory responsible for the initial recording of information is \_\_\_\_\_.**

- i) **Encoding**
- ii) Storage
- iii) Retrieval
- iv) None of the above

**2) Information gathered by our visual sense is reflected by the \_\_\_\_\_.**

- i) Echoic Memory
- ii) Iconic Memory
- iii) Long Term Memory
- iv) None of the above

**3) \_\_\_\_\_ is a technique used to transfer short-term memory information into long-term memory.**

- i) Chunking
- ii) Echoic Memory
- iii) Retrieval
- iv) None of the above

**4) According to \_\_\_\_\_ information is remembered in terms of schemas.**

- i) Maslow
- ii) John Jenkins
- iii) Bartlett
- iv) None of the above

**5) MCI stands for \_\_\_\_\_.**

- i) Memory Critical Impairment
- ii) Memory Coding Impairment
- iii) Memory Cognitive Impairment
- iv) None of the above

**6) A process which is responsible for a stable and well-maintained state of internal biological balance is called \_\_\_\_\_.**

- i) Motivation
- ii) Adaptation
- iii) Metabolism
- iv) None of the above

**7) A motivation from within that energizes the person to satisfy or accomplish a goal in which no external tangible reward is involved is called \_\_\_\_\_.**

- i) Intrinsic Motivation
- ii) Curiosity
- iii) Extrinsic Motivation
- iv) None of the above

**8) \_\_\_\_\_ divided the emotions in three types as primary, secondary and derived.**

- i) Maslow
- ii) Freud
- iii) Mc Dougall
- iv) None of the above

**9) \_\_\_\_\_ has a dual function. Its functions are both arousing and alarming.**

- i) S.N.S

- ii) P.N.S
- iii) A.N.S
- iv) None of the above

**10) J.B. Watson talked about three main emotions anger, love and \_\_\_\_\_.**

- i) Disgust
- ii) Fear
- iii) Sadness
- iv) None of the above

Quiz- 4

**1) \_\_\_\_\_ Is a defense mechanism which refuses to acknowledge or accept anxiety provoking thoughts or impulses.**

- v) Displacement
- vi) Denial
- vii) Projection
- viii) None of the above

**2) Structures of consciousness, according to psychodynamic approach, are conscious, subconscious, \_\_\_\_\_ and unconscious.**

- v) Super conscious
- vi) Hyperconscious
- vii) Non conscious
- viii) None of the above

**3) The therapy based upon \_\_\_\_\_ theory is too time consuming and therefore expensive.**

- v) Psychodynamic
- vi) Psycho social
- vii) Trait
- viii) None of the above

4) \_\_\_\_\_ described personality in terms of two major dimensions.

- v) Cattell
- vi) Eysenik
- vii) Adler
- viii) None of the above

5) TAT is a \_\_\_\_\_.

- v) Self Report Inventory
- vi) Projection Test
- vii) Perception Test
- viii) None of the above

6) \_\_\_\_\_ was the first to use the term “Mental Test” for devices used to measure intelligence.

- v) Galton
- vi) Cattell
- vii) Thorndike
- viii) None of the above

7) Multiple Intelligence theory maintains that human possesses around \_\_\_\_\_ kinds of intelligence.

- v) Two
- vi) Seven
- vii) Eight
- viii) None of the above

**8) Binet and Simon were \_\_\_\_\_ scientists. They were the first to measure intelligence formally.**

- v) German
- vi) American
- vii) French
- viii) None of the above

**9) Cole and Hass gave the idea of \_\_\_\_\_.**

- v) Social Intelligence
- vi) Moral Intelligence
- vii) Emotional Intelligence
- viii) None of the above

**10) Available statistics show that majority of the people have an I.Q level between \_\_\_\_\_.**

- v) 75 - 115
- vi) 80 - 115
- vii) 85 - 115
- viii) None of the above

1. **According to Hippocrates, Choleric humor is associated with the temperament of\_\_\_\_\_.**

- Cheerful and active
- Sad
- **Angry and aggressive**
- Calm and passive

2. **The ability to feel what the client feels is called\_\_\_\_\_.**

- Respect
- Sympathy
- **Empathy**
- Congruence

3. \_\_\_\_\_ **is founder of Rational Emotive Behavior Therapy.**

- Aron Beck
- **Albert Ellis**
- Carl Jung
- Carl Rogers

4. \_\_\_\_\_ **is a neurotransmitter that plays important role in anxiety, arousal and learning.**

- **GABA**
- Serotonin
- Epinephrine
- Glutamate

5. \_\_\_\_\_ **focuses on the unconscious forces that drive or motivate human behavior.**

- **Psychodynamic model**
- Functionalism
- Structuralism

- Gestalt psychology

**6. The process of constructing comparable, exposure and comparison groups is called \_\_\_\_\_.**

- Time series design
- Prospective design
- Retrospective design
- **Matching**

**7. \_\_\_\_\_ gave the concept that human capacity for learning the language is innate.**

- Jean Piaget
- **Noam comsky**
- Stanley schacter
- Tolman

**8. If reinforcement is withheld, response rate decreases and finally no response is shown this is called \_\_\_\_\_.**

- Negative rein forcer
- **Extinction**
- Punishment
- Positive rein forcer

**9. The observer becomes a part of the situation and plays an active and significant role in situation, event, or context under study. This is called \_\_\_\_\_.**

- **Participant observation**
- Structured observation
- Naturalistic observation

- Field experiments

**10. \_\_\_\_\_, a French surgeon and anthropologist, discovered speech centre in brain.**

- Paul Broca
- Philippe Pinel
- Galen
- Cabanis

**1. \_\_\_\_\_ is the process of perceiving information and bringing it into the memory system**

1. Storage
2. Retrieval
3. Recording
4. Encoding

**2. According to Woodworth Memory =L -I -R, R stands for \_\_\_\_\_.**

1. recording
2. remembering
3. resonance
4. recall

**3. \_\_\_\_\_ derives from the Latin word “Emovere” means to excite, stir up.**

1. Motion
2. Emotion
3. Motivation
4. Cognition

4. \_\_\_\_\_ was the first person who identify pupillometrics phenomenon.

1. William James
2. Wilhelm Wundt
3. Lazarus
4. **Darwin**

5. According to \_\_\_\_\_ every emotional arousal has an opposite, i.e. When one type of emotion is elicited, and then there must be an opposite that is there to suppress or cancel it.

1. **Opponent process theory**
2. Activation theory
3. Cognitive theory
4. None of the above option

6. The branch of psychology that studies cognition, and related areas issues are called \_\_\_\_\_.

1. Forensic psychology
2. **Cognitive psychology**
3. Counseling psychology
4. Clinical psychology

7. \_\_\_\_\_ is the universal forms and patterns of thought. These include themes that can be seen in myths e.g. masculinity, femininity, good and evil opposites.

1. Ego
2. Superego
3. Unconscious
4. **Archetypes**

8. MMPI stands for \_\_\_\_\_.

1. Minnesota Multiphasic Personal Inventory
2. Minnesota Multiphasic Personality Inventory
3. Minnesota Multiphasic Psychology Inventory
4. None of the above options

**9.s \_\_\_\_\_ are the people who are quiet, passive and careful people.**

1. Extroverts
2. Introverts
3. Neurotics
4. Stable

**10. \_\_\_\_\_ is a Greek word which means forgetfulness.**

Amnesia

Dementia

Alzheimer's disease

None of the above option.

**Q 1: Fill in the blanks.**

1. **Impression formation is the process by which an individual organizes information about another individual to form an overall impression of that person.**
2. **Learning the experiences through modeling and imitation is known as "Observational learning".**

**3. Bipolar disorder is a combination of depression and Mania.**

**4. Major depression is previously known as “melancholia”.**

**5. Claustrophobia is known as fear of closed spaces.**

**Q 2: Choose the one best option.**

**6. American Psychological Association has \_\_\_\_\_ divisions.**

- 1. 55
- 2. 65
- 3. 54
- 4. 45

**7. \_\_\_\_\_ version of DSM was published in 2000.**

- 1. DSM III
- 2. DSM IV
- 3. DSM IV TR
- 4. DSM II

**8. \_\_\_\_\_ contributions began with the revolutionary changes at the La Bicetre hospital in Paris.**

- 1. Philippe Pinel
- 2. Galen
- 3. Plato
- 4. Mesmer

**9. Hierarchical theory of intelligence is consists of \_\_\_\_\_ levels.**

- 1. 3
- 2. 4
- 3. 5

4. 6

**10. According to Sternberg theory, intelligence has three components which component is not a part of this theory.**

1. Analytic intelligence
2. Crystalline intelligence
3. Practical intelligence
4. Creative intelligence

**SPRING 2008**

**Solution**

**Quiz No. 1 Total Marks: 10**

**Q1. Read carefully each statement and fill in appropriate answer. Every right statement contains "1" mark. Multiple answers will result in "0" mark.**

1. Dr. Usman studies the diagnosis, causes, treatments, and prevention of mental illnesses. Which type of psychologist is Dr. Usman?

- a) Clinical psychologist
- b) Developmental psychologist
- c) Forensic psychologist
- d) Health psychologist

**2. Which one of the following models believes that behavior is motivated by inner forces over which individuals have little control?**

- a) Cognitive model
- b) Psychodynamic model
- c) Humanistic model

d) Behavioral model

**3. Which one of the following schools of thought focused on what the mind does and how it does?**

a) Structuralism

b) Functionalism

c) Gestalt

d) Behaviorist

4. Which one of the following drugs is a stimulant?

a) Nicotine

b) Lorazepam

c) Barbiturates

d) LSD

**5. Tahir often experiences intense feelings of anger and frustration. In order to cope with these feeling, he enrolls in a kickboxing class as an outlet for his emotions. Tahir's actions are an example of which type of defense mechanism?**

a) Projection

b) Displacement

c) Repression

d) Sublimation

**6. Which type of learning process did Burrhus Frederic Skinner describe?**

a) Classical Conditioning

- b) Modeling
- c) Observational Learning
- d) Operant Conditioning

7. \_\_\_\_\_ refers to genetic composition of a person.

- a) Genotype
- b) Phenotype
- c) Monotype
- d) None of the given options

8. In a correlational study, when one variable goes up as another goes down is

known as a \_\_\_\_\_.

- a) Positive Correlation
- b) No Correlation
- c) Negative Correlation
- d) Illusory Correlation

9. A researcher accessed information on the Internet from a series of surveys of

women that was conducted during the 1970s and 1980s. The data were analyzed to

examine changes in attitudes and behaviors over time. Which of the following

method was used?

- a) Participant observation
- b) Case study

c) Archival data

d) Field experiments

**10 A researcher wants to study the effects of violence displayed in movies on**

**children behavior. In this research violence displayed in movies is the \_\_\_\_\_**

**variable as it is manipulated by the experimenter.**

a) Independent

b) Dependent

c) Confounding

d) All of the given options

**1. The brain and the spinal cord comprise which of the following nervous systems?**

a) Central nervous system

b) Peripheral nervous system

c) Autonomic nervous system

d) Sympathetic nervous system

**2. The lobe of the cerebral cortex responsible for motor control and higher mental**

**processes is known as the \_\_\_\_\_.**

a) Occipital lobe

b) Temporal lobe

c) Parietal lobe

d) Frontal lobe

**3. The band of muscles behind the cornea that gives the eye its color and controls**

**the size of the pupil is known as the \_\_\_\_\_.**

a) Sclera

b) Iris

c) Pupil

d) Cornea

**4. The \_\_\_\_\_ theory suggests color vision depends on red-green, blue-yellow, and**

**black-white processes in the brain. It suggests that the receptor cells are linked**

**in pairs and they work in opposition to each other.**

a) Figure-ground

b) Trichromatic

c) Photopigment

d) Opponent-process

**5. Which of the following glands abnormal secretion result in a condition called**

**“cretinism”?**

a) Parathyroid gland

b) Thyroid gland

c) Pancreas

d) Gonads

**6. What is conduction deafness?**

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- b) Hearing loss due to problems with the bones of the middle ear
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**7. Who will be interested to study how cognitions are acquired and used in various groups and institutional settings?**

- a) Anthropologists
- b) Computer scientist
- c) Sociologists
- d) Geeks

**8. \_\_\_\_\_ refers to the degree of stability or change across the life span.**

- a) Temporal aspects
- b) Situational aspects
- c) Environmental aspects
- d) Spatial aspects

**9. Who developed REBT (Rational Emotive Behavior Therapy)?**

- a) George Kelly
- b) John Dollard

c) Albert Ellis

d) Neal Miller

**10. In which of the following stage, OEDIPUS COMPLEX is observed?**

a) Oral stage

b) Anal stage

c) Phallic stage

d) Genital stage

**(Spring 2008)**

Solution Quiz 03

**1. A child who gives many answers in response to a question resorts to the process of \_\_\_\_\_.**

a. Convergent thinking

b. Latent thinking

c. Divergent thinking

d. Critical thinking

**2. Identify the correct order in the multi-store model of human memory?**

a. L TM, Sensory register, STM, rehearsal buffer

b. Sensory register, STM, rehearsal buffer, L TM

c. Rehearsal buffer, Sensory register, STM, L TM

d. STM, Sensory register, rehearsal buffer, L TM

**3. A type of thinking which is aimed at solving problems or creating something new is called:**

- a. Creative thinking
- b. Autistic thinking
- c. Directed thinking
- d. Symbolic thinking

**4. Which one of the following best supports the heuristic approach of problem solving?**

- a. Trying different responses until one works
- b. Following a rule that guarantees a solution to a specific type of problem
- c. Applying solutions that were previously successful with other problems similar in underlying structure
- d. Employing rules of thumb suggested by our experience that are often used to solve problems

**5. Which one of the following is not a secondary/learned motive?**

- a. Achievement
- b. Power
- c. Hunger
- d. Curiosity

**6. \_\_\_\_\_ are enduring dimensions of personality characteristics that differentiate a person from others.**

- a. Behaviour

b. Personality

c. Traits

d. All of the given options

**7. In \_\_\_\_\_ defense mechanism, a person reverts back to a stage that was satisfying.**

a. Sublimation

b. Repression

c. Denial

d. Regression

**8. Hunger, thirst and sleep are the \_\_\_\_\_.**

a. Learnt motives

b. Primary motives

c. Social motives

d. None of the given options

**9. According to \_\_\_\_\_ theory, physiological changes create specific sensations, and our brain interprets these sensations as different emotions.**

a. James- Lange Theory of Emotions

b. Cannon- Bard Theory of Emotions

c. Opponent- Process Theory

d. Activation Theory

**10 \_\_\_\_\_ is the process whereby logical conclusions, inferences, and implications are drawn by using a set of assumptions.**

- a. Statistical analysis
- b. Deductive reasoning**
- c. Inductive reasoning
- d. None of the given options

**(Spring 2008)**

Solution Quiz 04

**1. Galton considered intelligence to be \_\_\_\_\_.**

- a. Not heritable
- b. Similar between most people**
- c. A property of our nervous system or hereditary
- d. The product of social differences

**2. If a man experiences chest pains while at a department store, and later experiences anxiety attacks when visiting department stores, this can be explained by what type of learning?**

- a. Operant
- b. Classical conditioning**
- c. Observational
- d. Vicarious

**3. Who proposed that a power similar to magnetism existed in humans?**

a. Franz Friedrich Anton Mesmer

b. Philippe pinel

c. Galen

d. Plato

**4. Social phobia is characterized by \_\_\_\_.**

a. A fear of people

b. A fear of rejection

c. A fear of social situations

d. A fear of social isolation

**5. Who was the founder of REBT?**

a. Allbert Ellis

b. Aron beck

c. Albert Einstein

d. Aron Feldr

**6. Which one is NOT a type of schizophrenia?**

a. Disorganized type

b. Catatonic type

c. Paranoid type

d. Differentiated type

**7. Which model of psychotherapy consists of Systematic desensitization and contingency management?**

a. Biological

b. Family and couples.

c. Behavioral

d. Cognitive

**8. Name the concept when there is a feeling of integration between the self and ideal self.**

a. Empathy

b. Respect

c. Congruence

d. Genuineness

**9. When our initial perception about a person is positive then we tend to expect that same person has other positive characteristics too is known as \_\_\_\_\_.**

a. Halo effect

b. Social influence

c. Hello effect

d. Positive effect

**10. In terms of its causes and the factors affecting its course, bipolar disorder is most similar to which of these disorders?**

a. Panic disorder.

b. Schizophrenia.

c. Substance use disorders.

d. Unipolar depression.

## **PSY101- Introduction to Psychology (Midterm MCQ's)**

**Laws of perceptual organization were proposed by which of the following school of thought?**

- ▶ Functionalism
- ▶ Structuralism

**▶ Gestalt school**

- ▶ Behaviorism

**Today psychology is considered as the scientific study of which of the followings?**

- ▶ Mind
  - ▶ Conscious experiences

**▶ Behavior and mental processes**

- ▶ Soul

**Who among the followings is known as “father of Greek medicines”?**

- ▶ Socrates
- ▶ Plato
- ▶ Aristotle

**▶ Alcameon**

**Who among the followings gave the concept of Insight?**

- ▶ Max Wertheimer

**▶ Wolfgang Kohler**

- ▶ James Rowland Angell
- ▶ James Mckeen Cattell

Who among the followings regarded as the “Father of Medicine”?

- ▶ Hippocrates

▶ **Kraepelin**

- ▶ Plato
- ▶ Socrates

Who among the followings is the author of the book “The Origin of Species”?

- ▶ Emil Kraepelin
- ▶ Paul Broca
- ▶ Wilhelm Griesinger

▶ **Charles Darwin**

Which of the following is incorrect about insulin-shock therapy?

▶ In this therapy the comma is caused because of a reduction in blood sugar level.

▶ **It has found to be effective with schizophrenics, addicts etc., if used with psychotherapy.**

▶ It was developed by Paul Broca who was a French surgeon and anthropologist

▶ It is used to cure psychological disorders by administrating insulin.

**Which of the following can increase the likelihood of occurrence of a behavior?**

▶ Extinction

▶ **Reinforcement**

▶ Punishment

▶ Insight

**Identify where we stop reinforcement and behavior extinguishes.**

▶ Generalization

▶ Extinction

▶ Spontaneous recovery

▶ **Shaping**

**Which of the following law is given by Thorndike that all responses followed by satisfaction are stamped into an individual and he learns those responses?**

▶ Law of exercise

▶ **Law of effect**

▶ Law of insight

▶ Law of belongingness

**Which perspective of psychology emerged out of a desire to understand the conscious mind, free will, human dignity, and the capacity for self-reflection and growth?**

▶ **Humanistic**

▶ Behavioral

- ▶ Gestalt
- ▶ Psychodynamic

Which of the following process is suggested by Bandura that help human behavior to learn?

- ▶ Intention

▶ **Observation**

- ▶ Insight
- ▶ Reinforcement

Fatima is using newspaper records to study the rate of crime during the past 20 years. Which type of method is she utilizing?

- ▶ Participant Observation
- ▶ Structured Observation
- ▶ Field experiments

▶ **Archival data**

Gene that only influences the expression of a trait when paired with an identical gene is known as what?

▶ **Dominant**

- ▶ Mutated
- ▶ Recombinant
- ▶ Recessive

Which of the following is the correct order for Piaget's four stages of development?

▶ Preoperational, sensory-motor, concrete operations, formal operation

▶ Concrete operations, preoperational, sensory-motor, formal operation

▶ **Sensory-motor, preoperational, concrete operations, formal operation**

▶ Preoperational, concrete operations, sensory-motor, formal operation

Which of the following is a scan showing biochemical activity within the brain at any given moment?

▶ CAT

▶ MRI

▶ EEG

▶ **PET**

Which of the following statement best describes “Hormones”?

▶ The male gonads

▶ Chemicals found in the synaptic vesicles, which when released have an effect on the next cell

▶ **Chemicals released into the bloodstream by the endocrine glands**

▶ The female gonads

What do we call thyroid enlargement?

▶ Vitamin deficiency goiter

▶ Calcium deficiency goiter

- ▶ Protein deficiency goiter

▶ **Iodine deficiency goiter**

Which part of the eye is a muscle that regulates the size of the pupil?

▶ **Retina**

- ▶ Sclera
- ▶ Iris
- ▶ Lens

Which type of hearing problem can be reduced with ordinary hearing aids?

- ▶ Central deafness

▶ **Auditory pathway deafness**

- ▶ Conduction deafness
- ▶ Sensory-neural deafness

In Watson's experiment, when little Albert was being conditioned to the fear of a rat, afterwards he used to be afraid of cotton balls as well. This concept is known as what?

▶ **Stimulus generalization**

- ▶ Extinction
- ▶ Spontaneous recovery
- ▶ Higher order conditioning

When Pavlov presented the bell (CS) continuously without the presentation of the meat powder (US), the dog's salivation decreased. This process is known as what?

- ▶ Stimulus generalization
- ▶ Spontaneous recovery
- ▶ Extinction

▶ **Reinforcement**

A child overcomes her fear of snakes by observing another child repeatedly handle snakes. This is an example of which of the followings?

- ▶ Cognition therapy
- ▶ Systematic desensitization

▶ **Modeling**

- ▶ Contingency contracting

Cognitive approach emphasizes on all of the followings EXCEPT:

- ▶ Feelings
- ▶ Thoughts
- ▶ Thinking

▶ **Genetic makeup**

A child learns that whenever he eats all of his dinner; he will get a cookie for dessert. This type of learning is best example of which of the following?

- ▶ Operant conditioning

▶ **Classical conditioning**

- ▶ **Biofeedback theory**
- ▶ **Social learning theory**

After every third wicket taken by an individual of the Pakistan cricket team, the coach rewards the player. What schedule of reinforcement is being used?

▶ **Fixed ratio schedule**

- ▶ **Variable ratio schedule**
- ▶ **Variable interval schedule**
- ▶ **Fixed interval schedule**

An employee receives a reward every 45 minutes. In which type of reinforcement schedule organism is reinforced after pre fixed time of intervals?

- ▶ **Fixed Ratio Schedule**
- ▶ **Variable Ratio Schedule**

▶ **Variable Interval Schedule**

- ▶ **Fixed Interval Schedule**

The brain and the spinal cord comprise which of the following nervous systems?

a) **Central nervous system**

- b) Peripheral nervous system
- c) Autonomic nervous system
- d) Sympathetic nervous system

**The lobe of the cerebral cortex responsible for motor control and higher mental processes is known as the \_\_\_\_\_.**

- a) Occipital lobe
- b) Temporal lobe
- c) Parietal lobe

**d) Frontal lobe**

**The band of muscles behind the cornea that gives the eye its color and controls the size of the pupil is known as the \_\_\_\_\_.**

- a) Sclera

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- d) Cornea

**The \_\_\_\_\_ theory suggests color vision depends on red-green, blue-yellow, and black-white processes in the brain. It suggests that the receptor cells are linked in pairs and they work in opposition to each other.**

- a) Figure-ground
- b) Trichromatic
- c) Photopigment

**d) Opponent-process**

**Which of the following glands abnormal secretion result in a condition called “cretinism”?**

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**Who will be interested to study how cognitions are acquired and used in various groups and institutional settings?**

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\_\_\_\_\_ refers to the degree of stability or change across the life span.

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**Who developed REBT (Rational Emotive Behavior Therapy)?**

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**In which of the following stage, OEDIPUS COMPLEX is observed?**

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**A child who gives many answers in response to a question resorts to the process of \_\_\_\_\_.**

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c. Applying solutions that were previously successful with other problems similar in underlying structure

**d. Employing rules of thumb suggested by our experience that are often used to solve problems**

**Which one of the following is not a secondary/learnt motive?**

a. Achievement

b. Power

**c. Hunger**

d. Curiosity

**\_\_\_\_\_ are enduring dimensions of personality characteristics that differentiate a person from others**

a. Behaviour

b. Personality

**c. Traits**

d. All of the given options

**In \_\_\_\_\_ defense mechanism, a person reverts back to a stage that was satisfying.**

a. Sublimation

b. Repression

c. Denial

**d. Regression**

**Hunger, thirst and sleep are the \_\_\_\_\_.**

a. Learnt motives

**b. Primary motives** hunger, thirst, need for sleep, air, excretion

c. Social motives

d. None of the given options

**A correlation is a numerical measure of the \_\_\_\_\_.**

- a) Unintended changes in participant's behavior due to cues from the experimenter.
- b) Behaviors of participants of different ages compared at a given time.
- c) Behaviors of participants followed and periodically assessed over time.
- d) Strength of relationship between two variables.**

**An adjustment in the lens shape in order to keep images in sharp focus is called:**

- a) lens-image inversion
- b) top-down processing
- c) Accommodation**
- d) Optical adaptation

**A researcher stops people at the mall and asks them questions about their attitude toward gun control. Which research technique is being used?**

- a) Survey**
- b) Experiment
- c) Naturalistic observation
- d) Case study

**As Saadia is walking across the campus, a car swerves toward her. Her heart beat races and sweat breaks out as she jumps out of harm's way. This mobilization of energy is due to the action of Saadia's \_\_\_\_\_ system:**

- a) Sympathetic**
- b) Para sympathetic
- c) Somatic nervous
- d) Skeleton nervous

**What two categories of dream content did Sigmund Freud described?**

**a) Latent and manifest**

- b) Poetic and realistic
- c) Delusional and hallucinatory
- d) Literal and symbolic

**In survey research method:**

- a) Existing data are examined
- b) A control group is necessary
- c) New data is generated

**d) A sample of people are asked questions**

**A psychologist with a \_\_\_\_\_ perspective focuses on how people know, understand, and think about the world:**

- a) Psychodynamic
- b) Behavioral
- c) Humanistic

**d) Cognitive**

**The change that an experimenter deliberately produces in a situation is called:**

**a) The experimental manipulation**

- b) Randomization
- c) Replication
- d) The control group

**The proper sequence of structures that sound passes when it enters the ear is the following:**

- a) Oval window, eardrum, stirrup, cochlea
- b) Cochlea, stirrup, eardrum, oval window
- c) Stirrup, eardrum, oval window, cochlea
- d) Eardrum, stirrup, oval window, cochlea**

**The endocrine system is a \_\_\_\_\_ communication network that sends messages throughout the nervous system via the bloodstream:**

- a) Photo
- b) Neural
- c) Electrical
- d) Chemical**

**Which memory system provides us with a very brief representation of all the stimuli present at a particular moment?**

**Sensory memory**

Short-term memory

Long-term memory

Primary memory

\_\_\_\_\_ of the following perspectives would be associated with free will.

Behavioral

Psychodynamic

Biological

**Humanistic**

**In the statement “Critical thinking requires reasoned judgments,” the word reasoned means \_\_\_\_\_**

Giving it a lot of thought

Seeing one side of an argument very clearly

Focusing on opinion

**Logical and well thought out**

**Critical thinking means making judgments based on \_\_\_\_\_.**

Emotion

Authority and expertise

Keeping a closed mind

**Reason and logical evaluation**

**The behavioral treatment approaches assume that abnormal behavior is \_\_\_\_\_.**

**Learned**

A function of dysfunctional cognitions

A consequence of restricted growth potential

The result of a biological dysfunction

**What is one similarity shared by clinical psychologists and psychiatrists?**

**They diagnose and treat people experiencing behavioral and emotional problems.**

They have the same training experiences after college

They view abnormal behaviors as arising from the same causes.

They obtain the same graduate degree

**Galton considered intelligence to be \_\_\_\_\_.**

a. Not heritable

**b. Similar between most people**

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**d. Differentiated type**

**Name the concept when there is a feeling of integration between the self and ideal self.**

- a. Empathy
- b. Respect

**c. Congruence**

- d. Genuineness

\_\_\_\_\_ **Is a defense mechanism which refuses to acknowledge or accept anxiety provoking thoughts or impulses.**

- i) Displacement

**ii) Denial**

- iii) Projection

- iv) None of the above

**Structures of consciousness, according to psychodynamic approach, are conscious, subconscious, \_\_\_\_\_ and unconscious.**

- i) Super conscious

- ii) Hyperconscious

- iii) Non conscious

**iv) None of the above**

**The therapy based upon \_\_\_\_\_ theory is too time consuming and therefore expensive.**

**i. Psychodynamic**

- ii. Psycho social
- iii. Trait
- iv. None of the above

\_\_\_\_\_ described personality in terms of two major dimensions.

- i. Cattell

**ii. Eysenik**

- iii. Adler
- iv. None of the above

**TAT is a \_\_\_\_\_.**

- i) Self Report Inventory

**ii) Projection Test**

- iii) Perception Test
- iv) None of the above

\_\_\_\_\_ was the first to use the term “Mental Test” for devices used to measure intelligence.

- i) Galton

**ii) Cattell**

- iii) Thorndike
- iv) None of the above

**Binet and Simon were \_\_\_\_\_ scientists. They were the first to measure intelligence formally.**

- i) German
- ii) American

**iii) French**

iv) None of the above

**Cole and Hass gave the idea of \_\_\_\_\_.**

i) Social Intelligence

**ii) Moral Intelligence**

iii) Emotional Intelligence

iv) None of the above

**\_\_\_\_\_ has a dual function. Its functions are both arousing and alarming.**

v) S.N.S

vi) P.N.S

**vii) A.N.S (Automatic Nervous System)**

viii) None of the above

**J.B. Watson talked about three main emotions anger, love and \_\_\_\_\_.**

v) Disgust

**vi) Fear**

vii) Sadness

viii) None of the above

**According to Piaget, children's thinking develops through two simultaneous processes. Identify them.**

**a. Assimilation and accommodation**

b. Assimilation and mental representation

c. Mental representation and equilibrium

d. Equilibrium and accommodation

**Which of the following statement best describe Erik Erikson?**

a. He was an id psychologist

**b. He developed a theory based on social rather than sexual relationships**

c. He described archetypes

d. He gave the concept of basic anxiety

**Which of the followings are the branch-like structures that receive messages from other neurons?**

a. Nerve bundles

b. Axons

**c. Dendrites**

d. Synapses

**The peripheral nervous system consists of \_\_\_\_\_.**

a. The spinal cord and autonomic system

b. All nerves in the brain and the spinal cord

c. The brain and the autonomic system

**d. All the nerve cells that are not in the brain and spinal cord**

**The fovea is made up of what?**

**a. All cones and no rods** Fovea: The very sensitive and important part of the retina that aids in focusing; it is the area of best vision

b. Mostly cones with some rods

c. All rods and no cones

d. Mostly rods with some cones

**What are the hammer, anvil, and stirrup?**

a. Types of sound that most people can detect

**b. Tiny bones located in the middle ear**

c. Types of cones on the retina

d. Words often used by audiologists in testing for hearing difficulties

**Which of the following is not one of the Gestalt principles?**

a. Figure and ground

b. Proximity

**c. Synchronicity**

d. Closure

**Which of the following statement best describes the concept of an illusion?**

a. It is due to the action of the rods versus the cones in the retina

b. Corresponds directly to something that you dreamed

c. It is the same thing as a vision

**d. It is a perception that does not correspond to reality**

**All of the following statements concern with the concept of learning EXCEPT:**

a. Learning is relatively permanent

b. Learning involves experiences

**c. Learning is another word for physical growth**

d. Learning involves changes in behavior

**Drugs that speed up the functioning of the nervous system are called \_\_\_\_\_.**

## **Stimulants**

Psychogenics

Narcotics- Create a feeling of relaxation, and alleviate anxiety and pain

Depressants- Slowed down nervous system

**According to Sigmund Freud, the important underlying meaning of our dreams is found in the \_\_\_\_\_.**

Manifest content

Deep content

## **Latent content**

Subliminal content

**Freud's psychoanalytic theory of dreaming states that \_\_\_\_\_.**

## **The purpose of dreaming is to express unconscious wishes, thoughts, and conflicts**

Dreaming is a by-product of a process of eliminating or strengthening neural connections

The purpose of dreaming is to resolve current concerns and problems

There is no purpose to dreaming; dreams occur because of random brain stem signals

**4. Daydreaming, meditation, intoxication, sleep, and hypnosis are all types of \_\_\_\_\_.**

## **Altered states of consciousness**

Waking consciousness

Self-awareness

Self-absorption

**5. The branchlike structures that receive messages from other neurons are called \_\_\_\_.**

Nerve bundles

**Dendrites**

Axons

Synapses

**The idea that learning occurs and is stored up, even when behaviors are not reinforced, is called \_\_\_\_.**

Innate learning

Insight

Placebo learning

**Latent learning**

**In operant conditioning, \_\_\_\_\_ is necessary to create the association between the stimulus and the voluntary response.**

The law of negative effect

A long time delay

Conditional emotional linkages

**Reinforcement**

**Receptor cells in the retina responsible for color vision are \_\_\_\_.**

**Cones** - Retinal receptors, cone-shaped and light sensitive, concentrated near the center of retina.

Concerned with sharp focusing, fine details and color sensation;

Rods - Retinal receptors which are long, cylindrical, and light sensitive; that can only detect black, white and gray; they function well in dim light, and are largely insensitive to

color and small details\_\_ functions when cones do not respond

Bipolar cells

Ganglion cells

**The branch of psychology that studies cognition, and related areas issues are called\_\_\_\_\_.**

1. Forensic psychology
- 2. Cognitive psychology**
3. Counseling psychology
4. Clinical psychology

**Dr. Usman studies the diagnosis, causes, treatments, and prevention of mental illnesses. Which type of psychologist is Dr. Usman?**

- a) Clinical psychologist**
- b) Developmental psychologist
- c) Forensic psychologist
- d) Health psychologist

**Which one of the following models believes that behavior is motivated by inner forces over which individuals have little control?**

- a) Cognitive model
- b) Psychodynamic model**
- c) Humanistic model
- d) Behavioral model

**Which one of the following schools of thought focused on what the mind does and how it does?**

- a) Structuralism

**b) Functionalism**

- c) Gestalt
- d) Behaviorist

**Which one of the following drugs is a stimulant?**

**a) Nicotine**

- b) Lorazepam
- c) Barbiturates
- d) LSD

**Tahir often experiences intense feelings of anger and frustration. In order to cope with these feeling, he enrolls in a kickboxing class as an outlet for his emotions. Tahir's actions are an example of which type of defense mechanism?**

- a) Projection
- b) Displacement
- c) Repression

**d) Sublimation**

**Which type of learning process did Burrhus Frederic Skinner describe?**

- a) Classical Conditioning
- b) Modeling
- c) Observational Learning

**d) Operant Conditioning**

\_\_\_\_\_ refers to genetic composition of a person.

**a) Genotype**

- b) Phenotype
- c) Monotype
- d) None of the given options

**In a correlational study, when one variable goes up as another goes down is known as a \_\_\_\_\_.**

- a) Positive Correlation
- b) No Correlation

**c) Negative Correlation**

- d) Illusory Correlation

**A researcher accessed information on the Internet from a series of surveys of women that was conducted during the 1970s and 1980s. The data were analyzed to examine changes in attitudes and behaviors over time. Which of the following method was used?**

- a) Participant observation
- b) Case study

**c) Archival data**

- d) Field experiments

**A researcher wants to study the effects of violence displayed in movies on children behavior. In this research violence displayed in movies is the \_\_\_\_\_ variable as it is manipulated by the experimenter.**

**a) Independent**

- b) Dependent
- c) Confounding
- d) All of the given options

**John B. Watson believed that psychology should involve the study of \_\_\_\_\_.**

- a. Consciousness
- b. The brain
- c. The mind

**d. Behavior**

**A(n) \_\_\_\_\_ is a measure of how strongly two variables are related to one another.**

- a. Independent variable

**· Correlation**

- b. Experimental effect
- c. Dependent variable

**A variable that the experimenter manipulates is called a(n) \_\_\_\_\_.**

- a. Control condition

**· Independent variable**

- b. Coefficient of correlation
- c. Dependent variable

**Observing behavior as it happens in real-life natural settings without imposing laboratory controls is known as the \_\_\_\_\_.**

a **· Naturalistic observation method**

- b. Experimental method
- c. Psychometric approach
- d. Survey method

**Who claimed that behavior is affected by positive reinforcement?**

- a. **B. F. Skinner**
- b. Sigmund Freud
- c. William James
- d. Wilhelm Wundt

**A detailed description of a particular individual being studied or treated is called \_\_\_\_\_**

- a. A single-blind study
- b. A representative sample
- c. A naturalistic observation

**d. A case study**

**The psychodynamic perspective was based on the work of \_\_\_\_\_.**

- a. **Freud**
- b. Watson
- c. Gestalt
- d. Wundt

**Who was an early proponent of functionalism?**

- a. Wilhelm Wundt
- b. Ivan Pavlov
- c. **William James**
- d. Max Wertheimer

**Which of the following terms do NOT belong together?**

- a. Natural selection; functionalism

b. Psychoanalysis; unconscious conflict

c. **Structuralism; observable behavior**

d. Gestalt; whole

**“The whole is greater than the sum of the parts” is a statement associated with the perspective of \_\_\_\_**

a. Introspection

b. **Gestalt psychologists**

c. Psychoanalysis

d. Functionalism

**A branch of psychology that studies the psychology in action at the workplace is known as which of the following?**

Clinical psychology

Forensic psychology

Health psychology

**Industrial / Organizational Psychology**

**Which of the followings model focuses on how people know, understand and think about the world?**

**Cognitive model**

Behavioral model

Humanistic model

Psychodynamic model

**Which of the following school of thought gave emphasis on the structure of consciousness?**

Behaviorism

Functionalism

## **Structuralism**

Gestalt school of thought

**Which of the following system is a chemical communication network that sends messages through out the nervous system via the bloodstream?**

## **Endocrine**

Neuron

Electrical

Central

**During which stage of development, the Oedipal and Electra complex takes place?**

The Latency Period

The Anal Stage

The Oral Stage

## **The Phallic Stage**

**Which of the following will happen where we stop the reinforcement and the behavior will be extinguished?**

Generalization

## **Extinction**

Spontaneous recovery

Shaping

**Identify who among the following developed his system of psychotherapy called Client Centered Therapy**

Alfred Adler

William. H. Sheldon

Albert Ellis

### **Carl Rogers**

**The recording of the behavior of people or animals in their natural environments, with little or no intervention by the researcher is known as what?**

Experimental research

### **Naturalistic observation**

Manipulative research

Laboratory observation

**When a detailed description of a particular individual is gathered, this sort of data collection is known as**

A single-blind study

A representative sample

A naturalistic observation

### **A case study**

**The branch of psychology that studies how physiological and social changes take place over the lifespan is known as what?**

Forensic Psychology

### **Developmental Psychology**

Clinical Psychology

Social Psychology

\_\_\_\_\_ **focuses on the unconscious forces that drive or motivate human behavior.**

- **Psychodynamic model**
- Functionalism

- Structuralism
- Gestalt psychology

**The process of constructing comparable, exposure and comparison groups is called \_\_\_\_**

- Time series design
- Prospective design
- Retrospective design
- **Matching**

**\_\_\_\_\_ gave the concept that human capacity for learning the language is innate.**

- Jean Piaget
- **Noam chomsky**
- Stanleyschacter
- Tolman

**\_\_\_\_\_, a French surgeon and anthropologist, discovered speech centre in brain.**

- **Paul Broca**
- Philippe Pinel
- Galen
- Cabanis

**Psychology is defined as the science of:**

- Sensation and perception.
- Experience and mental illness.
- Culture and group dynamics.
- **Behavior and mental processes.**

**Who is considered the "father of psychology" by his establishment of the first psychology lab?**

**Wilhelm Wundt**

William James

Sigmund Freud

E. B. Tichener

**Which of the following is considered the founder of the psychodynamic perspective in psychology?**

Wilhelm Wundt

William James

**Sigmund Freud**

E. B. Tichener

**The behaviorists believed:**

Psychology should emphasize the study of healthy people.

**Psychology should only study observable and objectively described acts**

Psychology should study the self examination of inner ideas and experiences.

All of the above.

**The psychological school of thought that stressed the whole or complete view of a situation was:**

Structuralism.

Functionalism

Behaviorism

**Gestalt**

**According to this Psychological school of thought, to understand human behavior and thought, one must understand the unconscious mind and the key events that happened early in life that influence the unconscious mind. What is this school of thought?**

**Psychoanalysis.**

Functionalism

Behaviorism

Gestalt

**Manifest content of a dream is:**

**The obvious and apparent part**

Hidden content.

Conscious part of dream.

Overt part of dream.

**Who established the first psychology lab in the United States?**

**G. Stanley Hall**

William James

Francis Cecil Sumner

Mary Whiton Calkins

**Edward Titchener used a method for studying the mind that became very popular during the Structuralist period. The method, called \_\_\_\_\_ required trained participants to report their conscious mental experiences to the investigator. For example, if a person was angry,**

**they would report all of their experiences during the time they were angry.**

Empiricism

Functionalism

Contemplation

**Introspection.**

\_\_\_\_\_ **is the school of thought in where psychology is defined as the study of the structure of the mind.**

Functionalism.

Behaviorism.

**Structuralism.**

All of the above.

Which of the following is the ability to use logic, past experience, and learn information for mental processing?

Reasoning

Research

Thinking

**Perception**

Who suggested that most human behavior is learned by Observation?

**Albert Bandura**

Gordon Allport

George Alexander Kelly

William H. Sheldon

Which of the following is NOT a type of learning?

Verbal learning

Problem solving

Motor learning

**Synchronicity**

In which of the following type of learning; person's own association, experiences and relations with the phenomenon has been involved?

**Verbal learning**

Problem solving

Motor learning

Audio learning

Cognitive approach emphasizes on all of the followings EXCEPT:

Thoughts

Feelings

Thinking

**Genetic makeup**

Which of the following is a rule; if it is applied, ensures the solution to the problem?

Heuristics

## Algorithms

Both heuristics and algorithms

Logrithm

Which component has been called the outward expression of our emotions?

## Behavioral - Behavioral Component

Physiological

Cognitive

None of the given options

Which one of the following processes is not the part of cognition?

Imagery

Thinking

Problem solving

## Motivation

Critical thinking means making judgments about world based on which of the following?

Emotion

Authority and expertise

## Keeping a close mind

Reason and logical evaluation

Which one of the following is not the primary motive?

Hunger  
(Primary Motives)

hunger, thirst, need for sleep, air, excretion

Air

Warmth and cold

### **Achievement**

In the theory of classical conditioning the acronym CR stands for which of the following?

Conditional reinforcement

### **Conditioned response**

Contingent reflex

Contingent reflection

Which of the following is not one of the types of concepts?

Artificial concepts      Concepts that have a unique set of traits and features

Natural concepts      Known, familiar and relatively simple concepts that have rather loose features to define and explain them

### **Prolonged concepts**

Prototype concepts      Prototypes are used to define and explain objects and ideas that cannot be defined in a clear-cut and straightforward manner

If reinforcement is withheld the response rate of the child declines and finally no response is shown by the child, this will be an example of which of the following?

Reward

Shaping

**Extinction**

Acquisition

Who among the following gave the Cognitive Appraisal Theory of emotions?

Richard Solomon and John Corbit

**Richard Lazarus**

Albert Ellis

Cannon-Bard

All of the following statements concern with the concept of learning EXCEPT:

Learning is relatively permanent

Learning involves experiences

**Learning is another word for physical growth**

Learning involves changes in behavior

Which of the following is a desire, instinct or need that speeds up our behavior towards some goal?

**Motivation**

Learning

Vulnerability

Tendency

Human behavior is determined by the environment. This was proposed by which of the followings?

**Behaviorists**

Humanists

Psychoanalysts

Cognitivists

Which of the following is a rule; if it is applied, ensures the solution to the problem?

Heuristics

**Algorithms**

Both heuristics and algorithms

Logrithm

A Skinner box is most likely to be used in research on \_\_\_\_\_.

Classical conditioning

Cognitive learning

**Operant conditioning**

Vicarious learning

Who amongst the following used apes in his experiments for knowing the use of insight by animals in problem solving?

J. B. Watson

B. F. Skinners

**Wolfgang Kohler**

Jean Piaget

Skinner used which of the following technique that means start reinforcing a behavior that is the first toward final behavior and then gradually reinforce successively closer approximations to the final behavior.

Shaping

Assertion

**Modeling**

Aversive

Learning to play a Piano is an example of which of the following?

Shaping

Classical conditioning

**Learning by insight**

Generalization

A child overcomes her fear of snakes by observing another child repeatedly handle snakes. This is an example of which of the followings?

Cognition therapy

Systematic desensitization

**Modeling**

Contingency contracting

In which of the following type of learning, an association is formed between a behavior and a consequence?

Classical conditioning

**Operant conditioning**

Modeling

Observational learning

Which of the following psychologist would argue that a criminal engages in unlawful behavior because he grew up around older boys who engaged in criminal activities?

**Behaviorist**

Psychoanalytic

Functionalist

Structuralist

The rate at which food converts into energy and then is expended by the body is known as what?

**Metabolism**

Deuteranopia

Calcitonin

Oxytocin

Secondary motives are also known as which of the following?

**Psycho-social motives**

Biological motives

Psychological motives

Emotional motives

Who among the following talked about the “cognitive maps”?

**Tolman**

Skinner

Thorndike

Maslow

Which of the following is the main contribution of Kohler in the Gestalt School?

**Learning by Insight**

Learning by Imitation

Learning by Trial and Error

Learning by Conditioning

Organized bodies of information stored in memory are called what?

Norms

**Cognitions**

Schema

Traits

A German psychologist Wolfgang Kohler was one of the first psychologists who observed which of the following phenomenon?

**Insight**

Deductive reasoning

Inductive Thinking

Trial and error

All of the followings are the features of Unconscious EXCEPT:

Instinctual drives

**Perception**

Desires

Infantile wishes

Which part of brain controls positive emotions?

**The left hemisphere**

-Positive emotion

Limbic system

The right hemisphere

- Negative emotion

Cerebrum

With regard to the types of concepts; which of the following concept is known, familiar and relatively simple concept?

Artificial

**Natural**

Prototypes

Prolonged

The mind level below the level of conscious awareness is known as\_\_\_\_\_.

Pre conscious - Part of the sub conscious that can be accessed by deliberate choice

### Sub conscious

Unconscious - Part of the sub conscious that cannot be accessed directly, although impulses, ideas, and feelings may permeate out

through other sources e.g. dreams, slips of tongue etc.

Conscious - Contains thoughts and feelings which one is immediately aware of

Which one of the following is not a secondary/learned motive?

Achievement

Power

Hunger Primary Motive

Curiosity

Which branch of psychology studies cognition, related areas and issues?

Thinking psychology

Experimental psychology

Developmental psychology

Cognitive psychology

According to Jung, which of the following is the energy for personal growth and development?

Archetypes

Superiority complex

Libido

Neurotic needs

A rectangle has two opposite sides equal, if it is not the case, then it is not a rectangle. This is an example of which of the following type of concept?

**Artificial**

Prototypes

Natural

Prolonged

All of the followings are the features of Unconscious EXCEPT:

Instinctual drives

**Perception**

Desires

Infantile wishes

Hunger, thirst and sleep are what?

Learnt motives

**Primary motives**

Social motives

None of the given options

The ABC model suggests that an attitude has three components. Which of the following is not one of them?

Affect

**Perception**

Behavior

Cognition

According to “Theory of Emotions” given by Albert Ellis, emotions do not result from a single cause but originate from different ways. In this regard, all of the followings were identifies by Albert Ellis EXCEPT:

Sensory- motor

Bio-chemical stimulation

**Reflex action**

Cognitive and thinking processes

All of the followings are the methods of assessing personality EXCEPT:

Interview

Observation and behavioral assessment

Psychological tests

**Positron Emission Tomography (PET)** a scan showing biochemical activity within the brain at any given moment

In which of the following need a person has a tendency to seek impact, control, or influence over others?

Arousal

Achievement

Affiliation

**Power**

Learning approaches are primarily based upon the principles of all of the followings EXCEPT:

Classical Conditioning

Operant Conditioning

**Gestalt Principle**

Cognitive Learning

Which part of brain helps in expression through tone of voice and by controlling facial expression?

The left hemisphere

Limbic system

**The right hemisphere**

Cerebrum

Which of the following approach's main assumption is that "Human beings are capable of shaping their own destiny"?

Psychoanalytic

Behavioral

**Humanistic**

Existential

Who gave the theory of "humors"?

**Hippocrates**

Plato

Socrates

Kraepelin

Concepts that have unique sets of traits and features, easy to define and elaborate are known as what?

Artificial concepts

Natural concepts

**Prolonged concepts**

Prototype concepts

Relaxation exercises and meditation are the examples of what?

**Mental images**

Schema

Concepts

Ideas

**Question No: 1 ( Marks: 1 ) - Please choose one**

---

**Laws of perceptual organization were proposed by which of the following school of thought?**

- ▶ Functionalism
- ▶ Structuralism
- ▶ **Gestalt school**
- ▶ Behaviorism

**Question No: 2 ( Marks: 1 ) - Please choose one**

---

**Today psychology is considered as the scientific study of which of the followings?**

- ▶ Mind
- ▶ Conscious experiences
- ▶ **Behavior and mental processes**
- ▶ Soul

**Question No: 3 ( Marks: 1 ) - Please choose one**

---

**Who among the followings is known as “father of Greek medicines”?**

- ▶ Socrates
- ▶ Plato
- ▶ Aristotle
- ▶ **Alcameon**

**Question No: 4 ( Marks: 1 ) - Please choose one**

---

**Who among the followings gave the concept of Insight?**

- ▶ Max Wertheimer
- ▶ **Wolfgang Kohler**
- ▶ James Rowland Angell
- ▶ James Mckeen Cattell

**Question No: 5 ( Marks: 1 ) - Please choose one**

---

**Who among the followings regarded as the “Father of Medicine”?**

- ▶ Hippocrates
- ▶ **Kraepelin**
- ▶ Plato
- ▶ Socrates

**Question No: 6 ( Marks: 1 ) - Please choose one**

---

**Who among the followings is the author of the book “The Origin of Species”?**

- ▶ Emil Kraepelin
- ▶ Paul Broca
- ▶ Wilhelm Griesinger
- ▶ Charles Darwin

**Question No: 7 ( Marks: 1 ) - Please choose one**

---

**Which of the following is incorrect about insulin-shock therapy?**

- ▶ In this therapy the coma is caused because of a reduction in blood sugar level.
- ▶ It has found to be effective with schizophrenics, addicts etc., if used with psychotherapy.
- ▶ It was developed by Paul Broca who was a French surgeon and anthropologist
- ▶ It is used to cure psychological disorders by administrating insulin.

**Question No: 8 ( Marks: 1 ) - Please choose one**

---

**Which of the following can increase the likelihood of occurrence of a behavior?**

▶ **Extinction**

▶ **Reinforcement**

▶ **Punishment**

▶ **Insight**

**Question No: 9 ( Marks: 1 ) - Please choose one**

---

**Identify where we stop reinforcement and behavior extinguishes.**

▶ **Generalization**

▶ **Extinction**

▶ **Spontaneous recovery**

▶ **Shaping**

**Question No: 10 ( Marks: 1 ) - Please choose one**

---

**Which of the following law is given by Thorndike, that all responses followed by satisfaction are stamped into an individual and he learns those responses?**

- ▶ Law of exercise
- ▶ Law of effect
- ▶ Law of insight
- ▶ Law of belongingness

**Question No: 11 ( Marks: 1 ) - Please choose one**

---

**Which perspective of psychology emerged out of a desire to understand the conscious mind, free will, human dignity, and the capacity for self-reflection and growth?**

- ▶ Humanistic
- ▶ Behavioral
- ▶ Gestalt

▶ **Psychodynamic**

**Question No: 12 ( Marks: 1 ) - Please choose one**

---

**Which of the following process is suggested by Bandura that help human behavior to learn?**

▶ **Intention**

▶ **Observation**

▶ **Insight**

▶ **Reinforcement**

**Question No: 13 ( Marks: 1 ) - Please choose one**

---

**Fatima is using newspaper records to study the rate of crime during the past 20 years. Which type of method is she utilizing?**

▶ **Participant Observation**

▶ **Structured Observation**

▶ **Field experiments**

▶ **Archival data**

**Question No: 14 ( Marks: 1 ) - Please choose one**

**A gene that only influences the expression of a trait when paired with an identical gene is known as what?**

▶ **Dominant**

▶ **Mutated**

▶ **Recombinant**

▶ **Recessive**

**Question No: 15 ( Marks: 1 ) - Please choose one**

**Which of the following is the correct order for Piaget's four stages of development?**

▶ **Preoperational, sensory-motor, concrete operations, formal operation**

▶ **Concrete operations, preoperational, sensory-motor, formal operation**

▶ **Sensory-motor, preoperational, concrete operations, formal operation**

▶ **Preoperational, concrete operations, sensory-motor, formal operation**

**Question No: 16 ( Marks: 1 ) - Please choose one**

**Which of the following is a scan showing biochemical activity within the brain at any given moment?**

▶ **CAT**

▶ **MRI**

▶ **EEG**

▶ **PET**

**Question No: 17 ( Marks: 1 ) - Please choose one**

**Which of the following statement best describes “Hormones”?**

▶ **The male gonads**

▶ **Chemicals found in the synaptic vesicles, which when released have an effect on the next cell**

▶ **Chemicals released into the bloodstream by the endocrine glands**

▶ **The female gonads**

**Question No: 18 ( Marks: 1 ) - Please choose one**

---

**What do we call thyroid enlargement?**

▶ **Vitamin deficiency goiter**

▶ **Calcium deficiency goiter**

▶ **Protein deficiency goiter**

▶ **Iodine deficiency goiter**

**Question No: 19 ( Marks: 1 ) - Please choose one**

---

**Which part of the eye is a muscle that regulates the size of the pupil?**

▶ **Retina**

▶ **Sclera**

▶ **Iris**

▶ **Lens**

**Question No: 20 ( Marks: 1 ) - Please choose one**

---

**Identify the proper sequence of structures that sound passes when it enters the ear.**

▶ **Oval window, eardrum, stirrup, cochlea**

▶ **Cochlea, stirrup, eardrum, oval window**

▶ **Stirrup, eardrum, oval window, cochlea**

▶ **Eardrum, stirrup, oval window, cochlea**

**Question No: 21 ( Marks: 1 ) - Please choose one**

---

**Which type of hearing problem can be reduced with ordinary hearing aids?**

▶ **Central deafness**

▶ **Auditory pathway deafness**

▶ **Conduction deafness**

▶ **Sensory-neural deafness**

**Question No: 22 ( Marks: 1 ) - Please choose one**

---

**In Watson's experiment, when little Albet was being conditioned to the fear of a rat, afterwards he used to be afraid of cotton balls as well. This concept is known as what?**

▶ **Stimulus generalization**

▶ **Extinction**

▶ **Spontaneous recovery**

▶ **Higher order conditioning**

**Question No: 23 ( Marks: 1 ) - Please choose one**

---

**When Pavlov presented the bell (CS) continuously without the presentation of the meat powder (US), the dog's salivation decreased. This process is known as what?**

▶ **Stimulus generalization**

▶ **Spontaneous recovery**

▶ Extinction

▶ Reinforcement

Question No: 24 ( Marks: 1 ) - Please choose one

A child overcomes her fear of snakes by observing another child repeatedly handle snakes. This is an example of which of the followings?

▶ Cognition therapy

▶ Systematic desensitization

▶ Modeling

▶ Contingency contracting

Question No: 25 ( Marks: 1 ) - Please choose one

Cognitive approach emphasizes on all of the followings EXCEPT:

▶ Feelings

- ▶ **Thoughts**
- ▶ **Thinking**
- ▶ **Genetic makeup**

**Question No: 26 ( Marks: 1 ) - Please choose one**

**A child learns that whenever he eats all of his dinner; he will get a cookie for dessert. This type of learning is best example of which of the following?**

- ▶ **Operant conditioning**
- ▶ **Classical conditioning**
- ▶ **Biofeedback theory**
- ▶ **Social learning theory**

**Question No: 27 ( Marks: 1 ) - Please choose one**

**After every third wicket taken by an individual of the Pakistan cricket team, the coach rewards the player. What schedule of reinforcement is being used?**

- ▶ **Fixed ratio schedule**
- ▶ **Variable ratio schedule**
- ▶ **Variable interval schedule**
- ▶ **Fixed interval schedule**

**Question No: 28 ( Marks: 1 ) - Please choose one**

**An employee receives a reward every 45 minutes. In which type of reinforcement schedule organism is reinforced after pre fixed time of intervals?**

- ▶ **Fixed Ratio Schedule**
- ▶ **Variable Ratio Schedule**
- ▶ **Variable Interval Schedule**
- ▶ **Fixed Interval Schedule**

### **Quiz of Fall 2012**

Question # 1 of 10 ( Start time: 02:43:31 PM )

Total Marks: 1

Which of the following method has been used for treatment of mental and behavioral disorders with drugs and chemicals?

Select correct option:

Psychotherapy

Shock therapy

Psycho surgery

Chemotherapy

Question # 2 of 10 ( Start time: 02:44:16 PM )

Total Marks: 1

Which of the following term means look into the self or internal observation?

Select correct option:

Experimentation

Anticipation

Validation

Introspection

Question # 3 of 10 ( Start time: 02:45:39 PM )

Total Marks: 1

A physical energy source that has an effect on a sense organ thus producing a response is known as what?

Select correct option:

Stimulus

Environment

Learning

Response

Question # 4 of 10 ( Start time: 02:46:31 PM )

Total Marks: 1

Which of the following is the mental agency containing everything inherited, present at birth, and fixed in the individual's constitution especially sexual and aggressive instincts?

Select correct option:

Emotions

Ego

Id

Super Ego

Question # 5 of 10 ( Start time: 02:47:58 PM )

Total Marks: 1

Which of the following psychologist refers that environment and external world shapes and determines behavior?

Select correct option:

 J. B. Watson Sigmund Freud Carl Rogers Carl Jung

Question # 6 of 10 ( Start time: 02:49:23 PM )

Total Marks: 1

Fatima is using newspaper records to study the rate of crime during the past 20 years. Which type of method is she utilizing?

Select correct option:

Participant Observation

Structured Observation

Field experiments

Archival data

Question # 7 of 10 ( Start time: 02:50:07 PM )

Total Marks: 1

Which of the following theory gave by Pavlov?

Select correct option:

Learning by Conditioning

Learning by Observation

Learning by trial and Error

Learning by Insight

Question # 8 of 10 ( Start time: 02:51:22 PM )

Total Marks: 1

Rogers maintained that the therapist must possess all of the following qualities EXCEPT:

Select correct option:

- Congruence
- Counter Transference
- Empathy
- Respect

Question # 9 of 10 ( Start time: 02:52:45 PM )

Total Marks: 1

Which of the following therapy was introduced by Albert Ellis?

Select correct option:

- Rational-Emotive Behavior Therapy
- Humanistic Therapy

Observational Learning Therapy

Behavioral Therapy

Question # 10 of 10 ( Start time: 02:53:15 PM )

Total Marks: 1

Which of the following school of thought focuses on what the mind does and how it does?

Select correct option:

Functionalism

Existentialism

Structuralism

Behaviorism

### Quiz of Spring 2012

Who among the followings is the author of the book “The Origin of Species”?

Select correct option:

Emil Kraepelin

Paul Broca

Wilhelm Griesinger

Total Marks: 1

Which of the following is NOT one of the goals of Psychology?

Select correct option:

To understand the nature and mechanisms of behav

To apply understanding to real life situations and on

To understand the influence of spirits on the behavior

To develop an understanding of the relationship between

Quiz Start Time: 11:35 PM

Question # 3 of 10 ( Start time: 11:40:20 PM )

Total Marks: 1

Which of the following will happen where we stop the reinforcement and the behavior will be extinguished?

Select correct option:

Generalization

Extinction

Spontaneous recovery

Shaping

Question # 4 of 10 ( Start time: 11:40:58 PM )

Total Marks: 1

Who among the followings was of the view that irrational beliefs are basis of all of our maladjustments?

Select correct option:

Albert Bandura

Abraham Maslow

George Kelly

Albert Ellis



Question # 5 of 10 ( Start time: 11:42:11 PM )

Total Marks: 1

All of the followings are the membranes of brain EXCEPT:

Select correct option:

Dura Matter

Pia Matter

Arachnoid

Amygdala



Question # 6 of 10 ( Start time: 11:43:20 PM )

Total Marks: 1

Which of the following model focuses on the overt observable behavior?

Select correct option:

Behavioral model

Biological model

Psychodynamic model

Cognitive model

Question # 7 of 10 ( Start time: 11:44:08 PM )

Total Marks: 1

Which of the following school of thought gave emphasis on the structure of consciousness?

Select correct option:

Behaviorism

Functionalism

Structuralism

Gestalt school of thought

Question # 8 of 10 ( Start time: 11:44:40 PM )

Total Marks: 1

A gene that only influences the expression of a trait when paired with an identical gene is known as what?

Select correct option:

Dominant

Mutated

Recombinant

Recessive

Question # 9 of 10 ( Start time: 11:45:13 PM )

Total Marks: 1

All of the followings are the subject matter of sport psychology EXCEPT:

Select correct option:

Role of self-concept and self-esteem

Human buying behavior

Affect of stress on sport performance

Affect of crowd on sport performance

Question # 10 of 10 ( Start time: 11:45:56 PM )

Total Marks: 1

Which of the following syndrome occurs when excessive amounts of glucocorticoid hormones are secreted in the body?

Select correct option:

Cushing syndrome

Cretinism

Acromegaly

Hypothyroidism

Time Left 29 sec(s)

Question # 10 of 10 ( Start time: 11:45:56 PM )

Total Marks: 1

Which of the following syndrome occurs when excessive amounts of glucocorticoid hormones are secreted in the body?

Select correct option:

Cushing syndrome

Cretinism

Acromegaly

Hypothyroidism

Question # 1 of 10 ( Start time: 02:43:31 PM )

Total Marks: 1

Which of the following method has been used for treatment of mental and behavioral disorders with drugs and chemicals?

Select correct option:

Psychotherapy

Shock therapy

Psycho surgery

Chemotherapy

Question # 2 of 10 ( Start time: 02:44:16 PM )

Total Marks: 1

Which of the following term means look into the self or internal observation?

Select correct option:

Experimentation

Anticipation

Validation

Introspection

Question # 3 of 10 ( Start time: 02:45:39 PM )

Total Marks: 1

A physical energy source that has an effect on a sense organ thus producing a response is known as what?

Select correct option:

Stimulus

Environment

Learning

Response

Question # 4 of 10 ( Start time: 02:46:31 PM )

Total Marks: 1

Which of the following is the mental agency containing everything inherited, present at birth, and fixed in the individual's constitution especially sexual and aggressive instincts?

Select correct option:

Emotions

Ego

- Id
- Super Ego

Question # 5 of 10 ( Start time: 02:47:58 PM )

Total Marks: 1

Which of the following psychologist refers that environment and external world shapes and determines behavior?

Select correct option:

- J. B. Watson
- Sigmund Freud
- Carl Rogers
- Carl Jung

Question # 6 of 10 ( Start time: 02:49:23 PM )

Total Marks: 1

Fatima is using newspaper records to study the rate of crime during the past 20 years. Which type of method is she utilizing?

Select correct option:

- Participant Observation
- Structured Observation

- Field experiments
- Archival data

Question # 7 of 10 ( Start time: 02:50:07 PM )

Total Marks: 1

Which of the following theory gave by Pavlov?

Select correct option:

- Learning by Conditioning
- Learning by Observation
- Learning by trial and Error
- Learning by Insight

Question # 8 of 10 ( Start time: 02:51:22 PM )

Total Marks: 1

Rogers maintained that the therapist must possess all of the following qualities EXCEPT:

Select correct option:

- Congruence
- Counter Transference
- Empathy

Respect

Question # 9 of 10 ( Start time: 02:52:45 PM )

Total Marks: 1

Which of the following therapy was introduced by Albert Ellis?

Select correct option:

Rational-Emotive Behavior Therapy

Humanistic Therapy

Observational Learning Therapy

Behavioral Therapy

Question # 10 of 10 ( Start time: 02:53:15 PM )

Total Marks: 1

Which of the following school of thought focuses on what the mind does and how it does?

Select correct option:

Functionalism

Existentialism

Structuralism



Behaviorism

## Psychology101

PSKP01

Question No: 1 ( Marks: 1 ) - Please choose one

*The Diagnostic and Statistical Manual of Mental Disorders, fourth edition (DSM-IV)*

- ▶ Presents comprehensive definitions for mental disorders
- ▶ *Suggest underlying causes for abnormal behavior*
- ▶ *Provides descriptions and causative explanations for over 100 categories*

- ▶ *Is one of three standard classification systems in America*

Question No: 2 ( Marks: 1 ) - Please choose one

\_\_\_\_\_psychologists would be interested in studying the effect on men of turning 50 years old.

- ▶ *Environmental*

- ▶ ***Developmental***

- ▶ *Clinical*

- ▶ *Educational*

Question No: 3 ( Marks: 1 ) - Please choose one

*Psychodynamic therapy is based on the work of \_\_\_\_\_.*

▶ *Rogers*

▶ *Freud*

▶ *Maslow*

▶ *Skinner*

Question No: 4 ( Marks: 1 ) - Please choose one

*Depth perception is due largely to the fact that \_\_\_\_\_.*

▶ *We have perceptual constancy*

▶ *We have two eyes*

▶ *Motion parallax is universal*

▶ *Binocular disparity does not occur in humans*

Question No: 5 ( Marks: 1 ) - Please choose one

\_\_\_\_\_ *is not a type of extrinsic reward.*

▶ *Money*

▶ *Social contacts*

▶ *Appreciation*

▶ ***Free medical facility***

Question No: 6 ( Marks: 1 ) - Please choose one

\_\_\_\_\_ suggests that sports performance can be improved by manipulating arousal level of the one playing in the field.

- ▶ *Sport psychology*
- ▶ **Health psychology**
- ▶ *Motivation theories*
- ▶ *Consumer psychology*

Question No: 7 ( Marks: 1 ) - Please choose one

**Redirecting the expression of unwanted desires or impulses to a substitute rather than the actual target is called \_\_\_\_\_.**

- ▶ *Repression*

▶ *Regression*

▶ *Displacement*

▶ *Rationalization*

Question No: 8 ( Marks: 1 ) - Please choose one

*Fitting the right person to the job involves the \_\_\_\_\_.*

▶ *Job analysis*

▶ *Personnel selection*

▶ *Personnel training*

▶ *All of the given options*

Question No: 9 ( Marks: 1 ) - Please choose one

*A health psychologist is not interested in \_\_\_\_\_.*

- ▶ *Enhancement of health*
- ▶ *Treatment of disease*
- ▶ *Improvement of the health care system*
- ▶ *Worker's motivation*

Question No: 10 ( Marks: 1 ) - Please choose one

*An adjustment in the lens shape in order to keep images in sharp focus is called \_\_\_\_\_.*

- ▶ *Lens-image inversion*

▶ *Top-down processing*

▶ *Accommodation*

▶ *Optical adaptation*

Question No: 11 ( Marks: 1 ) - Please choose one

*According to psychodynamic school of thought at birth, the entire mind consists of only*

\_\_\_\_\_.

▶ *Id*

▶ *Ego*

▶ *Conscious*

- ▶ **Unconscious**

Question No: 12 ( Marks: 1 ) - Please choose one

*A technique used to unlearn the unwanted habits by associating it with the unwanted impulses is called \_\_\_\_\_.*

- ▶ Systematic desensitization
- ▶ **Aversive therapy**
- ▶ Flooding and implosive therapy
- ▶ Observational learning

Question No: 13 ( Marks: 1 ) - Please choose one

*Available statistics show that majority of the people have an I.Q level between \_\_\_\_\_.*

- ▶ 75 - 115
- ▶ 80 - 115
- ▶ 85 - 115
- ▶ None of the given options.

Question No: 14 ( Marks: 1 ) - Please choose one

*Self-actualized people accept themselves the way they are \_\_\_\_\_*

- ▶ Really
- ▶ Ideally
- ▶ Perceived by others

- ▶ *Perceived by their beloved ones*

Question No: 15 ( Marks: 1 ) - Please choose one

*A child overcomes her fear of snakes by observing another child repeatedly handle snakes. This is an example of\_\_\_\_\_.*

- ▶ *Cognition therapy*
- ▶ *Systematic desensitization*
- ▶ **Modeling**
- ▶ *Contingency contracting*

Question No: 16 ( Marks: 1 )

**----Rational-Emotive Behavior----** therapy focuses on altering the irrational beliefs into

*more acceptable way.*

Question No: 17 ( Marks: 1 )

*According to ---**Medical**--- perspective, psychological problems are caused by physiological factors.*

Question No: 18 ( Marks: 1 )

*---**PSYCHOPATHOLOGY**--- is a term used to describe abnormal behavior.*

Question No: 19 ( Marks: 1 )

*Early psychologists assumed that there was a single \_\_\_\_\_ factor, or g-factor for mental ability.*

Question No: 20 ( Marks: 1 )

*--**Procedural**---memory refers to memory for skills and habits, such as how to ride a bike or hit a baseball*

Question No: 21 ( Marks: 1 ) - Please choose one

*Clinical psychologists can provide psychotherapy.*

▶ **True**

▶ *False*

Question No: 22 ( Marks: 1 ) - Please choose one

*Dissociative disorders are included in DSM-IV-TR as a major category.*

▶ **True**

▶ *False*

Question No: 23 ( Marks: 1 ) - Please choose one

*MMPI can identify the problems and tendencies like Depression, Hysteria and Paranoia.*

▶ **True**

▶ *False*

Question No: 24 ( Marks: 1 ) - Please choose one

*A number of trait theories deny the concept of factor analysis.*

▶ **True**

▶ *False*

Question No: 25 ( Marks: 1 ) - Please choose one

*Jung introduced the concept of archetypes.*

▶ *True*

▶ **False**

Question No: 26 ( Marks: 3 )

*Less intelligent people are less resistant and more intelligent people are more resistant to persuasion. Explain the two types of information processing routes used by the people to interpret the message.*

Question No: 27 ( Marks: 3 )

*Asghar and Ahmar are friends. Asghar is a medical doctor and believes that psychological problems are caused by the physiological factors whereas Ahmar is a follower of psychodynamic perspective. How Ahmar would explain the root cause of any mental disorder?*

Question No: 28 ( Marks: 3 )

*Can you distinguish social intelligence and moral intelligence?*

Question No: 29 ( Marks: 3 )

*Can you distinguish hard criteria and soft criteria, used for job analysis?*

Question No: 30 ( Marks: 3 )

*Memory includes (in alphabetical order) long term memory, sensory memory and short term memory. What is the correct order of these three memory stores?*

Question No: 31 ( Marks: 10 )

*Psychologists believe that stress affects our health. Explain practical strategies for coping with stress?*

Question No: 32 ( Marks: 10 )

*Although we have the best talent in the world yet Pakistan cricket team is not performing up to the expectations. How can a sport psychologist help them out? Define and explain the branch of psychology which may help them out and enable them to win the 2007 cricket world cup.*

## Psychology

Q1

\_\_\_\_\_ Memory is a type of sensory memory which stores information coming from the ears.

- ▶ Iconic
- ▶  Echoic
- ▶ Implicit
- ▶ Semantic

## Q2

The psychological school of thought that stressed the whole or complete view of a situation was \_\_\_\_\_.

- ▶ Structuralism
- ▶ Functionalism
- ▶  Behaviorism
- ▶ Gestalt

## Q3

Self-actualization is associated with the name of \_\_\_\_\_.

- ▶ Hull
- ▶  Maslow
- ▶ Cannon
- ▶ Freud

## Q4

\_\_\_\_\_ of the following perspectives would be associated with free will.

- ▶ Behavioral
- ▶ Psychodynamic
- ▶ Biological
- ▶  Humanistic

## Q5

Wilhelm Wundt \_\_\_\_\_.

- ▶ was one of the first psychologists to focus on child development

- ▶ *developed the field of school psychology*
- ▶ *was an influential developmental psychologist*
- ▶ *set up the first psychological laboratory*

### Q6

A psychiatrist has a \_\_\_\_\_ degree.

- ▶ *Ph.D.*
- ▶ *Master's degree*
- ▶ *Psy.D*
- ▶ *MBBS*

### Q7

The behavioral treatment approaches assume that abnormal behavior is \_\_\_\_\_

- ▶ *Learned*
- ▶ *A function of dysfunctional cognitions*
- ▶ *A consequence of restricted growth potential*
- ▶ *The result of a biological dysfunction*

### Q8

Laws of perceptual organization were proposed by \_\_\_\_\_.

- ▶ *Functionalism*

- ▶ *Structuralism*
- ▶ *Gestalt school*
- ▶ *Behaviorist school*

### Q9

The final step of a scientific investigation is \_\_\_\_\_.

- ▶ *Analyze data*
- ▶ *Collect data*
- ▶ *Report the findings*
- ▶ *drawing conclusions*

### Q10

A \_\_\_\_\_ psychologist would focus on the study of overt behavior.

- ▶ *Personality*
- ▶ *Social*
- ▶ *Behavioral*
- ▶ *Forensic*

### Q11

Introspection is a procedure used by \_\_\_\_\_ to study the mind.

- ▶ *Functionalists*
- ▶ *Structuralisms'*
- ▶ *Biologists*

- ▶ Humanists

### Q12

The \_\_\_\_\_ perspective holds that abnormal behavior stems from childhood conflicts over opposing wishes regarding sex and aggression.

- ▶ Cognitive
- ▶ Humanistic
- ▶ Psychoanalytic
- ▶ Sociocultural

### Q13

J.B. Watson talked about three main emotions anger, love and \_\_\_\_\_.

- ▶ Disgust
- ▶ Fear
- ▶ Sadness
- ▶ None of the given options

### Q14

The therapy based upon \_\_\_\_\_ theory is too time consuming and therefore expensive.

- ▶ Psychodynamic
- ▶ Psycho social
- ▶ Trait
- ▶ None of the given options

## Q15

TAT is a \_\_\_\_\_.

- ▶ *Self Report Inventory*
- ▶ *Projective Test*
- ▶ **Perception Test**
- ▶ *None of the given options*

## Question: 16

Memory is the process by which we ---**ENCODING**---, store, and retrieve information.

## Question: 17

Intelligence is the capacity to understand the world, think--- **Rationally** ---, and use resources

Effectively when faced with challenges.

## Question: 18

The last stage of the general adaptation syndrome (GAS) model is the--- **Exhaustion**--- stage

When negative consequences of stress appear.

## Question: 19

People with --- **Generalized Anxiety** --- disorder experience long-term, persistent

*anxiety and worry.*

### **Question: 20**

*--- **Traits** ---are enduring dimensions of personality characteristics along with*

*People differ.*

### **Question: 21- Please choose one**

*According to Freud dreams reflect unconscious needs, desires and impulses.*

▶  **True**

▶  **False**

### **Question: 22 - Please choose one**

*All port identified 15 traits that represent basic dimensions of personality.*

▶  **True**

▶  **False**

Question: 23 - Please choose one

*Interview is used in the assessment of personality.*

▶  True

▶  False

Question: 24 - Please choose one

*Schizophrenia is a major category of DSM-IV-TR.*

▶  True

▶  False

Question: 25 - Please choose one

*Bipolar Disorder is a combination of Phobia and mania.*

▶  True

▶  False

### Question: 26

*Driving to college one rainy day, Meena narrowly misses a car that slides through a red light.*

*“Slow down! What a terrible driver,” she thinks to her self. Moments later, Meena herself slips through an intersection and yelps “ooh! These roads are awful. The city rain water needs to get out here. What bias has Meena just demonstrated?”*

### Question: 27

*Maher experiences intense and irrational fears about some objects and situations. Can you identify her disorder by using its distinctive symptoms?*

### Question: 28

*A counselor views that his client has some irrational beliefs. He wants to change his irrational beliefs by using Rational Emotive Behavior Therapy (REBT). What are the main concerns of REBT?*

### Question: 29

*Fatima wants to memorize the definition of perception. When information enters her memory system the initial recording of that information is called encoding. Name two other functions of memory, and briefly explain one?*

### Question: 30

*Sad feels that when he smokes he looks stylish. He thinks smoking enhance his functioning competence. That is why he keeps on smoking. The ABC model of attitude encompasses different components, keeping in mind the above mentioned situation name three components of Sad's attitude.*

### Question: 31

*Many psychologists believe that besides the biological needs the expression of psychological need is also of great importance. Name the main psychological needs of human beings.*

*Discuss the contribution of Maslow?*

### Question: 32

*Asim loves psychology. He has decided to choose the subject as a career. He only has the basic knowledge of the subject. He is keen to know that what psychologists do. He is thinking about the attitudes of the people and how they change over time.*

*To guide Asim, name major sub fields of psychology and write a note on forming and maintaining the attitudes of people.*

**PSY101 (INTRODUCTION TO PSYCHOLOGY)**

**SUBJECTIVE MEGA FILE**

**PREPARED BY**

**INNOCENT MISHII BRAVE HEART**

**Spring 2010 PSy 101**

Write a brief note on the nature of cognition.

Mention the four main categories of drugs and explain any one of them. (1+2)

What Erik Erikson stated about the human development. How many developmental stages are identified by Erikson? Identify any three stages and briefly explain them. (1+1+3)

What is meant by Feature Analysis? Briefly demonstrate the steps in feature analysis.

**MiD Term 2011**

Total mcqs = 22

Deferent theories of “pitch Perception and hearing” are being presented over the years. Which one is your favourite and why? (5 marks)

How does the endocrine system influence behaviour? Describe the functions of any two glands and the hormones each secretes. (2.5+2.5 marks)

After a gunshot wound to the head, Amir is unable to control his aggression and fear, Doctor’s says his “Emotional Brain” is hurt because of this wound. What could be the possible location of Amir’s wound? Also mention two characteristics of that part. (1+2 marks)

Name three part of the human ear and what is the function of Ear drum? (1+2 marks)

Define the shaping techniques. Discuss how will you practice this technique in your life? (3 marks)

## **Mid Term Papers May 2011, (Spring 2011)**

Short Questions = 3 (3 marks)

how humanistic approach is different from psycho dynamic approach?

Compare intimate and observation

how mr. sharif got deafness, he is working in a factory

Long questions=2(5 marks)

Name the 3 membranes that separates the brain and define what is CSF?

James bond is a famous personality, what should be the more characteristics in him which attract

the people.

Q1. Scenario given & find the disease and its problem.5/-

Q2. Limitation of nature n nurture.3/-

Q3. Phi phenomenon 3/-

Q4. Chemical of neuron 3/-

## **Mid Term Papers Fall 2012 08-Dec-2012 to 19-Dec-2012**

- 1).In which type of learning an association is formed between a behaviour and consequence name and explain (3)
- 2).Sadia is planning to study the impact of age on the ability to recall event from the childhood. Age can be consider as an independent variable find the depended variable and also explain the reason (3)
- 3). Sharif started to develop the deafness (have to write down the reason of deafness) (3)
- 4). explain

Relative motion

Relative size (5)

5). kashif is a 15 years old boy ,has 95 kg weight , he is suffering from diabetes doctors suggest him only medicine are not enough he have to take insulin also ,

Write down the characteristic of his disease.

22 MCQs, almost all new or expressed in different way.

and following long questions:

\*\*Sonia is a big fan of film star “Shan”. One day she went for shopping and saw a branded perfume with the picture of that actor printed on it. She bought that perfume unintentionally. This is an example of specific learning process. Keeping in mind the above mention situation explain the following.

Name and explain that specific learning principle. (2)

Who was the first one to give this concept? (1)

\*\*Why do teachers give stars on children’s workbooks? Explain the reason by keeping in view the operant conditioning principles.

\*\*A research team is studying electrical stimulation of the brain and rats are used as subjects. During experiment rats are exhibiting compulsive eating and drinking behaviour. In which part of the rat’s brain the electrode is being implanted. Also mention two other characteristics of that particular part of the brain.

\*\*Erick Erickson presented a theory of psychosocial development. In your opinion which of two developmental stages are more prevalent in our culture? Justify (2.5+2.5)

\*\* “James bond” is considered to be a movie character imitated by general public on a very wide level. What could be the possible characteristics that made him a good model to be followed? (5)

Why do teachers give stars on children’s workbooks? Explain the reason by keeping in view the operant conditioning principles 3 marks

Who presented the cognitive maps? Define it briefly 3 marks

What is top- down processing, write its factor which influence 5 marks

Define PET, MRI etc. 5 marks kathayaibhi

Define careona briefly explain? 3 marks

**Mid Term Papers Fall 2013 - From (20 Dec , 2013 to 1**

**Jan 2014 )**

Total Questions: 27

Total MCQs of 1 Mark: 22

Total Short Subjective Question of 3 Marks: 3

Total Long Subjective Question of 5 Marks: 2

Q1-Sadia is planning to study the impact of age on the ability to recall event from the childhood. Age can be consider as an independent variable find the depended variable and also explain the reason (3 marks)

Q2-what is Sleep disorder? Causes of sleep disorder (5 marks)

Q3-

Sonia is a big fan of film star “Shan”. One day she went for shopping and saw a branded perfume with the picture of that actor printed on it. She bought that perfume unintentionally. This is an example of specific learning process. Keeping in mind the above mention situation explain the following. (3 marks)

Name and explain that specific learning principle.

Who was the first one to give this concept?

Q4-If rat is under observation by scientists..... rat don't feel hungry and thirsty then in which part of the brain scientists implant electrodes to find the reason of not feeling hungry and thirsty? Also tell some characteristics of that part of brain. (3marks)

Q5- Four diseases caused by abnormal secretion of thyroid glands? (5 marks)

1) Hearing Impairment? Two types? (2.5 + 2.5)

2) Explain the following? (2.5 + 2.5)

i) Relative Motion

ii) Relative Size

3) Dark Room/theatre related Question! (3 marks)

**Mid Term Papers Spring 2013 (25 May 2013 ~ 06 June**

**2013)**

Different theories of vision and colour blindness have been presented over the years. Which one seems more appropriate to you for explaining the vision phenomenon and why? 5

Sara has been facing disturbed sleep for the last 2-3 weeks. First she is unable to sleep and if she sleeps often wakes up in middle of night.

Being a student of psychology help her and suggest some practical steps for getting rid of sleep problems. (5)

What is meant by “Phi phenomenon”. Explain with the help of one daily life example. (1+2)

Saliha taught her class about the basic assumptions of humanistic approach, what could be the main points of her lecture? (1+1+1)

The adrenal cortex consists of how many portions/regions? Enlist the names.3

Q1-Sadia is planning to study the impact of age on the ability to recall event from the childhood. age can be consider as a independent variable find the depended variable and also explain the reason (3 marks)

Q2-what is Sleep disorder? Causes of sleep disorder (5 marks)

Q3-

Sonia is a big fan of film star “Shan”. One day she went for shopping and saw a branded perfume with the picture of that actor printed on it. She bought that perfume unintentionally. This is an example of specific learning process. Keeping in mind the above mention situation explain the following.(3 marks)

Name and explain that specific learning principle.

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Q4-If rat is under observation by scientists..... rat don't feel hungry and thirsty then in which part of the brain scientists implant electrodes to find the reason of not feeling hungry and thirsty? Also tell some characteristics of that part of brain. (3marks)

Q5- Four diseases caused by abnormal secretion of thyroid glands? (5 marks)

- 1) Relative Motion and Size Motion
  - 2) Depth Perception question Consider eye concept
  - 3) Humanistic approach main points
- Q: portion of Adrenal Cortex and their name.

### **Mid Term Fall 2014**

Q: Operant Conditioning

Q: Brain layers and their names i think

What is called when child saw cow and say doggie?????

What is concept of manifest and content latent who give this concept name...? i think

Long question:::;;

Workerswalasenariotha discuss kernatha  
aur second question gland se related tha...

Child saying doggie to cow..classical conditioning

Opponent process theory versus Trichromatic theory.

Discuss observational learning in real life.

Another question was abtpiagets theory

mcqs 4 mcqs about top down and down up, aikmcqs hearing aid k barre main tha k hearing aid q use kiajattatha 4 option thy. aik case study ka 3 mcqski long description the or btanatha k yeh buyer psychology, foransic psychology n estarha k yehknsy psychology sy belong kartehn.

Brain related 2 mcqs thy prwo b easy.

Cinema main kuchdairbaadsamne seat wale nazaranelagtyhn.why?  
(estarhaka question tha)

peragent women ko psychology k hissabsybtanatha k kia us k baby ki health k leyaachanei ha. 3 number.

Diabetes n its characteristics. 5 number ka.

Gestalt psychology 5 number

### **Midterm Past Papers Spring 2015**

Q1 ear parts and ear drum function?

Q operant condition

Q3 monocular perception

Q4 what is EEG, CAT, PET, MRI? (AT PG 78)

Q5 what do u mean by imitation

1. Why do teachers give golden and silver stars to children on their workbook? Justify with logical reasons.
2. Briefly discuss limitations of nature-nurture research.
3. Aamir got wounded on brain and therefore he is unable to control his fear and anger; doctors said that the emotional brain has wounded, what could be the possible area where Aamir got hurt? Discuss 2 more characteristics of that part.
4. Different theories of perception and hearing prevail; which one is your favourite and why?
5. What do you know about token economy? How can you apply it in your daily life to get favourable results?

### PSY101 past midterm paper

Q1-Sadia is planning to study the impact of age on the ability to recall event from

the childhood. Age can be consider as an independent variable find the depended

variable and also explain the reason (3 marks)

Q2. Sonia is a big fan of film star "Shan". One day she went for shopping and saw

a branded perfume with the picture of that actor printed on it. She bought that

perfume unintentionally. This is an example of specific learning process. Keeping

in mind the above mention situation explain the following. (3 marks)

Q3. Compare intimate and observation??

Q4-If rat is under observation by scientists..... rat don't feel hungry and thirsty

then in which part of the brain scientists implant electrodes to find the reason of

not feeling hungry and thirsty? Also tell some characteristics of that part of brain.

Q5. Relative Motion and Size Motion

Q6. Depth Perception question Consider eye concept

Q7. Humanistic approach main points

Q8. Define the shaping techniques. Discuss how will you practice this technique in

your life? (3 marks)

Q9. Why do teachers give stars on children's workbooks? Explain the reason by

keeping in view the operant conditioning principles 3 marks

Q10. Who presented the cognitive maps? Define it briefly 3 marks

Q11. Define careona briefly explain? 3 marks

Q12. After a gunshot wound to the head, Amir is unable to control his aggression

and fear, Doctor's says his "Emotional Brain" is hurt because of this wound. What

could be the possible location of Amir's wound? Also mention two characteristics

of that part. (1+2 marks)

Q13. Name three part of the human ear and what is the function of Ear drum? (1+2

Q14. Define the shaping techniques. Discuss how will you practice this technique

in your life? (3 marks)

Q15. Describe function of auditory canal and tell three parts of ear. 3 marks

Q16. sadia unintentional bought a branded perfume which have "Shan"s picture on

it, which principle tell and defines this behavior and who first proposed this

principle 3 marks

Q17. When you enter in a dark room. You are unable to visualize but after some

time you become able to see the per sitting next to you. How this happens.

Q18. Why a young girl wear lipstick.

Q19. Why a boy starts smoking.

Q20. Why people copy famous actors. 1+1+1 marks

Q21. How humanistic approach is different from psycho dynamic approach?

Q22. How mr. sharif got deafness, he is working in a factory

Q23. Limitation of nature n nuture.3/-

Q24. Phi phenomenon 3/-

Q25. Chemical of neuron 3/-

.Q1. Ear impairments 5 mark

Q2-what is Sleep disorder? Causes of sleep disorder (5 marks)

Q3. Name and explain that specific learning principle.

Q4. Who was the first one to give this concept?

Q5- Four diseases caused by abnormal secretion of thyroid glands? (5 marks)

Q6. What is top- down processing; write its factor which influences 5 marks

Q7. Deferent theories of “pitch Perception and hearing” are being presented over

the years. Which one is your favorite and why? (5 marks)

Q8. How does the endocrine system influence behavior? Describe the functions of

any two glands and the hormones each secrets. (2.5+2.5 marks)

Q9. Something like "why people try to imitate james bond which part of his

characteristic attract them" 5 marks

Q10- what do you know about cerebellum. What are its functions? 5 MARKS

Q11- James Mckeen Cattell defended nurture or nature? Explain rationale. 5

Q12. Name the 3 membranes that separate the brain and define what is CSF?

James bond is a famous personality, what should be the more characteristics in him

which attract the people

Q13. Scenario given & find the disease and its problem. 5/-

1. Concept of achievement and method of achieving motivation (3)
2. Athletes playing at home venue performs best...Do you agree with it (3)
3. Job description for Forensic psychologist (5)
4. Suitable theory for motivation according to you (5)
5. Erikson theory and how many stages of human development. Describe any three (5)
6. Question about deductive reasoning (3)
  
7. Explain algorithm and heuristics,
8. Aversive therapy with example,
9. Somatoform disorder with types,
10. Mood disorder with causes,
11. Criticism on psychodynamic theory,
12. Difference between inductive n deductive reasoning,
13. 2 main therapies apply krnii thee case was given,
14. Diff btw **algorithm and heuristics 3 marks**
15. Mental disorder 5 marks
16. Thinking feature? 5
17. Is this statement true psychology is a mind science 5
18. What are the quality that therapist must possess
19. Diff btw derived Iq and aged mental
20.  
. What makes a person think from three dimensions?
21. Mood disorders and its causes
22. Differentiate b/w oedipal and Electra complexes; explain

23. From which school Wilhelm Wundt is associated? Also explain the criticism raised on that school
24. Your therapist is warm and accepting and gives you ground for personal growth; which approach is adopted by the therapist? Also write some features of that approach
25. A case was given (Meena's case; past paper question), identify the bias observed in the situation
26. A case was given; enlist the names of some personality assessment techniques
27. A case was given; name two different info. Processing strategies that impact consumer buying behaviour
28. Steps in the emotional process
29. Name some emotional expressions; discuss about its behavioural component

PSY101 (INTRODUCTION TO PSYCHOLOGY)  
SUBJECTIVE MEGA FILE  
PREPARED BY  
INNOCENT MISHI BRAVE HEART MISBAH SHAUKAT

Write a brief note on the nature of cognition.

Cognition is the mental process of knowing as well as known. It refers to the knowledge that has been acquired to use in mental process. There is probably no aspect of human life that is void of cognition. Not even sleep. All human intellectual activities like thinking, problem solving, learning require mental process and knowledge.

Mention the four main categories of drugs and explain any one of them.  
(1+2)

What Erik Erikson stated about the human development. How many developmental stages are identified by Erikson? Identify any three stages and briefly explain them. (1+1+3)

His developmental theory of the "Eight Stages of Man" was unique and different in the sense that it covered the entire lifespan rather than 'childhood' and

'adolescent development'.

He believed that social environment combined with biological maturation results in a set

of "crises" that must be resolved. The results of the resolution, whether successful or not, are passed on to the next crisis and provide the foundation for its resolution.

Oral-Sensory Stage

The infant develops a sense of who and when to trust.

He learns when to protect oneself and be cautious.

Young adulthood

Focuses On maintaining one's individuality, Making friends, Relationships and intimacy

Middle adulthood

Age of;

- Creativity
- Productivity
- Concern about guiding and helping the next generation
- Concern for others or self-indulgence
- Impoverishment of self

What is meant by Feature Analysis? Briefly demonstrate the steps in feature analysis.

The process of perceiving a shape, pattern, object, or scene by attending to the individual elements making it up. The approach of feature analysis looks into the individual components in order to understand the entire nature of what we perceive.

The feature analysis starts with the activation of the neurons in the brain, as they are sensitive to particular spatial configurations such as circles, angles, edges, curves etc. Since these neurons are individually present, it is taken to be the evidence of the idea that any pattern, sequence or component can be broken down into simpler events or parts.

### **Steps in Feature Analysis:**

Identify the feature, shape of any object, of which the image falls on the retina.

Combine/ gather object in some form/pattern so that some sort of representation can be formed.

In the final stage, we identify/ compare each component/element/ object with the help of past experiences or memories.

### **Types of Hearing Impairment**

1. Conduction Deafness: problem in conduction of air vibrations to the cochlea; the bones in the middle ear do not function properly. Treatment: microsurgery for replacing the affected bone with an artificial one.
2. Nerve Deafness: deafness caused by a damage to the neural mechanism that creates nerve impulses or relays them to the auditory cortex; deafness may also be caused by a damage to the auditory cortex itself.

Explain i) Relative Motionii) Relative Size

Relative motion: A monocular cue for perceiving depth and distance in which when we move, the objects at different distances change their

relative positions with the visual image with those that are closest seem to be moving faster.

Relative Size :The monocular cue for depth perception in which we assume that the two objects are similar in size, the one that make the smaller image appears to be more distant.

Q4-If rat is under observation by scientists..... rat don't feel hungry and thirsty then in which part of the brain scientists implant electrodes to find the reason of not feelin hungry and thirsty? Also tell some characteristics of that part of brain. (3marks).

Thalamus is further divided into two sub-categories 1-Cerebellum 2-Limbic System

- Evolutionarily the structure of limbic system is rather old.
- The limbic system, often referred to as the "emotional brain", is found buried within the cerebrum.
- At the border of the brainstem and cerebral hemispheres it is a doughnut-shaped system of neural structures; associated with emotions e.g. fear and aggression, and drives like hunger and sex; regulates body temperature, blood sugar level and blood pressure.

### Operant Conditioning:

- Type of learning in which a voluntary response becomes stronger or weaker depending on its positive or negative consequences.
- The organism plays an active role and „operates“ on environment to produce the desired outcome. Operant conditioning forms an association between a behavior and a consequence. Consequences have to be immediate, or clearly linked to the behavior. With verbal humans, we can explain the connection between the consequence and the behavior, even if they are separated in time.

What is Sleep disorder? Causes of sleep disorder(5 marks)

## Sleep Disorders

• Sleep related problems ranging from inability to sleep, to difficulty falling to sleep, to interrupted sleep, to feeling sleepy even when one has had enough hours of deep sleep; Generally known by the name of Insomnia, sleep disorders include sleep walking and sleep talking as well.

### Causes of Sleep Disorders

• Sleep disorders or slumbering problems may be due to various reasons:

- Stress
- Preoccupation (concern or fear etc.)
- Mental illness
- Noise pollution
- Digestive problems
- Physical illness

Four diseases caused by abnormal secretion of thyroid glands?

### Diseases Resulting from Abnormal Secretion of Endocrine Glands

• Too much or too less secretions of endocrine glands can be harmful for the body.

• These secretions can be treated by controlling the over production, providing the essentials for production, or replacing hormones.

• Some of such abnormalities are:

#### 1. Cretinism

- Occurs due to the lack of thyroid gland secretions.

- Prevalent mostly in Southern France, Spain, Italy, and Switzerland

The major symptoms are:

- Person becomes restless and thin
- Shows excessive emotionality
- Sleeplessness
- Rapid heartbeat
- Tremors

What will happen when you enter into the movie theatre/ a dark room and hardly see anything? (3 marks)

The isle, other people, or your seat. And what happens after a few moments? It is an example of adaptation to darkness • Dark Adaptation means a heightened sensitivity to light resulting from being in low level of light for some duration • On the contrary, you can see quite well in light after coming from the darkness\_\_ dark adaptation • The speed of processing from dark to light and light to dark adaptation is largely dependent on the rate at which the chemical composition in the rods and cones takes place.

Portion of Adrenal Cortex and their name. The adrenal cortex is essential to life because it has very important functions to perform, but the Medulla may be removed with no life-threatening effects.

Hormones of the Adrenal Cortex • The adrenal cortex consists of three different portions/ regions, each region produce different type of hormones. • Chemically, all these cortical hormones are steroid.

a. Mineralocorticoids • Secreted by the outermost region of the adrenal cortex. b. Glucocorticoids • Secreted by the middle region of the adrenal

cortex. c. Gonad corticoids • Also known as the sex hormones. • These are secreted by the innermost region of the adrenal cortex.

### Q: Brain layers and their names

I think Membranes of the Brain

- Between the surfaces of the brain and the skull, there are three layers of membrane called the meninges, which completely cover the brain and spinal cord.

- These three membranes are:

1. Dura Matter
2. Arachnoid
3. Pia Matter

### THE EVOLUTIONARY LAYERS OF THE HUMAN BRAIN

The reptilian brain, the oldest of the three, controls the body's vital functions such as heart rate, breathing, body temperature and balance.

The limbic brain emerged in the first mammals. It can record memories of behaviours that produced agreeable and disagreeable experiences,

The neocortex first assumed importance in primates and culminated in the human brain with its two large cerebral hemispheres that play such a dominant role.

### Q- Edward B. Tichener

Known as the formal founder of Structuralism Edward Bradford Tichener He was solely concerned with studying the brain, and the unconscious, and for this he believed, we should break it down into basic elements. After that, we can construct the separate elements into a whole and understand what it does.

- He believed that we can study perception, emotions and ideas through introspection, by reducing them to their elementary parts
- There are four elements in the sensation of taste: sweet, sour, salty and bitter

**Q10- what do you know about cerebellum. What are its functions? 5 MARKS**

- "Cerebellum" comes from the Latin word for "little brain". The cerebellum is located behind the brain stem.
- Cerebellum is somehow similar to the cerebral cortex: the cerebellum is divided into hemispheres and has a cortex that surrounds these hemispheres.
- It carries 10% of the weight of the brain.
- It contains as many neurons as in the rest of the brain.
- Its function is to coordinate body movements i.e. coordination, maintenance of posture & balance.
- Damage to cerebellum results into jerky and uncoordinated body movements.

**Q7. Humanistic approach main points Psychological model that is considered as one of the most recent approaches to psychology .**

It is the approach that focused on:

- The idea that people are in control of their life.
- The person or the self and personal growth and development are to be emphasized. The humanistic approach includes a number of other theories with the same or similar orientation e.g., „existential“ and „phenomenological“ psychology.

### Q- Humanistic Vs Psychodynamic & behaviorist Approaches

- Humanistic approach emphasizes the person, the psychodynamic stresses unconscious determinants, and the behaviorists focus upon external determinants.
- Humanistic approach is more optimistic than the other two in the sense that it believes in the person's ability and will.

### Q10. Who presented the cognitive maps? Define it briefly 3 marks

Cognitive Approaches to Learning The approaches that focus upon the thought processes underlying learning . Latent Learning and cognitive maps (Edward Tolman); Tolman talked about the „cognitive maps“; it is not necessary to have an association between stimulus and response, a person can learn without showing any apparent response; in other words learning and performance are not the same Social learning / Observational learning and Modeling (Albert Bandura): a major portion of our learning is based upon learning by observation

### Q15. Describe function of auditory canal and tell three parts of ear. 3 marks

Auditory canal: When sound waves originate from the vibrating object, they then pass through the auditory canal, which is a tube like passage through which the sound travels to the inner part of the ear or “the eardrum”.

Eardrum

- The part of the ear that starts vibrating when sound waves strike/ hit it.

- Its intensity of vibration is dependent on how intense the sound waves are the more intense the sound, the more intensely it vibrates.

- These vibrations are then transmitted to the “middle ear”.

1. The outer ear      2. The middle ear      3. The inner ear

### Q- Ear impairments 5 mark

1. Conduction Deafness: problem in conduction of air vibrations to the cochlea; the bones in the middle ear do not function properly. Treatment: microsurgery for replacing the affected bone with an artificial one. 2. Nerve Deafness: deafness caused by a damage to the neural mechanism that creates nerve impulses or relays them to the auditory cortex; deafness may also be caused by a damage to the auditory cortex itself.

### Q3. Name and explain that specific learning principle.

Educational psychologists and pedagogues have identified several principles of learning, also referred to as laws of learning, which seem generally applicable to the learning process. These principles have been discovered, tested, and used in practical situations. They provide additional insight into what makes people learn most effectively. Edward Thorndike developed the first three "Laws of learning:" readiness, exercise, and effect. Since Thorndike set down his basic three laws in the early part of the twentieth century, five additional principles have been added: primacy, recency, intensity, freedom and requirement.

### Q- Cerebrospinal Fluid (CSF)

- The subarachnoid space contains a fluid called cerebrospinal fluid (CSF), a clear, colorless fluid covering the entire surface of central

nervous system. • The total volume of CSF is 125-150 ml. • Total production of CSF is about 400-500 ml/day (about 0.36ml/min).

Q- Phi phenomenon: Wertheimer became aware of a form of apparent motion that was called

When two lights are in close proximity to each other, flashing alternately, appear to be one light moving back and forth; therefore the whole was different from the separate parts.

- Movement is perceived whereas it never occurred.
- Explanation of phi phenomenon led to a separate school of thought that had deep rooted impact on learning, ethics, and social psychology.

Q6. What is top- down processing; write its factor which influences 5 marks

Top- Down and Bottom- Up Processing „Top- Down“ processing refers to the perceptual phenomenon guided/ and influenced by; Knowledge, Experience, Motivation Expectation A-e- yo- g-o - ng t- sc—l? Top-down processing is guided by the higher mental/ knowledge faculty such as meaning of the sentence of which the important letters are missing individuals are able to understand the meaning of the sentence and fill in the gaps by using their prior experiences and memories.

Q7. Deferent theories of “pitch Perception and hearing” are being presented over theyears. Which one is your favorite and why? (5 marks) ITS SAME WITH DIFFERENT NAMES

- The most frequent question that comes to mind is that how can our brain sort out the sound waves of different frequencies and intensities without any hindrance or problem? • The answer lies in the studies done

in this regard. They show that the basal membrane (inner most region of the ear near the cochlea) and its associated areas are most sensitive to high pitched frequency sounds, and the area near the cochlea is more sensitive to low- frequency sounds.

### Q3. Compare intimate and observation??

Intimate: to make known especially publicly or formally, to communicate delicately and indirectly

Observation: the action or process of closely observing or monitoring something or someone , a statement based on something one has seen, heard, or noticed.

### Q8. Define the shaping techniques. Discuss how will you practice this technique in your life? (3 marks)

Shaping: Successive approximations of a required / desired response are reinforced until that response is fully learnt: • In the beginning each and every success is reinforced with a reward, no matter how small the success. • Once the desired response is learnt the rein forcer immediately follows it, every time it happens. • Once learnt the behavior, in many cases, the organism may not need reinforcement any more, since many behaviors are self-reinforcing e.g. learning to play a musical instrument.

### Q11. Define cornea briefly explain? 3 marks

- A transparent external surface, a five-layered membrane that covers both the pupil and the iris.
- It is the first and most powerful lens or layer of the visual apparatus that helps to form the sharp image on the retinal photoreceptor cells, along with the crystalline lens

Q8. How does the endocrine system influence behavior? Describe the functions of any two glands and the hormones each secretes. (2.5+2.5 marks)

The endocrine system consists of glands which secrete hormones into the blood stream. There many different types of hormones secreted by different glands in the body, each serving a different function. Some hormones are known to have an effect on mood and behavior. An example of this would be estrogen, which has been known to cause mood swings in menopausal women. This is because estrogen, as well as many other steroid hormones are able to cross the blood brain barrier and act directly on neurons in the brain to cause them to act differently, hence giving rise to behavioral changes.

Mishii Brave