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Altered States of Consciousness - Lecture 19

1. What is consciousness?

- A) Awareness of external events only
- B) Awareness of internal sensations and thoughts only
- C) Awareness of sensations, thoughts, feelings, events, and surroundings
- D) None of the above

2. Which state is characterized by a high level of physical energy consumption and eventual fatigue?

- A) Sleep
- B) Dreaming
- C) Wakefulness
- D) Hypnosis

3. What does an Electroencephalogram (EEG) measure?

- A) Heart rate
- B) Electrical activity in the brain
- C) Muscle tension
- D) Blood pressure

4. Which stage of sleep is characterized by rapid brain waves and a transition between wakefulness and sleep?

- A) Stage-1
- B) Stage-2
- C) Stage-3
- D) Stage-4

5. What is REM sleep characterized by?

- A) Lack of muscle paralysis
- B) No eye movement
- C) Rapid eye movement and deep sleep
- D) Shallow and light sleep

6. What happens during Stage-4 sleep?

- A) Brain waves become rapid and low-voltage
- B) The person is highly responsive to external stimuli
- C) The person is almost completely detached from the external world
- D) Sleep spindles are prominent

7. Which theory suggests that dreams are a way to unlearn irrelevant information?

- A) Activation-Synthesis Theory

B) Reverse Learning Theory

- C) Dreams-for-Survival Theory
- D) Theory of Unconscious Wish Fulfillment

8. According to Freud, what do dreams represent?

- A) Random electrical activity in the brain
- B) Unconscious wishes that cannot be fulfilled in real life**
- C) Reconsideration of important daily information
- D) None of the above

9. What is the term for a biological control system that regulates sleep and other bodily functions on a roughly 24-hour cycle?

- A) REM cycle
- B) Sleep spindles
- C) Circadian Rhythm**
- D) Homeostasis

10. Which of the following is NOT a characteristic of altered states of consciousness?

- A) Affected sensations
- B) Enhanced logical thinking**
- C) Altered emotional response
- D) Abnormal perceptual processing

11. Which condition is characterized by a highly suggestible state induced by a hypnotist?

- A) Sleep
- B) Meditation
- C) Hypnosis**
- D) REM sleep

12. What is a common effect of meditation?

- A) Increased heart rate
- B) Enhanced cognitive function
- C) Lowered blood pressure**
- D) Reduced sleep need

13. Which category of drugs is known for creating a feeling of relaxation and alleviating anxiety and pain?

- A) Stimulants
- B) Depressants
- C) Narcotics**
- D) Hallucinogens

14. What is the main reason people may choose hypnosis as a therapy?

- A) To enhance physical strength
- B) For pain management and overcoming fears
- C) To improve sleep patterns
- D) To increase muscle mass

15. Which stage of sleep is the deepest and occurs mostly in the early part of the night?

- A) Stage-1
- B) Stage-2
- C) Stage-3
- D) Stage-4

16. What are the primary features of sleep deprivation?

- A) Increased concentration and logical thinking
- B) Fatigue and irritability
- C) Enhanced physical performance
- D) Improved reaction time

17. What is the main symptom of insomnia?

- A) Sleepwalking
- B) Excessive dreaming
- C) Difficulty falling or staying asleep
- D) Frequent nightmares

18. What are sleep spindles?

- A) Rapid brain waves during wakefulness
- B) Sharp, pointed waves in Stage-2 sleep
- C) Slow brain waves in Stage-4 sleep
- D) Irregular breathing patterns

19. What is the rebound effect associated with REM sleep?

- A) Increased muscle activity during sleep
- B) Trying to recover lost REM sleep by seeking more REM opportunities
- C) Increased wakefulness during the night
- D) Reduced need for sleep

20. Which of the following is a practical step for handling sleep disorders?

- A) Taking sleeping pills regularly
- B) Watching exciting TV shows before bed
- C) Developing a consistent sleep routine
- D) Drinking coffee before bedtime

21. What is the activation-synthesis theory of dreams?

- A) Dreams are meaningless and random
- B) Dreams are a way to unlearn irrelevant information
- C) Dreams are by-products of random brain activity
- D) Dreams fulfill unconscious wishes

22. Which physiological changes are commonly observed during meditation?

- A) Increased oxygen usage
- B) Elevated heart rate
- C) Lowered blood pressure
- D) Higher brain wave activity

23. Which drug category includes cocaine and amphetamines?

- A) Stimulants
- B) Depressants
- C) Narcotics
- D) Hallucinogens

24. What is the primary effect of depressants on the nervous system?

- A) Stimulation and heightened alertness
- B) Depression of the nervous system and slowing down bodily functions
- C) Creation of hallucinations
- D) Increasing muscle tension

25. What is the main characteristic of a drug-induced state of consciousness?

- A) Enhanced mental clarity
- B) Changes in consciousness due to drug use
- C) Increased physical strength
- D) Improved memory recall

26. How does hypnosis differ from regular sleep?

- A) Hypnosis involves total loss of will
- B) Hypnosis is a state of heightened suggestibility
- C) Hypnosis enhances muscle activity
- D) Hypnosis always results in unconsciousness

27. What can cause sleep disorders?

- A) Eating light meals before bedtime
- B) Low caffeine intake
- C) High levels of stress and preoccupation
- D) Regular physical exercise

28. What is the main difference between Stage-1 and Stage-2 sleep?

- A) Stage-1 sleep has slower brain waves than Stage-2
- B) Stage-2 sleep includes sleep spindles and is deeper than Stage-1
- C) Stage-1 sleep involves REM while Stage-2 does not
- D) Stage-2 sleep has faster heart rate than Stage-1

29. Which theory of dreams was proposed by Hobson?

- A) Activation-Synthesis Theory
- B) Reverse Learning Theory
- C) Dreams-for-Survival Theory
- D) Theory of Unconscious Wish Fulfillment

30. Which practice can help improve sleep quality according to the lecture?

- A) Taking naps throughout the day
- B) Drinking coffee before bed
- C) Avoiding heavy meals at night
- D) Watching TV in bed

Learning - Lecture 20

1. What is the best definition of learning in Psychology?

- A) A relatively permanent change in behavior resulting from practice or experience
- B) A temporary change in behavior due to immediate surroundings
- C) A sudden change in behavior without any practice
- D) An automatic behavior change due to maturation

2. Which of the following is NOT a type of learning?

- A) Classical learning
- B) Verbal learning
- C) Motor learning
- D) Problem solving

3. What does verbal learning primarily involve?

- A) The person's own association, experiences, and relations with the phenomenon
- B) Practical application of learned phenomena
- C) Trial and error processes
- D) Only memorization without understanding

4. Which type of learning involves practical application of learned phenomena?

- A) Verbal learning
- B) Motor learning
- C) Cognitive learning

D) Classical learning

5. What are the important aspects of learning motor skills?

A) Understanding concepts deeply

B) Quickness of movements and the results achieved

C) Memorizing information

D) Association with verbal processes

6. Problem-solving tasks primarily involve which processes?

A) Motor processes

B) Reflexive responses

C) Verbal processes and trial and error

D) Classical conditioning

7. What is a stimulus in the context of learning?

A) A learned behavior

B) A physical energy source that has an effect on a sense organ

C) An automatic response

D) A change in behavior due to illness

8. What is a response in learning terminology?

A) The action, behavior, or reaction triggered by a stimulus

B) The stimulus itself

C) The environment

D) A variable

9. What is an environment in the context of learning?

A) Internal feelings and thoughts

B) External factors affecting one's development or behavior

C) The conditioned response

D) Reflexive actions

10. Which of the following best describes classical conditioning?

A) A stimulus acquires the ability to cause a response previously caused by another stimulus

B) Learning through trial and error

C) Behavior change through cognitive processes

D) Reflexive behavior without any learning

11. Who is the pioneer of classical conditioning?

A) Ivan Pavlov

B) John B. Watson

C) Sigmund Freud

D) B.F. Skinner

12. In Pavlov's experiment, what was the unconditioned stimulus (UCS)?

A) The bell

B) The food powder in the dog's mouth

C) The lab assistant

D) The dog's salivation

13. What does the term 'unconditioned response' (UCR) refer to?

A) A natural, reflexive response to the UCS

B) A learned response to a conditioned stimulus

C) A response after conditioning

D) A response to any neutral stimulus

14. Which of the following describes the conditioned stimulus (CS)?

A) The food powder

B) A neutral stimulus that, after being paired with the UCS, starts eliciting a response

C) The unconditioned response

D) A natural stimulus causing a reflex

15. What is the conditioned response (CR) in classical conditioning?

A) The initial response to a UCS

B) A new, learned response elicited by the CS after conditioning

C) An automatic response

D) A natural reflex

16. Who is associated with the radical behaviorism approach?

A) Ivan Pavlov

B) John B. Watson

C) Sigmund Freud

D) Jean Piaget

17. What did Watson's experiment with Little Albert demonstrate?

A) Cognitive learning

B) Conditioned emotional response and stimulus generalization

C) Operant conditioning

D) Natural reflexes

18. What happens during the acquisition stage of classical conditioning?

A) The stimulus generates a conditioned response through repeated pairing

B) The response becomes extinct

C) Spontaneous recovery occurs

D) Stimulus generalization takes place

19. What is extinction in classical conditioning?

- A) The disappearance of a conditioned response when the CS is not paired with the UCS
- B) The initial learning of the response
- C) The reappearance of the conditioned response
- D) Differentiation between similar stimuli

20. What is spontaneous recovery in classical conditioning?

- A) The initial learning stage
- B) The reappearance of a conditioned response after extinction
- C) Generalization of the stimulus
- D) The complete disappearance of the response

21. What does stimulus generalization refer to?

- A) Similar stimuli eliciting the same response as the original CS
- B) Differentiating between stimuli
- C) The initial pairing of the CS and UCS
- D) Extinction of the conditioned response

22. Which process involves restricting a response to one specific stimulus?

- A) Generalization
- B) Discrimination
- C) Extinction
- D) Spontaneous recovery

23. What is higher order conditioning?

- A) The initial learning stage
- B) An already conditioned stimulus paired with a neutral stimulus eliciting the same response
- C) Extinction of the conditioned response
- D) Differentiating between stimuli

24. What is a common application of classical conditioning in everyday life?

- A) Learning motor skills
- B) Developing phobias and emotional responses
- C) Cognitive learning
- D) Reflexive actions

25. How does classical conditioning explain children's fear of darkness?

- A) By forming an association between darkness and a frightening experience
- B) Through motor learning
- C) Through cognitive reasoning

D) By natural reflexes

26. What was the primary focus of Pavlov's investigation?

A) The salivation reflex in dogs

B) Cognitive learning in humans

C) Motor skills development

D) Verbal learning

27. Which of the following best describes a reflex?

A) An automatic, unlearned response to a specific stimulus

B) A learned response to a conditioned stimulus

C) A response after extinction

D) A cognitive process

28. What is the primary effect of stimulus discrimination?

A) Learning to respond to a specific stimulus and not to similar ones

B) Generalizing the response to all similar stimuli

C) The disappearance of the conditioned response

D) The reappearance of the conditioned response

29. How can classical conditioning be applied in psychotherapy?

A) Through systematic desensitization and aversive therapy

B) By improving motor skills

C) By enhancing cognitive processes

D) Through verbal learning

30. What happens during higher order conditioning?

A) The initial learning of a response

B) A neutral stimulus begins to evoke the same response as an already conditioned stimulus

C) The extinction of a conditioned response

D) Differentiation between similar stimuli

Operant Conditioning - Lecture 21

1. Operant conditioning involves which type of response?

A. Involuntary

B. Reflexive

C. Voluntary

D. Automatic

2. In operant conditioning, what does the organism form an association between?

A. Two stimuli

B. Behavior and consequence

C. Two responses

D. Two reinforcers

3. Which of the following is an example of positive reinforcement?

A. Taking away a toy to decrease misbehavior

B. Giving a treat to increase desired behavior

C. Adding a chore to decrease bad behavior

D. Ending an unpleasant task to increase behavior

4. What is negative reinforcement?

A. Introducing a pleasant stimulus to increase behavior

B. Removing an unpleasant stimulus to increase behavior

C. Introducing an unpleasant stimulus to decrease behavior

D. Removing a pleasant stimulus to decrease behavior

5. What is the main difference between reinforcement and punishment?

A. Reinforcement increases behavior, punishment decreases behavior

B. Reinforcement decreases behavior, punishment increases behavior

C. Both reinforcement and punishment decrease behavior

D. Both reinforcement and punishment increase behavior

6. What does Thorndike's Law of Effect state?

A. Responses followed by satisfying outcomes are more likely to be repeated

B. Responses followed by unsatisfying outcomes are more likely to be repeated

C. Responses followed by any outcome are equally likely to be repeated

D. Responses not followed by any outcome are more likely to be repeated

7. What is a positive punishment?

A. Adding a pleasant stimulus to increase behavior

B. Adding an unpleasant stimulus to decrease behavior

C. Removing a pleasant stimulus to increase behavior

D. Removing an unpleasant stimulus to decrease behavior

8. What is an example of a fixed-ratio schedule?

A. Receiving a salary every month

B. Random bonuses

C. Getting paid for every 10 items produced

D. Unpredictable checks

9. In a variable-ratio schedule, reinforcement is provided:

- A. After a fixed number of responses
- B. After a random number of responses**
- C. After a fixed amount of time
- D. After a random amount of time

10. What characterizes a fixed-interval schedule?

- A. Reinforcement after a set number of responses
- B. Reinforcement after a varying number of responses
- C. Reinforcement after a set period of time**
- D. Reinforcement after a varying period of time

11. What is an example of negative punishment?

- A. Giving extra chores for misbehavior
- B. Taking away privileges for misbehavior**
- C. Giving a timeout for bad behavior
- D. Adding more homework for incomplete work

12. Who is considered the founder of Operant Conditioning?

- A. Ivan Pavlov
- B. John B. Watson
- C. B.F. Skinner**
- D. Edward Thorndike

13. In Skinner's experiments, what was the typical consequence used to reinforce behavior?

- A. Water
- B. Food**
- C. Light
- D. Sound

14. What is shaping in operant conditioning?

- A. Reinforcing a desired behavior only after it is fully learned
- B. Reinforcing successive approximations of a desired behavior**
- C. Punishing every incorrect response
- D. Ignoring undesired behaviors until they disappear

15. Which schedule of reinforcement is considered the most effective?

- A. Fixed-ratio schedule
- B. Variable-ratio schedule
- C. Fixed-interval schedule
- D. Variable-interval schedule**

16. What is the purpose of a token economy?

- A. To decrease undesired behaviors using punishment
- B. To reinforce desired behaviors using tokens as rewards**
- C. To shape behavior through successive approximations
- D. To extinguish behavior by ignoring it

17. In operant conditioning, what is a reinforcer?

- A. A stimulus that decreases the probability of a behavior reoccurring
- B. A stimulus that increases the probability of a behavior reoccurring**
- C. A consequence that has no effect on behavior
- D. A punishment that follows an undesired behavior

18. What is contingency contracting?

- A. A verbal agreement to reinforce behavior
- B. A written contract specifying behaviors and consequences**
- C. An informal understanding of behavior and rewards
- D. A method of ignoring undesired behaviors

19. What kind of reinforcement is used when a parent allows a child to watch TV after completing homework?

- A. Positive reinforcement**
- B. Negative reinforcement
- C. Positive punishment
- D. Negative punishment

20. How does a variable-interval schedule work?

- A. Reinforcement is given after a fixed number of responses
- B. Reinforcement is given after a fixed time interval
- C. Reinforcement is given after varying time intervals**
- D. Reinforcement is given after varying numbers of responses

21. What is the goal of behavior modification?

- A. To increase the frequency of undesired behavior
- B. To increase the frequency of desired behavior and decrease undesired behavior**
- C. To decrease the frequency of all behaviors
- D. To maintain behavior at a constant level

22. Which is an example of operant conditioning in classroom management?

- A. Giving students a candy every two days regardless of behavior
- B. Ignoring all student behaviors to avoid reinforcement
- C. Giving students praise for good behavior and detention for bad behavior**

D. Randomly punishing students to keep them guessing

23. What is a common criticism of Thorndike's approach to operant conditioning?

A. It does not consider the role of punishment

B. It was unclear what satisfying meant

C. It ignores the role of reinforcement

D. It overemphasizes the role of punishment

24. Which of the following is an application of operant conditioning in child rearing?

A. Consistently providing immediate reinforcement

B. Making rules but not enforcing them

C. Delaying punishment for bad behavior

D. Ignoring good behavior and focusing on punishment

25. How does shaping help in learning new skills?

A. By providing reinforcement only after the skill is fully learned

B. By reinforcing every small step towards the desired skill

C. By punishing incorrect attempts at the skill

D. By ignoring all attempts until the skill is mastered

26. Which reinforcement schedule involves giving a bonus after varying periods of time?

A. Fixed-interval schedule

B. Variable-interval schedule

C. Fixed-ratio schedule

D. Variable-ratio schedule

27. Why might teachers give gold stars to students?

A. To punish them

B. To reinforce good behavior and academic performance

C. To decrease their effort in future tasks

D. To ignore their behavior

28. What is extinction in operant conditioning?

A. The initial learning of a behavior

B. The gradual decrease of a behavior when reinforcement is no longer provided

C. The sudden disappearance of a behavior

D. The reinforcement of a previously learned behavior

29. How can a token economy be used effectively?

- A. By giving tokens for any behavior
- B. By rewarding specific desired behaviors with tokens
- C. By punishing undesired behaviors with tokens
- D. By ignoring the use of tokens in behavior management

30. What is the best way to ensure consistency in operant conditioning?

- A. Reinforce behavior randomly
- B. Follow the pattern of reinforcement regularly
- C. Use punishment inconsistently
- D. Ignore the behavior occasionally

Cognitive Approach - Lecture 22

1. What does the cognitive approach emphasize?

Thoughts, feelings, thinking, values, and expectations

Behavior

Reflexes

Stimulus-response association

2. Cognitive psychology returned to the study of the mind in which decade?

1950s

1970s

1990s

1960s

3. What is cognition defined as?

The mental processes or the faculty of knowing

Behavior modification

Stimulus-response association

Reinforcement

4. Who conducted experiments on apes that led to the discovery of learning by insight?

Tolman

Wolfgang Kohler

Bandura

Pavlov

5. What was the name of the ape used in Wolfgang Kohler's experiments?

Max

Sultan

Leo

Bruno

6. According to Kohler, what could explain the sudden change in behavior in animals?

Classical conditioning

Operant conditioning

Trial and error

Insight

7. What concept did Tolman introduce to explain learning without apparent response?

Classical conditioning

Cognitive maps

Operant conditioning

Reflexes

8. Which type of learning involves the acquisition of behavior without immediate demonstration?

Classical conditioning

Operant conditioning

Reflex learning

Latent learning

9. What does the cognitive approach include, making it a hybrid science?

Psychology, linguistics, computer science, and physiology

Biology and chemistry

Sociology and anthropology

Medicine and pharmacology

10. What is observational learning primarily based on?

Reflexes

Stimulus-response association

Observation of others' behavior

Reinforcement

11. Who is a key figure associated with observational learning and social-learning theory?

Tolman

Kohler

Albert Bandura

Pavlov

12. What is a cognitive map?

A physical map

A mental representation of space, locations, and directions

A reinforcement schedule
A stimulus-response chart

13. Which experiment demonstrated the cognitive map concept using rats?

Pavlov's dogs
Skinner's box
Kohler's apes
Tolman's maze

14. What is an example of observational learning leading to negative behavior?

Reading books
Starting smoking
Exercising
Eating vegetables

15. What is a key component of cognitive psychology?

Stimulus-response association
Reflex actions
Information processing
Physical conditioning

16. What term refers to the cognitive process that intervenes between stimulus and response?

Reflexes
Mediators
Reinforcers
Punishers

17. What is the phenomenon where children learn to monitor and control behavior through observation?

Reflex action
Trial and error
Social learning
Classical conditioning

18. How do animals like birds and cats demonstrate cognitive maps?

By performing tricks
By sleeping
By returning to specific locations
By making sounds

19. Which of the following is not a key element of the cognitive approach?

External stimuli only
Internal mental processes

Emotions
Social behavior

20. What did Bandura's early study with children and a punching bag doll demonstrate?

Classical conditioning

Learning through observation

Operant conditioning

Reflex action

21. What do effective models in observational learning possess?

Lack of success

Rewards for their behavior

Invisibility

Punishment

22. Who are typically used as models in advertisements?

Random individuals

Socially significant models like actors

Animals

Teachers

23. What does cognitive psychology often compare human thinking to?

Animal instincts

Computer information processing

Mechanical movements

Emotional reactions

24. What is one real-life application of observational learning?

Overcoming fears in children

Ignoring social behaviors

Reflex conditioning

Natural instinct training

25. What did Tolman's rat experiments reveal about reinforcement?

It is unnecessary for learning

It decreases performance

It reveals latent learning when provided

It causes confusion

26. What did Kohler's experiment with Sultan the ape highlight?

Reflexive behavior

Insight in problem-solving

Random trial and error
Simple conditioning

27. What mental representation helps animals like pigeons navigate?

Physical maps

Cognitive maps

Instincts

Reflex actions

28. What did Bandura's study conclude about aggression in children?

It cannot be observed

It is innate

It can be learned through observing rewarded models

It is only learned through punishment

29. How is cognitive learning different from behavioral learning?

It focuses on physical actions

It emphasizes internal mental processes

It ignores thought processes

It relies solely on rewards and punishments

30. What is a common result of using observational learning in therapy?

Increased fear

No change in behavior

Reduction of fears and acquisition of new skills

Development of reflexes

Memory I - Lecture 23

1. Memory refers to the processes by which people and other organisms:

a. Encode information

b. Store information

c. Retrieve information

d. All of the above

2. Memory is critical to humans because it allows us to:

a. Learn new skills

b. Form habits

c. Retrieve events from the past

d. All of the above

3. Without memory, humans would:

- a. Be unable to comprehend language
- b. Recognize friends and family
- c. Find their way home
- d. All of the above

4. Memory and learning are:

- a. Unrelated processes
- b. Closely related processes
- c. Opposite processes
- d. None of the above

5. The term learning often refers to:

- a. Initial acquisition of information
- b. Storage of information
- c. Retrieval of information
- d. Forgetting information

6. Woodworth defined memory as:

- a. $M = L + I + R$
- b. $M = L - I - R$
- c. $M = I + R - L$
- d. $M = R - I - L$

7. In Woodworth's definition, L stands for:

- a. Learning
- b. Latency
- c. Long-term memory
- d. Listening

8. Encoding refers to:

- a. Storing information
- b. Retrieving information
- c. Recording information in a usable form
- d. Forgetting information

9. Encoding is not simply copying information but:

- a. Transforming it
- b. Forgetting it
- c. Ignoring it
- d. Destroying it

10. Storage refers to:

- a. Initial recording of information
- b. Saving information in an identifiable form**
- c. Retrieving information
- d. Encoding information

11. Retrieval is crucial because:

- a. Without it, we cannot access our memories**
- b. It helps us forget information
- c. It stores information
- d. It encodes information

12. Sensory memory is:

- a. Short-lived**
- b. Long-term
- c. Medium-term
- d. Permanent

13. Iconic memory is related to:

- a. Auditory information
- b. Visual information**
- c. Tactile information
- d. Olfactory information

14. Echoic memory refers to:

- a. Visual information
- b. Auditory information**
- c. Tactile information
- d. Olfactory information

15. Short-term memory retains information for:

- a. 1-5 seconds
- b. 5-10 seconds
- c. 15-25 seconds**
- d. 30-60 seconds

16. The capacity of short-term memory is:

- a. 2 chunks
- b. 5 chunks
- c. 7 chunks**
- d. 10 chunks

17. Chunking refers to:

- a. Forgetting information
- b. Grouping information into units**
- c. Ignoring information
- d. Destroying information

18. Rehearsal helps in:

- a. Forgetting information
- b. Retaining information in short-term memory**
- c. Ignoring information
- d. Destroying information

19. Elaborative rehearsal involves:

- a. Simple repetition
- b. Organizing information for better encoding**
- c. Ignoring information
- d. Destroying information

20. Mnemonics are:

- a. Strategies for forgetting information
- b. Strategies for organizing information**
- c. Strategies for ignoring information
- d. Strategies for destroying information

21. The method of loci involves:

- a. Repetition of information
- b. Associating information with familiar places**
- c. Ignoring information
- d. Destroying information

22. Acrostic mnemonics use:

- a. Full words as cues
- b. First letters of words as cues**
- c. Ignoring information
- d. Destroying information

23. Working memory is a system that:

- a. Only stores information briefly
- b. Stores and manipulates information**
- c. Ignores information
- d. Destroys information

24. The central executive in working memory:

- a. Holds visual information
- b. Holds auditory information
- c. Coordinates material for reasoning and decision-making
- d. Destroys information

25. The visuospatial sketch pad:

- a. Deals with visual and spatial information
- b. Deals with auditory information
- c. Ignores information
- d. Destroys information

26. The phonological loop:

- a. Holds visual information
- b. Holds and manipulates speech-related information
- c. Ignores information
- d. Destroys information

27. Sensory memory typically functions:

- a. Inside awareness
- b. Outside awareness
- c. By destroying information
- d. By ignoring information

28. Information in sensory memory vanishes unless:

- a. It captures our attention
- b. It is ignored
- c. It is destroyed
- d. It is meaningless

29. The duration of sensory memory depends on:

- a. The intensity of the stimulus
- b. The meaning of the stimulus
- c. The frequency of the stimulus
- d. The color of the stimulus

30. Short-term memory can carry an average of:

- a. 2 chunks
- b. 4 chunks
- c. 7 chunks
- d. 10 chunks

Memory II - Lesson 24

1. Long-term memory stores information on a _____ basis.

- a) Temporary
- b) Permanent or relatively permanent
- c) Brief
- d) None of the above

2. Long-term memory can refer to:

- a) Facts learned a few minutes ago
- b) Personal memories many decades old
- c) Skills learned with practice
- d) All of the above

3. Which theory suggests that information enters short-term memory before long-term memory?

- a) Parallel processing
- b) Sequential processing
- c) Declarative memory
- d) Procedural memory

4. What is a characteristic of long-term memory?

- a) Finite capacity
- b) Limited to recent events
- c) Unlimited capacity
- d) Only for personal memories

5. What type of memory is used when recalling your first birthday party?

- a) Semantic memory
- b) Procedural memory
- c) Episodic memory
- d) Declarative memory

6. The ability to recall facts like the chemical symbol for water is an example of:

- a) Episodic memory
- b) Semantic memory**
- c) Procedural memory
- d) Implicit memory

7. What type of memory involves skills and habits such as driving a car?

- a) Declarative memory
- b) Episodic memory
- c) Semantic memory
- d) Procedural memory**

8. Which type of memory is often contrasted with procedural memory?

- a) Semantic memory
- b) Implicit memory
- c) Episodic memory**
- d) Explicit memory

9. Which memory system is responsible for factual data, dates, and names?

- a) Procedural memory
- b) Semantic memory
- c) Episodic memory
- d) Declarative memory**

10. Priming is associated with which type of memory?

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

11. Which memory is intentional and conscious?

- a) Implicit memory
- b) Explicit memory**
- c) Procedural memory
- d) Priming memory

12. The levels-of-processing theory emphasizes the importance of:

- a) Physical and sensory aspects
- b) Mental analysis**
- c) Emotional impact
- d) Social context

13. What does the deepest level of memory involve?

- a) Sensory processing
- b) Physical characteristics
- c) Meaning of information**
- d) Duration of storage

14. Flashbulb memories are:

- a) Always accurate
- b) Clear and vivid but may lack details**
- c) Unclear and vague
- d) Only related to traumatic events

15. The tip-of-the-tongue phenomenon is caused by:

- a) Deep processing
- b) Information overload**
- c) Frequent recall
- d) Visual aids

16. Autobiographical memories are related to:

- a) General facts
- b) Personal life events**
- c) Skills and habits
- d) Sensory inputs

17. Forgetting is primarily due to:

- a) Decay of information**
- b) Active recall
- c) Constant use of information
- d) Visual aids

18. Which theory states that stored information decays over time?

- a) Interference theory
- b) Decay theory**
- c) Repression theory
- d) Processing theory

19. Interference in memory can be:

- a) Proactive
- b) Retroactive
- c) Both a and b**
- d) None of the above

20. Proactive interference occurs when:

- a) New information interferes with old information
- b) Old information interferes with new information**
- c) Both a and b
- d) None of the above

21. Repression is a concept introduced by:

- a) Ebbinghaus
- b) Freud**
- c) Bartlett
- d) Jenkins and Dallenbach

22. Mnemonics are used to:

- a) Discard irrelevant information
- b) Encode information better**
- c) Store sensory inputs
- d) Suppress memories

23. The method of loci is a technique to:

- a) Enhance sensory memory
- b) Improve long-term memory**
- c) Organize material mentally
- d) Pair foreign words with native words

24. S-Q-3R is an approach for:

- a) Enhanced sensory memory
- b) Improved learning and recall**
- c) Managing flashbulb memories
- d) Reducing interference

25. Taking cue notes helps in:

- a) Overloading memory
- b) Focusing on key points**
- c) Forgetting information
- d) Enhancing sensory input

26. Chunking is a strategy to:

- a) Keep distractions away
- b) Organize information into manageable units**
- c) Improve sensory processing
- d) Increase information overload

27. Relearning material multiple times is called:

- a) Mnemonics
- b) Overlearning**
- c) Cue taking
- d) Encoding

28. S in S-Q-3R stands for:

- a) Sensory processing
- b) Surveying and skimming**
- c) Storage
- d) Semantics

29. Explicit memory tests include:

- a) Recall tests
- b) Recognition tests
- c) Both a and b**
- d) None of the above

30. Autobiographical memories may be:

- a) Perfectly accurate
- b) Distorted or exaggerated
- c) Irrelevant
- d) Sensory based

Memory III - Lesson 25

1. Memory loss in old age is commonly linked to:

- a) Physical injury
- b) Aging and pathological reasons
- c) Diet and nutrition
- d) Exercise routines

2. The term amnesia originates from which language?

- a) Latin
- b) French
- c) Greek
- d) Spanish

3. Which type of amnesia involves the inability to form new memories?

- a) Retrograde amnesia
- b) Anterograde amnesia
- c) Transient amnesia
- d) Dissociative amnesia

4. Dementia typically affects people in which age group?

- a) 30's
- b) 40's
- c) 60's
- d) 70's

5. A major symptom of Alzheimer's disease is:

- a) Enhanced memory

- b) Increased energy
- c) Progressive memory loss**
- d) Improved cognitive function

6. Huntington's disease is primarily:

- a) An infectious disease
- b) A genetic disease**
- c) A viral disease
- d) A nutritional deficiency

7. ALS primarily affects which type of neurons?

- a) Sensory neurons
- b) Interneurons
- c) Motor neurons**
- d) All neurons equally

8. Korsakoff's Syndrome is most commonly caused by:

- a) Vitamin D deficiency
- b) Thiamine deficiency**
- c) Iron deficiency
- d) Protein deficiency

9. Motivation is best described as:

- a) A goal-directed behavior**
- b) A random action
- c) A passive state
- d) An involuntary action

10. Primary motives include:

- a) Social approval
- b) Hunger**
- c) Achievement
- d) Power

11. Secondary motives are also known as:

- a) Unlearned motives

- b) Physiological motives
- c) Psycho-social motives**
- d) Basic motives

12. The most urgent need for all organisms is:

- a) Thirst
- b) Sleep
- c) Hunger**
- d) Excretion

13. Hunger is regulated by which part of the brain?

- a) Cerebellum
- b) Hypothalamus**
- c) Medulla oblongata
- d) Hippocampus

14. The hypothalamus plays a crucial role in regulating:

- a) Vision
- b) Hearing
- c) Hunger drive**
- d) Smell

15. Eating-related disorders include:

- a) Obesity**
- b) Diabetes
- c) Hypertension
- d) Asthma

16. A certain weight level that the body strives to maintain is called:

- a) Metabolism
- b) Weight set point**
- c) Homeostasis
- d) Basal metabolic rate

17. What percentage of the human body weight is due to water?

- a) 50%

- b) 60%
- c) 75%
- d) 85%

18. Fatigue can be:

- a) Only physical
- b) Only psychological
- c) Both physical and psychological
- d) Neither physical nor psychological

19. Pain becomes a drive when it:

- a) Persists for a longer period
- b) Is mild and temporary
- c) Is not noticed
- d) Is ignored

20. The sex drive in males is mainly influenced by:

- a) Estrogens
- b) Progesterone
- c) Androgens
- d) None of the above

21. In females, which hormone is responsible for arousal?

- a) Androgens
- b) Progesterone
- c) Estrogens
- d) Testosterone

22. The satisfaction of the drive for excretion is especially important to:

- a) Adults
- b) Teenagers
- c) Elderly
- d) Children

23. Oxygen deficiency can result in:

- a) Increased appetite

b) Anoxia

- c) Improved vision
- d) Heightened senses

24. At high altitudes, oxygen deprivation can lead to:

- a) Enhanced memory
- b) Improved muscle strength
- c) Strange behaviors**
- d) Increased energy

25. The body's regulation of temperature is largely controlled by:

- a) Hypothalamus**
- b) Cerebellum
- c) Brainstem
- d) Amygdala

26. In cold weather, the body reacts by:

- a) Decreasing blood pressure
- b) Increasing muscular activity**
- c) Slowing down activity
- d) Reducing blood circulation

27. In hot weather, the body's reaction includes:

- a) Decreasing perspiration
- b) Dilating blood vessels**
- c) Reducing blood flow to the skin
- d) Slowing down metabolic rate

28. Servo control for warmth and cold involves:

- a) Use of blankets in summer
- b) Avoiding any temperature regulation
- c) Use of heaters in cold weather**
- d) Ignoring external temperatures

29. Pain is considered a drive because it:

- a) Encourages injury

- b) Prevents survival
- c) Promotes healing
- d) Avoids injury

30. Hunger can be triggered by:

- a) Decreased body temperature
- b) Increased levels of glucose
- c) Injection of insulin
- d) High levels of nutrients

SECONDARY/ LEARNT/ PSYCHOLOGICAL MOTIVES - Lecture 26

1. The expression of psychological needs is of great significance through society and:

- a) Nature
 - b) Family
 - c) Culture
 - d) Education
-) Culture

2. Non-satisfaction of psychological motives may lead to:

- a) Physical illness
 - b) Mental illness
 - c) Social isolation
 - d) Physical strength
-) Mental illness

3. Achievement motivation involves:

- a) Avoiding failure
 - b) Striving for success
 - c) Seeking approval
 - d) Maintaining relationships
-) Striving for success

4. People with high motivation:

- a) Avoid challenges
 - b) Seek easy tasks
 - c) Overcome challenges
 - d) Avoid competition
-) Overcome challenges

5. The Thematic Apperception Test (TAT) is used to measure:

- a) Curiosity
 - b) Achievement motivation**
 - c) Power needs
 - d) Affiliation needs
-) Achievement motivation

6. Curiosity is significantly found in:

- a) Only humans
 - b) Only animals
 - c) Both humans and animals**
 - d) Neither humans nor animals
-) Both humans and animals

7. Symbolic rewards include:

- a) Money
 - b) Praising words**
 - c) Certificates
 - d) Medals
-) Praising words

8. The need for affiliation involves:

- a) Seeking power
 - b) Avoiding social contact
 - c) Maintaining relationships**
 - d) Seeking independence
-) Maintaining relationships

9. People with a high need for power prefer to work in:

- a) Small businesses
 - b) Non-influential professions
 - c) Big organizations**
 - d) Independent jobs
-) Big organizations

10. Work serves as a powerful motive because it satisfies:

- a) Only biological motives
 - b) Only social motives
 - c) Multiple motives**
 - d) Only psychological motives
-) Multiple motives

11. Instinct theory suggests that behavior is driven by:

- a) Learned responses
- b) Environmental factors
- c) Biologically determined patterns
- d) Social influences
-) Biologically determined patterns

12. A shortcoming of instinct approaches is that:

- a) They don't account for learning
- b) They are too simplistic
- c) They ignore biological factors
- d) They are not based on instincts
-) They are too simplistic

13. Drive-reduction theory explains motivation in terms of:

- a) External rewards
- b) Cognitive processes
- c) Reducing arousal
- d) Maintaining homeostasis
-) Maintaining homeostasis

14. Primary drives are:

- a) Learned
- b) Social
- c) Biological
- d) Emotional
-) Biological

15. Arousal theory posits that optimal performance requires:

- a) High arousal
- b) No arousal
- c) Moderate arousal
- d) Low arousal
-) Moderate arousal

16. Incentive theory focuses on:

- a) Internal states
- b) Cognitive processes
- c) External stimuli
- d) Biological needs
-) External stimuli

17. According to incentive theory, behavior is driven by:

- a) Instincts
- b) Drives
- c) External rewards**
- d) Internal satisfaction
-) External rewards

18. Cognitive theory of motivation emphasizes:

- a) Biological needs
- b) Social influences
- c) Cognitive processes**
- d) External rewards
-) Cognitive processes

19. Expectancy-value theory includes:

- a) Drive and arousal
- b) Expectation and value**
- c) Reward and punishment
- d) Instinct and incentive
-) Expectation and value

20. Intrinsic motivation is driven by:

- a) External rewards
- b) Internal satisfaction**
- c) Social approval
- d) Financial incentives
-) Internal satisfaction

21. Maslow's hierarchy of needs is:

- a) Linear
- b) Random
- c) Hierarchical**
- d) Circular
-) Hierarchical

22. The highest level in Maslow's hierarchy is:

- a) Safety needs
- b) Love and belongingness
- c) Esteem needs
- d) Self-actualization**
-) Self-actualization

23. Physiological needs are fulfilled through:

- a) Social relationships
- b) Achievements
- c) Basic survival needs**
- d) Cognitive processes
-) Basic survival needs

24. Safety needs include:

- a) Emotional stability
- b) Food and water
- c) Social connections
- d) Professional security**
-) Professional security

25. Esteem needs can be fulfilled through:

- a) Family support
- b) Academic achievements**
- c) Basic survival needs
- d) Safety measures
-) Academic achievements

26. Criticism of Maslow's theory includes:

- a) Lack of empirical evidence**
- b) Overemphasis on biological needs
- c) Ignoring social factors
- d) Lack of hierarchical structure
-) Lack of empirical evidence

27. Cognitive theories differentiate between:

- a) Biological and social motives
- b) Internal and external motivation**
- c) Physiological and psychological needs
- d) Drive and arousal
-) Internal and external motivation

28. Extrinsic motivation is:

- a) Driven by internal satisfaction
- b) Independent of rewards
- c) Driven by external rewards**
- d) Not related to tangible outcomes
-) Driven by external rewards

29. Maslow's hierarchy starts with:

- a) Esteem needs
- b) Safety needs
- c) Physiological needs
- d) Self-actualization needs
-) Physiological needs

30. Self-actualization involves:

- a) Basic survival needs
- b) Social approval
- c) Realizing personal potential
- d) Financial stability
-) Realizing personal potential

EMOTIONS I - Lecture 27

1. What is the Latin word from which emotion is derived?

- A) Emovere
- B) Emoticon
- C) Emovereus
- D) Emotionus

2. Which of the following is NOT a component of emotional experience?

- A) Physiological arousal
- B) Cognitive experience
- C) Emotional suppression
- D) Behavioral expression

3. Emotions are considered a response to stimuli that involves:

- A) Increase in pulse rate
- B) Decrease in body temperature
- C) Reduced activity of glands
- D) Stable rate of breathing

4. Which component of emotions involves nonverbal body language such as facial expressions?

- A) Cognitive
- B) Physiological
- C) Behavioral
- D) Emotional

5. What is the role of the autonomic nervous system (A.N.S) in emotions?

- A) Voluntary control of emotions
- B) Control of glands and muscles of internal organs**
- C) Producing hormones for emotions
- D) None of the above

6. What type of emotions did J.B. Watson identify in infants?

- A) Happiness, sadness, love
- B) Anger, love, fear**
- C) Curiosity, escape, boredom
- D) Surprise, disgust, sadness

7. According to Robert Plutchik, which of the following is NOT one of the eight fundamental emotions?

- A) Joy
- B) Acceptance
- C) Boredom**
- D) Anticipation

8. The sympathetic nervous system is responsible for:

- A) Calming the body
- B) Arousing the body for defensive action**
- C) Producing hormones
- D) Regulating sleep

9. Which side of the brain is more active in recognizing and expressing emotions?

- A) Left hemisphere
- B) Right hemisphere**
- C) Frontal lobes
- D) Occipital lobes

10. The physical component of emotion includes:

- A) Body gestures
- B) Posture
- C) Physiological arousal**
- D) Cognitive interpretation

11. The arousal level during an emotional experience can be detected by:

- A) Increased respiration and heart rate**
- B) Decreased blood pressure
- C) Reduced body temperature
- D) Lower pulse rate

12. The Parasympathetic Nervous System:

- A) Prepares the body for fight or flight
- B) Calms the body after stress**
- C) Controls voluntary actions
- D) Increases heart rate

13. Which psychologist believed that memory and cognition are separate systems that function independently?

- A) Robert Plutchik
- B) J.B. Watson
- C) Mc Dougall
- D) Some psychologists**

14. According to the lecture, which of the following is NOT a basic emotion identified by people?

- A) Surprise
- B) Love**
- C) Disgust
- D) Sadness

15. The right hemisphere of the brain helps in expressing emotions through:

- A) Logical reasoning
- B) Tone of voice**
- C) Mathematical calculations
- D) Problem-solving skills

16. Damage to the right hemisphere may cause a person to:

- A) Understand sarcasm better
- B) Misinterpret sarcastic tones**
- C) Improve their memory
- D) Enhance their cognitive skills

17. The cognitive component of emotions involves:

- A) Changes in heart rate
- B) Interpretation of situations**
- C) Muscle activity
- D) Blood sugar regulation

18. Which nervous system is responsible for arousing the body for action?

- A) Parasympathetic
- B) Central
- C) Sympathetic**
- D) Peripheral

19. Emotions without the experience of physiological arousal would be:

- A) More intense
- B) Less intense**
- C) Unchanged
- D) More frequent

20. What do facial expressions universally indicate?

- A) Emotions being felt**
- B) Cognitive processes
- C) Physiological states
- D) Behavioral tendencies

21. The autonomic nervous system is part of the:

- A) Central nervous system
- B) Peripheral nervous system**
- C) Somatic nervous system
- D) Skeletal system

22. Emotions are considered highly subjective because they:

- A) Are universal
- B) Vary between individuals**
- C) Are easily measured
- D) Are the same for everyone

23. How does the body prepare for the fight or flight response?

- A) By calming the heart rate
- B) By increasing sugar level in blood
- C) By slowing down digestion
- D) Both B and C**

24. What did Mc Dougall classify as derived emotions?

- A) Fear and anger
- B) Sadness and boredom**
- C) Happiness and disgust
- D) Curiosity and escape

25. Plutchik's emotional wheel shows that emotions that are conceptually opposites are:

- A) Close to each other
- B) Far from each other**
- C) Not present in the model
- D) Always the same

26. Which of the following is an example of a secondary emotion?

- A) Fear
- B) Happiness
- C) Anger
- D) Curiosity

27. The right hemisphere controls emotions on which side of the face?

- A) Right side
- B) Left side
- C) Both sides equally
- D) It doesn't control facial emotions

28. Emotional expressions influenced by culture include:

- A) Smiling when happy
- B) Guards not showing emotion at Buckingham Palace
- C) Crying when sad
- D) Laughing when amused

29. The cognitive appraisal of a situation influences:

- A) Physiological changes only
- B) Behavioral response only
- C) Emotional experience
- D) None of the above

30. Why is the A.N.S. considered self-governing?

- A) Because we have voluntary control over it
- B) Because it regulates internal organs without conscious effort
- C) Because it only functions during sleep
- D) Because it does not affect emotions

Emotion II - Lecture 28

1. Which physiological change is most apparent during emotions?

Respiratory changes

Pupillometrics

Changes in blood pressure

Glandular responses

2. Who identified the phenomenon of pupillometrics?

James-Lange

Charles Darwin

William James

Richard Lazarus

3. What happens to the production and secretion of saliva during emotions?

Increases

Decreases

Remains constant

Fluctuates

4. During strong emotional states such as anger or fear, which hormones are excessively secreted?

Cortisol and dopamine

Insulin and glucagon

Adrenaline and noradrenaline

Serotonin and oxytocin

5. What is the effect of emotional arousal on the gastrointestinal function?

Decreases the working speed

Increases the working speed

Has no effect

Completely stops

6. Which nervous system divisions are involved in neural reactions to emotions?

Central and peripheral

Sympathetic and parasympathetic

Somatic and autonomic

Central and autonomic

7. What changes occur in the skin's electrical stimulation during emotions?

Decreased electromotive energy

Rapid generation of electromotive energy

Decreased electrical resistance

Increased electrical resistance

8. What tool is used to measure the Galvanic Skin Response (GSR)?

ECG

EEG

Galvanometer

Spirometer

9. Which theory of emotions suggests that physiological changes create specific sensations that the brain interprets as emotions?

Cannon-Bard theory

James-Lange theory

Schachter-Singer theory

Cognitive Appraisal theory

10. Which organ is incorrectly associated with emotional experience in the Cannon-Bard theory?

Hypothalamus

Limbic system

Thalamus

Cerebral cortex

11. Who proposed the Cognitive Labeling Theory of emotions?

William James and Carl Lange

Walter Cannon and Philip Bard

Stanley Schachter and Jerome Singer

Richard Lazarus

12. According to Schachter and Singer, what jointly determines the label of an emotion?

Environmental cues and physiological responses

Nonspecific physiological arousal and interpretation of the experience

Neural activity and hormonal changes

Cognitive appraisal and visceral changes

13. Richard Lazarus' theory involves how many types of appraisal?

One

Two

Three

Four

14. In Magda Arnold's Sequential Model, what is the first step involved in emotions?

Appraisal

Perception

Expressing emotions

Determining emotions

15. According to the Opponent-Process Theory, what happens when one type of emotion is elicited?

There must be an opposite emotion to suppress or cancel it

Emotional arousal reaches its peak

Emotional intensity decreases immediately

The brain shifts focus to a different stimulus

16. In Lindsley's Activation Theory, which part of the brain activates the cortex?

Thalamus

Hypothalamus

Reticular system

Limbic system

17. Albert Ellis' theory states that emotions originate from how many different ways?

One

Two

Three

Four

18. What does the Cognitive Appraisal Theory emphasize in understanding emotional experiences?

Physiological responses

Environmental evaluation

Neural activity

Hormonal changes

19. Which of the following is NOT a common bodily change during emotions?

Muscle tension

Weakness or fainting

Increased salivation

Sinking feeling in the heart or stomach

20. What can prolonged increased blood pressure and heightened heart rate during emotions lead to?

Respiratory disorders

Gastrointestinal issues

Coronary heart disease

Neural dysfunction

21. Which of the following is NOT involved in the physiological changes during emotional states?

Dryness of throat and mouth

Trembling

Muscle tension

Enhanced digestion

22. During strong emotional arousal, what happens to the liver?

Reduces glucose secretion

Secretes excessive amounts of glucose into the blood stream

Stops functioning temporarily

Increases fat metabolism

23. Which theory suggests that emotional states and physiological reactions work independently but are triggered simultaneously?

James-Lange theory

Schachter-Singer theory

Cannon-Bard theory

Cognitive Appraisal theory

24. Which component is NOT part of the sequence of events in the James-Lange model?

Experience of an emotion-involving situation

Message to the cortex about emotional experience

Physiological responses take place

Brain interprets these physiological changes as an emotional experience

25. What does the Opponent-Process Theory suggest about emotional arousal?

It is solely determined by physiological changes

It remains at some baseline due to the presence of opposite emotions

It is independent of environmental factors

It is the result of neural activity only

26. According to Schachter-Singer Theory, what does physiological arousal determine?

The type of emotion

The intensity of emotion

The intensity of emotions

The duration of emotion

27. Which theory includes the concept of reappraisal as a step in emotional processing?

James-Lange theory

Cannon-Bard theory

Schachter-Singer theory

Cognitive Appraisal theory

28. In which year was the Opponent-Process Theory proposed by Solomon and Corbit?

1962

1968

1974

1980

29. Which theory of emotions incorporates sensory-motor, biochemical stimulation, and cognitive processes?

James-Lange theory

Albert Ellis' theory

Schachter-Singer theory

Cognitive Appraisal theory

30. Which physiological response is used alongside GSR and blood pressure for lie detection?

Pupillometrics

Respiration

Neural activity

Gastrointestinal function

COGNITION AND THINKING - Lecture 29

1. Cognition refers to:

A. The process of knowing, as well as what is known

B. The higher mental processes

C. Both A and B

D. None of the above

2. The mental processes that humans use to understand the world include:

A. Memory

B. Intelligence

C. Language

D. All of the above

3. In psychology, cognition is understood in terms of:

A. Emotional processing

B. Information processing

C. Sensory processing

D. Physical processing

4. Cognitive psychology is the branch of psychology that studies:

A. Emotions

B. Cognition

C. Physical health

D. All of the above

5. Thinking is commonly known as:

- A. Feeling
- B. Perceiving
- C. Cognition
- D. Acting

6. Mental representations can be in the form of:

- A. Words
- B. Visual images
- C. Sounds
- D. All of the above

7. According to Woodworth, thinking is:

- A. Mental exploration
- B. Physical activity
- C. Emotional exploration
- D. None of the above

8. Ruch defines thinking as:

- A. Behavior involving only physical presence
- B. Behavior where subjects are represented by symbols
- C. Emotional exploration
- D. Physical exploration

9. The process of thinking transforms mental representations into:

- A. New and different forms
- B. Similar forms
- C. Identical forms
- D. None of the above

10. Mental images are:

- A. Integral to the thinking process
- B. Visual representations only
- C. Unimportant in thinking
- D. None of the above

11. Concepts are:

- A. Categorization of objects, events, or people sharing common properties
- B. Individual experiences
- C. Physical actions
- D. None of the above

12. Artificial concepts are defined by:

- A. A unique set of traits and features
- B. Familiarity
- C. Ambiguity
- D. None of the above

13. Natural concepts are:

- A. Universal in nature
- B. Defined by loose features
- C. Clearly defined
- D. None of the above

14. Prototypes are:

- A. Typical examples of a concept
- B. Abstract ideas
- C. Unclear definitions
- D. None of the above

15. Thinking and reasoning involve:

- A. Only humans
- B. All organisms
- C. Non-living things
- D. None of the above

16. Reasoning uses:

- A. Emotion
- B. Logic
- C. Past experience
- D. All of the above

17. Deductive reasoning involves:

- A. Drawing logical conclusions from premises
- B. Emotional decision-making
- C. Physical actions
- D. None of the above

18. A syllogism contains:

- A. Assumptions or premises for drawing conclusions
- B. Emotional arguments
- C. Physical evidence
- D. None of the above

19. People from more developed societies use:

- A. Abstract and logical thinking
- B. Concrete reasoning
- C. Physical reasoning
- D. None of the above

20. Concepts help in:

- A. Understanding the complex world
- B. Physical actions
- C. Emotional processing
- D. None of the above

21. Concepts enable us to:

- A. Organize complex phenomena into simpler forms
- B. Increase physical strength
- C. Enhance emotional intelligence
- D. None of the above

22. Cognitive categories:

- A. Simplify understanding of the world
- B. Complicate understanding of the world
- C. Have no impact on understanding
- D. None of the above

23. Mental images are used in:

- A. Enhancing problem-solving skills
- B. Jogging
- C. Meditation
- D. All of the above

24. Concepts in thinking are:

- A. Clearly defined
- B. Ambiguous
- C. Complex
- D. Both B and C

25. Prototypes are agreed upon:

- A. Within a society
- B. Across different societies
- C. By individuals only
- D. None of the above

26. The human brain is:

- A. The most intricate machine in the universe
- B. Simple and unsophisticated
- C. Easily understood
- D. None of the above

27. Thinking can be:

- A. Subtle and continuous
- B. Stagnant
- C. Sporadic
- D. None of the above

28. Mental processes take place:

- A. Subconsciously
- B. Consciously
- C. Both A and B
- D. None of the above

29. Cognitive psychology helps in:

- A. Understanding mental processes
- B. Increasing physical strength
- C. Emotional processing
- D. None of the above

30. Concepts are important because they:

- A. Help in communication
- B. Confuse people
- C. Have no importance
- D. None of the above

THINKING, REASONING, PROBLEM- SOLVING AND CREATIVITY - Lecture 30

1. What is the primary use of specific cues in inductive reasoning?

- a) Drawing specific conclusions
- b) Drawing inferences
- c) Formulating hypotheses
- d) Proving theories

2. Inductive thinking involves using observation, knowledge, and experience to:

- a) Prove hypotheses
- b) Draw general conclusions
- c) Verify data
- d) Develop theories

3. Which of the following is a shortcoming of inductive thinking?

- a) It is always unbiased
- b) Conclusions may be biased
- c) It ensures accurate conclusions
- d) It always uses valid evidence

4. Decision-making is considered:

- a) A simple form of thinking
- b) An unstudied area in psychology
- c) One of the most complicated forms of thinking

d) An unimportant area for cognitive psychologists

5. Which type of problem-solving involves a sudden realization or insight?

a) Trial and error

b) Heuristics

c) Insight problem solving

d) Algorithmic

6. Algorithms in problem-solving are characterized by:

a) Always being effective but not always accurate

b) Being rules of thumb

c) Ensuring the solution to the problem

d) Being based on intuition

7. What type of problem-solving method involves general rules and shortcuts?

a) Algorithms

b) Heuristics

c) Insight

d) Systematic analysis

8. The initial step in problem-solving involves:

a) Producing solutions

b) Evaluating solutions

c) Preparing for finding solutions

d) Implementing solutions

9. A well-defined problem is:

a) Ill-formed and unclear

b) Indefinite and hard to solve

c) Clear and definite with available means of solving

d) Subjective and based on personal interpretation

10. What type of problem requires the rearrangement of components to satisfy a criterion?

a) Arrangement problems

b) Inducing structure problems

c) Transformation problems

d) Insight problems

11. Problems of inducing structures depend on:

- a) Rearrangement of components
- b) Relationship of components among them**
- c) Trial and error methods
- d) Well-defined criteria

12. Transformation problems require:

- a) A single step solution
- b) Understanding and changing the initial state to the goal state**
- c) Only heuristic methods
- d) Indefinite and unclear steps

13. Which of the following involves repeated testing to reduce the distance between the goal and the current state?

- a) Sub-goals
- b) Insight
- c) Evaluation of solutions
- d) Means-ends analysis**

14. Functional fixedness refers to:

- a) Creative problem solving
- b) Innovative thinking
- c) Thinking about phenomena in its most typical form**
- d) Using new methods for old problems

15. The tendency to solve problems using old methods is called:

- a) Functional fixedness
- b) Divergent thinking
- c) Mental set**
- d) Vertical thinking

16. Which term describes the generation of a variety of unusual solutions to a problem?

- a) Vertical thinking
- b) Divergent thinking**

- c) Convergent thinking
- d) Functional fixedness

17. Creativity is often associated with:

- a) Rigid thinking
- b) Following conventional methods
- c) Generating novel and innovative responses
- d) Focusing on established patterns

18. The incubation stage in creative thinking involves:

- a) Immediate problem solving
- b) Putting the problem aside for a while
- c) Evaluating the solution
- d) Intense brainstorming

19. The verification stage in creative thinking includes:

- a) Generating new ideas
- b) Evaluating the problem
- c) Combining materials
- d) Letting the mind free

20. Cognitive complexity is often associated with:

- a) Simple and straightforward thinking
- b) Philosophical and abstract ways of thinking
- c) Ignoring complex stimuli
- d) Avoiding humor and jokes

21. Lateral thinking:

- a) Seeks continuity and stability
- b) Avoids the obvious
- c) Looks for right or wrong answers
- d) Uses step-by-step logic

22. Vertical thinking focuses on:

- a) Generating new ideas
- b) Finding absolutes

- c) Avoiding irrelevant information
- d) Using unconventional methods

23. Which technique involves examining a problem by turning it around or upside down?

- a) Cross-fertilization technique
- b) Analogy technique
- c) Reversal technique
- d) Incubation technique

24. Analogy technique in problem-solving involves:

- a) Ignoring similarities between objects
- b) Finding differences between situations
- c) Developing statements about similarities
- d) Using irrelevant information

25. Cross-fertilization technique involves:

- a) Using experts from the same field
- b) Applying conventional solutions
- c) Asking experts from different fields for solutions
- d) Ignoring new ideas

26. Creativity can be enhanced by:

- a) Functional fixedness
- b) Following conventional methods
- c) Inspiration and hard work
- d) Ignoring abstract thinking

27. Divergent thinking includes:

- a) Single solution approaches
- b) Varied thoughts and solutions
- c) Rigid thinking patterns
- d) Ignoring innovative ideas

28. Vertical thinking uses:

- a) Established patterns and obvious considerations
- b) Unconventional methods

- c) Multiple innovative solutions
- d) Irrelevant information

29. What is the main difference between lateral and vertical thinking?

- a) Lateral thinking seeks stability; vertical thinking avoids it
- b) Lateral thinking finds absolutes; vertical thinking avoids them
- c) Lateral thinking generates new ideas; vertical thinking seeks continuity
- d) Lateral thinking uses established patterns; vertical thinking avoids them

30. Which of the following statements is true about creative thinking?

- a) It is rigid and conventional
- b) It involves generating a variety of solutions
- c) It avoids imaginative approaches
- d) It rejects unusual solutions

PERSONALITY I - Lecture 31

1. What is meant when someone has a gorgeous personality?

- A. They have an attractive physical appearance
- B. They leave a positive overall impression on others
- C. They have a luxurious lifestyle
- D. They are highly skilled

2. When describing someone as having a powerful personality, what is being referred to?

- A. Their physical strength
- B. Their social influence and impact on others
- C. Their financial wealth
- D. Their intelligence

3. What is a key aspect of personality according to the definition provided?

- A. Physical appearance
- B. Stability in behavior across situations
- C. Financial status
- D. Education level

4. Which approach to personality focuses on unconscious determinants?

- A. Trait approach
- B. Psychodynamic approach
- C. Behavioral approach

D. Humanistic approach

5. What does the unconscious contain according to the psychodynamic approach?

A. Rational thoughts and decisions

B. Instinctual drives like wishes and desires

C. Conscious memories

D. Social norms

6. Who is the most influential figure in the history of the psychodynamic approach?

A. Carl Jung

B. Alfred Adler

C. Sigmund Freud

D. Erik Erikson

7. What is psychic determinism?

A. All behavior is random

B. All behavior is determined by unconscious forces

C. All behavior is influenced by external factors

D. All behavior is a result of genetic inheritance

8. Which part of consciousness contains thoughts and feelings of which we are immediately aware?

A. Unconscious

B. Subconscious

C. Preconscious

D. Conscious

9. What does the term manifest content refer to in Freudian dream theory?

A. The hidden, symbolic meaning of a dream

B. The actual storyline of a dream

C. The daytime thoughts that influence dreams

D. The dream's emotional impact

10. What principle does the Id operate under?

A. Reality principle

B. Pleasure principle

C. Moral principle

D. Social principle

11. Which of the following is a defense mechanism that involves blocking unpleasant thoughts?

A. Repression

B. Rationalization

- C. Displacement
- D. Projection

12. Who introduced the concept of the inferiority complex?

- A. Carl Jung
- B. Sigmund Freud
- C. Alfred Adler
- D. Karen Horney

13. What is basic anxiety according to Karen Horney?

- A. A feeling of superiority over others
- B. Anxiety due to a hostile environment and lack of proper nurturing
- C. Fear of social rejection
- D. Nervousness about making decisions

14. Which theory emphasizes social interaction as a key motivator of behavior?

- A. Freud's Psychoanalytic Theory
- B. Erikson's Psychosocial Development Theory
- C. Jung's Analytical Psychology
- D. Allport's Trait Theory

15. What is a central trait according to Allport's Trait Theory?

- A. A rare and unique trait found in only a few individuals
- B. A major characteristic that forms the core of a person's personality
- C. A superficial and situational trait
- D. A trait that everyone has in equal measure

16. Which of the following is NOT a criticism against Freudian psychodynamic theory?

- A. Emphasis on early childhood experiences
- B. Ignoring external variables and the environment
- C. Lack of scientific proof for constructs like the unconscious
- D. Emphasis on social and cultural factors

17. What did the Neo-Freudians emphasize more than Freud?

- A. Biological instincts
- B. Role of society and culture on personality development
- C. Psychic determinism
- D. Pleasure principle

18. What concept did Carl Jung introduce?

- A. Inferiority complex
- B. Collective unconscious**
- C. Basic anxiety
- D. Psychosexual stages

19. According to Adler, what is the primary human motivation?

- A. Striving for superiority and self-improvement**
- B. Seeking pleasure and avoiding pain
- C. Fulfilling unconscious desires
- D. Achieving social status

20. What is a major concept introduced by Karen Horney?

- A. Libido
- B. Oedipal conflict
- C. Basic hostility**
- D. Reality principle

21. According to Erikson, what is the most important force that drives human behavior?

- A. Biological instincts
- B. Social interaction**
- C. Unconscious desires
- D. Personal achievements

22. What does the trait approach to personality focus on?

- A. Unconscious determinants
- B. Social influences
- C. Enduring dimensions of personality characteristics**
- D. Stages of development

23. Which type of trait, according to Allport, directs most of a person's behaviors and activities?

- A. Central trait
- B. Cardinal trait**
- C. Secondary trait
- D. Peripheral trait

24. What is the main difference between Freud and Neo-Freudians?

- A. Neo-Freudians emphasize the unconscious more
- B. Freud emphasized social and cultural factors more
- C. Neo-Freudians emphasized the role of ego and social environment**
- D. Freud focused more on adulthood experiences

25. What is the focus of the psychodynamic model of personality?

A. Conscious decision-making

B. Unconscious desires and conflicts

C. Social learning

D. Trait measurement

26. According to Freud, which structure of personality operates on the reality principle?

A. Id

B. Ego

C. Superego

D. Unconscious

27. What mechanism does the ego use to protect itself against anxiety?

A. Rationalization

B. Defense mechanisms

C. Libido

D. Projection

28. Which type of content in dreams represents the symbolic form according to Freud?

A. Manifest content

B. Latent content

C. Conscious content

D. Preconscious content

29. Who is associated with the concept of archetypes?

A. Sigmund Freud

B. Carl Jung

C. Alfred Adler

D. Karen Horney

30. What does Erikson's theory of psychosocial development emphasize?

A. Unconscious conflicts and desires

B. Biological instincts and drives

C. Social interaction and crises resolution throughout life

D. Achievement of personal goals

Personality II - 32

1. Who identified 18,000 separate terms to describe personality after skimming an unabridged dictionary?

A. Raymond Cattell

B. Hans Eysenck

C. Gordon Allport

D. Carl Jung

2. How many descriptions did Gordon Allport come up with after eliminating synonyms from his initial list?

A. 4500

B. 16000

C. 2500

D. 5000

Answer: A. 4500

3. Which trait refers to a single personality trait directing most of a person's behaviors and activities?

A. Central traits

B. Surface traits

C. Secondary traits

D. Cardinal traits

4. How many central traits did Allport suggest most people develop?

A. 1-5

B. 5-10

C. 10-15

D. 15-20

5. Which type of traits affects fewer life situations compared to cardinal or central traits?

A. Surface traits

B. Source traits

C. Secondary traits

D. Peripheral traits

6. What method is used to summarize relationships between a large number of variables into fewer patterns?

A. Regression analysis

B. Correlation analysis

C. Factor analysis

D. ANOVA

7. Who proposed the Sixteen Personality Factors?

A. Gordon Allport

B. Hans Eysenck

C. Raymond Cattell

D. Carl Jung

8. What are the two types of characteristics that form our personality according to Cattell?

A. Surface traits and central traits

B. Surface traits and cardinal traits

C. Surface traits and source traits

D. Source traits and central traits

9. Which type of traits are the characteristics that we can observe in a given situation?

A. Central traits

B. Source traits

C. Surface traits

D. Cardinal traits

10. How many source traits did Cattell identify that represent the basic dimensions of personality?

A. 10

B. 12

C. 16

D. 18

11. Who presented the personality dimensions of introversion-extroversion and neuroticism-stability?

A. Gordon Allport

B. Raymond Cattell

C. Hans Eysenck

D. Carl Jung

12. What personality dimension refers to quiet, passive, and careful people?

A. Extroversion

B. Introversion

C. Neuroticism

D. Stability

13. What personality dimension refers to moody, touchy, and anxious people?

A. Extroversion

B. Introversion

C. Neuroticism

D. Stability

14. Which trait is associated with sociability and outgoing behavior in the Big Five model?

A. Neuroticism

B. Conscientiousness

C. Agreeableness

D. Surgency

15. What does the learning approach to personality emphasize?

A. Biological instincts

B. Unconscious motives

C. Observable behavior

D. Cognitive processes

16. Which approach to personality focuses on the role of reinforcements and punishments in shaping behavior?

A. Humanistic approach

B. Social cognitive approach

C. Biological approach

D. Learning approach

17. According to B.F. Skinner, what causes similarities in responses across different situations?

A. Unconscious desires

B. Inborn traits

C. Patterns of reinforcement

D. Social influences

18. Which approach to personality emphasizes the interaction between individuals and their environment?

A. Humanistic approach

B. Social cognitive approach

C. Biological approach

D. Trait approach

19. What concept did Albert Bandura introduce related to people's ability to foresee the consequences of their actions?

A. Reciprocal determinism

B. Self-actualization

C. Self-efficacy

D. Conditional positive regard

20. What is the term for the belief in one's ability to perform a certain behavior or produce a desired outcome?

A. Reciprocal determinism

B. Self-actualization

C. Self-efficacy

D. Positive regard

21. Who emphasized the role of self-actualization in personality growth?

A. Gordon Allport

B. Carl Rogers

C. Raymond Cattell

D. Hans Eysenck

22. What is the term for an attitude of total acceptance and respect from another person without any conditions?

- A. Conditional positive regard
- B. Unconditional positive regard**
- C. Self-actualization
- D. Self-efficacy

23. According to the humanistic approach, what is the ultimate goal of personality growth?

- A. Self-actualization**
- B. Reciprocal determinism
- C. Self-efficacy
- D. Unconditional positive regard

24. Which approach to personality emphasizes the significance of biological variables and inherited characteristics?

- A. Humanistic approach
- B. Social cognitive approach
- C. Biological approach**
- D. Learning approach

25. What is the basic, innate disposition that emerges early in life and forms part of personality?

- A. Temperament**
- B. Traits
- C. Self-concept
- D. Neuroticism

26. Who studied the biological differences between inhibited and uninhibited children?

- A. Carl Rogers
- B. Jerome Kagan**
- C. Albert Bandura
- D. Hans Eysenck

27. What study supported the biological approach to understanding personality by examining twins?

- A. Allport's Trait Theory
- B. Eysenck's Dimensions of Personality
- C. Kagan's Study of Inhibited Children
- D. Auke Tellegen's Twin Study**

28. What is the term for learned behavioral patterns resulting from reinforcement according to B.F. Skinner?

- A. Temperament
- B. Traits
- C. Personality**
- D. Self-concept

29. Who proposed that personality can be understood through the interaction between behavior, environment, and the individual?

- A. Carl Rogers
- B. Albert Bandura**
- C. Gordon Allport
- D. Raymond Cattell

30. What is the effect of unconditional positive regard on a person, according to the humanistic approach?

- A. Increases neuroticism
- B. Enhances self-concept**
- C. Decreases self-efficacy
- D. Limits personal growth

Personality III - Lecture 33

1. What does an interview in the context of personality assessment refer to?

- A. An indirect interaction over the phone
- B. A written examination
- C. A direct face-to-face encounter and interaction**
- D. An online survey

2. Why is the skill of the interviewer important in personality assessment?

- A. It ensures the interviewee feels comfortable
- B. It determines the duration of the interview
- C. It affects how well the interviewer can draw relevant information**
- D. It helps in recording the interview

3. What is a key feature of behavioral assessment?

- A. Using only verbal information
- B. Direct observation measure for studying personality characteristics**
- C. Administering a written test
- D. Conducting group discussions

4. What are psychological tests used for in personality assessment?

- A. To entertain the subject
- B. To subjectively assess behavior

C. To objectively assess personality and behavior

D. To diagnose physical ailments

5. What characteristic must psychological tests have?

A. Ambiguity

B. Reliability and validity

C. Simplicity

D. Non-relevance

6. What are self-report measures in personality assessment?

A. Observational tools

B. Interviews

C. Paper and pencil tools or tests

D. Group discussions

7. What is the MMPI used for?

A. Measuring physical fitness

B. Identifying people with specific psychological difficulties

C. Assessing job performance

D. Conducting academic exams

8. What can the MMPI predict?

A. Physical health outcomes

B. If college students will marry within 10 years

C. Political views

D. Dietary preferences

9. What are projective tests used for in personality assessment?

A. Measuring intelligence

B. Describing ambiguous stimuli

C. Physical fitness tests

D. Structured interviews

10. What is the Rorschach test?

A. A multiple-choice questionnaire

B. A set of inkblot presses

C. A physical agility test

D. An online survey

11. What does the Thematic Apperception Test (TAT) involve?

A. Solving math problems

B. Writing a story about ambiguous pictures

C. Answering multiple-choice questions

D. Participating in a group discussion

12. What is a key aspect of intelligence according to Feldman?

A. The capacity to entertain others

B. The ability to solve mathematical problems only

C. The capacity to understand the world, think rationally, and use resources effectively

D. Physical strength and endurance

13. What factors influence the development of intelligence?

A. Only genetic factors

B. Only environmental factors

C. Both environmental factors and inherited potentials

D. Only education

14. What did Francis Galton propose about intelligence?

A. It is solely determined by environment

B. It is solely determined by education

C. It is influenced by heredity

D. It is not measurable

15. What was James McKeen Cattell's contribution to intelligence testing?

A. Developing intelligence quotient (IQ) tests

B. Using the term mental test for devices to measure intelligence

C. Creating projective tests

D. Establishing psychological clinics

16. What is the g factor in Spearman's Theory of Intelligence?

A. General physical ability

B. General intelligence common in all people

C. Specific skills in one domain

D. General physical endurance

17. What did Thorndike's theory propose about intelligence?

A. Intelligence is a single entity

B. Intelligence consists of multiple factors

C. Intelligence is only inherited

D. Intelligence cannot be measured

18. Which of the following is a part of Thurstone's Primary Mental Abilities?

A. General intelligence

B. Verbal comprehension

- C. Emotional intelligence
- D. Physical strength

19. What is crystalline intelligence according to Cattell and Horn?

- A. Capability of solving novel problems
- B. Capability of using learned information**
- C. Capability of physical endurance
- D. Capability of visualizing objects

20. What does fluid intelligence involve?

- A. Memorizing facts
- B. Solving novel problems**
- C. Physical strength
- D. Emotional regulation

21. What is Guilford's model of intelligence called?

- A. The Theory of Multiple Intelligences
- B. The Structure of Intellect (SOI)**
- C. The Triarchic Theory
- D. The Emotional Intelligence Model

22. What is an example of an operation in Guilford's model?

- A. Visual thinking
- B. Symbolic thinking
- C. Convergent thinking**
- D. Semantic thinking

23. What did Levy's research on brain hemispheres reveal about intelligence?

- A. The left hemisphere is involved in analytical functioning and language**
- B. The right hemisphere is more involved in language processing
- C. The left hemisphere is more active in spatial tasks
- D. The right hemisphere has no significant role in intelligence

24. What does Thurstone's spatial visualization ability involve?

- A. Recognizing and manipulating objects in three dimensions**
- B. Memorizing vocabulary words
- C. Performing arithmetic tasks
- D. Solving word puzzles

25. What is social intelligence according to Thorndike?

- A. The ability to solve mathematical problems
- B. The ability to manage concrete concepts
- C. The ability to understand and manage relationships
- D. The ability to memorize facts

26. What did Guilford's expanded model of intelligence include?

- A. 56 separate factors
- B. 100 separate factors
- C. 120 separate factors
- D. 180 separate factors

27. According to Cattell and Horn, what type of intelligence declines with age?

- A. Crystalline intelligence
- B. Emotional intelligence
- C. Fluid intelligence
- D. Social intelligence

28. What aspect does Spearman's s factor represent?

- A. Specific abilities that vary among individuals
- B. General intelligence common to all people
- C. Emotional intelligence
- D. Social intelligence

29. What does the Thematic Apperception Test (TAT) primarily assess?

- A. Verbal comprehension
- B. Reaction time
- C. Personality traits
- D. Arithmetic ability

30. What did Francis Galton's concept of hereditary genius suggest?

- A. Intelligence is primarily influenced by environment
- B. Gifted individuals tend to come from families with other gifted individuals
- C. Intelligence cannot be measured
- D. Education is the only factor affecting intelligence

Intelligence - Lecture 34

1. Who proposed the Theory of Multiple Intelligences in 1985?

- A. Robert Sternberg
- B. Howard Gardner
- C. Alfred Binet
- D. Jean Piaget

2. According to Gardner's Theory, intelligence consists of how many independent intelligences?

- A. Five
- B. Six
- C. Eight
- D. Ten

3. Which of the following is not one of Gardner's intelligences?

- A. Linguistic
- B. Logical-mathematical
- C. Emotional
- D. Naturalistic

4. Who proposed the Triarchic Theory of Intelligence?

- A. Alfred Binet
- B. Jean Piaget
- C. Howard Gardner
- D. Robert Sternberg

5. Which component is not part of Sternberg's Triarchic Theory of Intelligence?

- A. Analytical intelligence
- B. Creative intelligence
- C. Practical intelligence
- D. Emotional intelligence

6. What did Piaget's theory of intelligence focus on?

- A. Quantitative changes in thinking
- B. Qualitative changes in thinking

- C. Emotional intelligence
- D. Gardner's multiple intelligences

7. How many stages of cognitive development did Piaget propose?

- A. Two
- B. Four
- C. Six
- D. Eight

8. Who proposed the Hierarchical Theory of Intelligence?

- A. Carroll and Vernon
- B. Sternberg and Gardner
- C. Binet and Simon
- D. Piaget and Spearman

9. What is at the highest level of the hierarchical model proposed by Carroll and Vernon?

- A. Primary mental abilities
- B. General intelligence (g factor)
- C. Specific abilities
- D. Practical intelligence

10. What was the purpose of the first intelligence test developed by Binet and Simon?

- A. To assess personality traits
- B. To identify gifted children
- C. To assist the education ministry in identifying dull students
- D. To measure emotional intelligence

11. What does mental age refer to in Binet's concept of intelligence?

- A. The chronological age of a person
- B. The average age of children who secure the same score
- C. The number of years a person has been in school
- D. The physical age of a person

12. What is the formula for calculating IQ?

- A. $\text{IQ score} = \text{CA}/\text{MA} \times 100$
- B. $\text{IQ score} = \text{MA}/\text{CA} \times 100$
- C. $\text{IQ score} = \text{MA}/\text{CA} \times 10$

D. IQ score = CA/MA x 10

13. What does a deviation IQ score indicate?

- A. The difference between mental age and chronological age
- B. The average IQ score of a population
- C. The points a person's IQ deviates from the average score
- D. The total number of correct answers on an IQ test

14. Which test is known for being individually administered and oral?

- A. WAIS-R
- B. WISC-III
- C. Stanford-Binet Test
- D. MMPI

15. Who developed the Wechsler Adult Intelligence Scale-Revised (WAIS-R)?

- A. Alfred Binet
- B. Howard Gardner
- C. David Wechsler
- D. Robert Sternberg

16. What does the verbal scale of WAIS-R involve?

- A. Solving physical puzzles
- B. Defining vocabulary and comprehending concepts
- C. Identifying colors
- D. Drawing shapes

17. Which subscale is part of the performance scale in WAIS-R?

- A. Arithmetic
- B. Information
- C. Picture completion
- D. Comprehension

18. Why were group intelligence tests developed?

- A. To assess emotional intelligence
- B. To save time compared to individual tests
- C. To measure physical abilities
- D. To replace individual tests entirely

19. What type of intelligence is measured by moral intelligence tests?

- A. Social understanding
- B. Logical reasoning
- C. Ability to differentiate right from wrong
- D. Emotional control

20. Which aspect is not part of emotional intelligence?

- A. Self-awareness
- B. Managing emotions
- C. Bodily kinesthetic ability
- D. Empathy

21. What does cultural bias in intelligence tests imply?

- A. Tests favor specific cultural or minority groups
- B. Tests are easier for certain age groups
- C. Tests are difficult for everyone equally
- D. Tests are fair to all cultures and minorities

22. What is the concept of social intelligence also known as?

- A. SQ
- B. EQ
- C. IQ
- D. MQ

23. Who gave the concept of moral intelligence in 1997?

- A. Howard Gardner
- B. Robert Sternberg
- C. Coles and Hass
- D. Alfred Binet

24. What does emotional intelligence involve according to the concept of EQ?

- A. Ability to solve mathematical problems
- B. Ability to understand spatial relationships
- C. Ability to cope with emotions and handle relationships
- D. Ability to perform physical tasks

Answer: C. Ability to cope with emotions and handle relationships

25. How did Binet and Simon categorize the tasks for their intelligence test?
- A. By the physical abilities required
 - B. By the number of correct answers
 - C. By age group and difficulty level
 - D. By emotional content
26. Which psychologist gave the first Stanford revision of the Binet-Simon scale?
- A. Alfred Binet
 - B. Lewis Terman
 - C. David Wechsler
 - D. Howard Gardner
27. Which of the following is an example of a task from the original Simon-Binet Test for three-year-olds?
- A. Repeats two digits
 - B. Names key, knife, and penny
 - C. Copies a square
 - D. Defines objects in terms of their use
28. What is a common criticism of traditional IQ tests?
- A. They are too easy for most people
 - B. They are biased against certain cultural groups
 - C. They are not standardized
 - D. They do not measure physical abilities
29. What is the primary purpose of using a battery of tests to measure intelligence?
- A. To save time
 - B. To increase reliability and validity
 - C. To make the test more enjoyable
 - D. To focus on physical abilities
30. According to current statistics, what percentage of the population falls within 15 IQ points of the average score of 100?
- A. 50%
 - B. 66%
 - C. 75%
 - D. 90%

PSYCHOPATHOLOGY (Lesson 35)

1. What does the term psychopathology refer to?

Psychological illness

Mental health

Cognitive development

Emotional intelligence

2. Which branch of psychology focuses on the origin, development, and manifestation of behavioral and mental disorders?

Cognitive Psychology

Developmental Psychology

Abnormal Psychology

Social Psychology

3. What provides cues to the development of mental or psychological disorders?

Overt behavior and mental experiences

Physical health and diet

Educational background

Social interactions

4. Who treats mental disorders?

Neurologists

Psychiatrists and clinical psychologists

Pediatricians

General practitioners

5. What process was used during the Stone Age to treat brain-related problems?

Exorcism

Trephining

Chanting

Dieting

6. What was the purpose of trephining in ancient times?

To improve blood circulation

To allow evil spirits to escape the body

To treat headaches

To enhance cognitive function

7. Which ancient civilizations believed in the supernatural explanation for mental disorders?

Roman and Persian

Egyptian, Hebrew, Greek, and Chinese

Mayan and Aztec

Indian and Japanese

8. What was one of the most primitive ways of treating abnormality?

Surgery

Exorcism

Medication

Therapy

9. Who were regarded as possessing unusual healing powers in ancient societies?

Shaman or the medicine man

Priests

Kings

Doctors

10. Who is known as the father of modern medicine?

Aristotle

Socrates

Hippocrates

Plato

11. According to Hippocrates, what is the central organ for all activities, including intellectual abilities?

Heart

Brain

Liver

Lungs

12. What did Hippocrates believe caused abnormality?

Evil spirits

Imbalances of humors

Lack of education

Poor nutrition

13. Which temperament is characterized by being cheerful and active?

Melancholic

Choleric

Phlegmatic

Sanguine

14. According to Socrates, what comprises intelligence and character, or man's conscious personality?

Body

Mind

Soul

Spirit

15. What did Plato believe developed when the conflict arises between emotions and reason?

Mental disorders

Physical illness

Emotional intelligence

Cognitive dissonance

16. Who first distinguished between acute and chronic mental disorders?

Hippocrates

Asclepiades

Galen

Charcot

17. What practice did Asclepiades advocate for curing disease?

Magic

Exorcism

Baths, dieting, exercise, and massage

Trephining

18. Who made influential contributions regarding the anatomy and nervous system of human beings by performing dissections on animals?

Socrates

Plato

Galen

Aristotle

19. During the Middle Ages, what was the dominant belief about the cause of mental disorders in Europe?

Imbalance of humors

Possession by demons or the devil

Poor diet

Genetic defects

20. How were the mentally ill treated in the Islamic world during the rule of Muslim caliphs?

Inhumanely

With callous disregard

Humanely and with compassion

Isolated from society

21. What significant change did Pussin implement at La Bicetre hospital in Paris?

Introduction of new medications

Release of patients from shackles

Construction of new buildings

Hiring more staff

22. Who continued the humane treatment practices initiated by Pussin at La Bicetre hospital?

Aristotle

Galen

Philippe Pinel

Jean Charcot

23. What period is regarded as the age of reason?

15th century

16th century

17th century

18th century

24. Who proposed that a power similar to magnetism existed in humans and could influence their bodies?

William Tuke

Franz Mesmer

Philippe Pinel

Wilhelm Griesinger

25. What technique did Franz Mesmer introduce for curing mental illnesses?

Trephining

Mesmerism

Exorcism

Cognitive-behavioral therapy

26. Who established the York Retreat in rural England for compassionate treatment of mental patients?

Franz Mesmer

Philippe Pinel

William Tuke

Wilhelm Griesinger

27. What was Wilhelm Griesinger's belief about the origin of mental disorders?

Psychological causes

Brain pathology

Supernatural forces

Societal influences

28. Who published the first system of classification of mental diseases?

Jean Charcot

Kraepelin

Galen

Hippocrates

29. What did Jean Charcot primarily focus on in his studies?

Brain anatomy

Heart diseases

Hysterical patients

Diet and nutrition

30. According to the statistical definition, what is considered abnormal?

People who deviate from the norm

People with high intelligence

People with average behavior

People who are socially active

Abnormal Behavior I - Lesson 36

1. What does a sense of personal discomfort as abnormality involve?

A) Anxiety, distress, or guilt

B) Physical pain and suffering

C) Social isolation

D) Delusions and hallucinations

Answer: A

2. According to the definition of inability to function effectively, what is a sign of abnormality?

A) High productivity

B) Difficulty adapting to social requirements

C) Exceptional talent

D) Consistent happiness

Answer: B

3. The legal definition of abnormality primarily helps differentiate between what two states?

A) Health and illness

B) Sanity and insanity

C) Normality and abnormality

D) Happiness and sadness

Answer: B

4. Which perspective views psychological problems as caused by physiological factors?

- A) Cognitive perspective
- B) Psychodynamic perspective
- C) Medical perspective
- D) Behavioral perspective

Answer: C

5. Which perspective emphasizes childhood experiences as the root cause of mental disorders?

- A) Medical perspective
- B) Humanistic perspective
- C) Behavioral perspective
- D) Psychodynamic perspective

Answer: D

6. What does the behavioral perspective suggest about abnormal behavior?

- A) It is innate
- B) It is learned
- C) It is a result of genetic factors
- D) It is due to unconscious determinants

Answer: B

7. The cognitive perspective attributes mental disorders to what factors?

- A) Childhood experiences
- B) Biological processes
- C) Cognitions, thoughts, and beliefs
- D) Social and cultural influences

Answer: C

8. The humanistic perspective focuses on what central concept in abnormal behavior?

- A) Genetic factors
- B) Unconscious determinants
- C) Self-actualization
- D) Learned responses

Answer: C

9. According to the sociocultural perspective, what plays a primary role in the onset and treatment of mental illness?

- A) Biological processes
- B) Childhood experiences
- C) Social and cultural environment
- D) Cognitive distortions

Answer: C

10. Who gave the first classification system of mental disorders?

- A) Sigmund Freud
- B) Emil Kraepelin**
- C) Carl Rogers
- D) John Watson

11. What is DSM-IV-TR?

- A) A therapeutic technique
- B) A diagnostic and statistical manual of mental disorders**
- C) A medical treatment for anxiety
- D) A psychological test

12. Which organization developed the ICD classification system?

- A) American Psychiatric Association
- B) World Health Organization**
- C) National Institute of Mental Health
- D) American Psychological Association

13. Which edition of DSM was developed after a special 27-member task force worked for five years?

- A) DSM-I
- B) DSM-II
- C) DSM-III
- D) DSM-IV**

14. How many axes are there in DSM-IV-TR?

- A) Three
- B) Four
- C) Five**
- D) Six

15. What does Axis I in DSM-IV-TR include?

- A) Personality disorders and mental retardation
- B) Clinical disorders**
- C) General medical conditions
- D) Psychosocial and environmental problems

16. What does Axis II in DSM-IV-TR include?

- A) Personality disorders and mental retardation
- B) Clinical disorders
- C) General medical conditions
- D) Psychosocial and environmental problems

17. What type of disorders are included in Axis III of DSM-IV-TR?

- A) Personality disorders
- B) Clinical disorders
- C) General medical conditions
- D) Psychosocial and environmental problems

18. Which of the following is included in Axis IV of DSM-IV-TR?

- A) Clinical disorders
- B) Personality disorders
- C) General medical conditions
- D) Psychosocial and environmental problems

19. What does Axis V in DSM-IV-TR assess?

- A) Clinical disorders
- B) General medical conditions
- C) Global assessment of functioning
- D) Psychosocial and environmental problems

20. Anxiety disorders are characterized by what?

- A) Delusions
- B) Hallucinations
- C) Impediment in routine functioning due to anxiety
- D) Lack of motivation

21. Which of the following is NOT a symptom of anxiety?

- A) Sleeplessness
- B) Headaches
- C) Memory problems
- D) Increased appetite

22. What is the main focus in the treatment of generalized anxiety disorders?

- A) Use of stimulants
- B) Avoiding physical exercise
- C) Finding the actual cause of anxiety
- D) Avoiding therapy

23. Panic disorder is characterized by what?

- A) Persistent anxiety and worry
- B) Uncontrollable anger
- C) Panic attacks lasting from a few seconds to many hours
- D) Memory loss

24. Which of the following is a common cause of panic attacks?

- A) Genetic factors
- B) Use of drugs and stimulants
- C) Lack of sleep
- D) Overeating

25. Phobias are defined as what?

- A) Persistent, irrational, and intense fear of certain objects or situations
- B) Mild anxiety about specific objects
- C) General dissatisfaction with life
- D) Short-term anxiety without specific cause

26. What is a common symptom of phobias?

- A) Trembling
- B) Euphoria
- C) Extreme calmness
- D) Increased concentration

27. Treatment of anxiety disorders should avoid dependency on what?

- A) Therapy
- B) Mood altering drugs
- C) Exercise
- D) Diet control

28. What is a common cause of generalized anxiety disorders?

- A) Physical injuries
- B) Hereditary factors**
- C) Recent joyful events
- D) Overeating

29. Which type of therapy is commonly used for treating panic disorder?

- A) Group therapy
- B) Hypnotherapy
- C) Behavioral therapy**
- D) Aromatherapy

30. Which classification system is recognized as a universally accepted diagnostic system?

- A) ICD-9
- B) DSM-I
- C) DSM-IV-TR**
- D) DSM-II

Abnormal Behavior - Lecture 37

1. Which of the following is seen as a source of personal discomfort in abnormal behavior?

- A. Success
- B. Happiness
- C. Guilt**
- D. Pleasure

2. People who cannot function effectively are considered:

- A. Normal
- B. Abnormal**
- C. Happy
- D. Content

3. The legal definition of abnormality primarily differentiates:

- A. Health from illness
- B. Normality from abnormality

C. Sanity from insanity

D. Right from wrong

4. According to the medical perspective, psychological problems are caused by:

A. Physiological factors

B. Social factors

C. Environmental factors

D. Personal beliefs

5. The psychodynamic perspective views mental disorders as resulting from:

A. External environment

B. Childhood experiences

C. Social interactions

D. Physical illness

6. According to the behavioral perspective, abnormal behavior is:

A. Inherited

B. Learned

C. Biological

D. Unconscious

7. The cognitive perspective attributes mental disorders to:

A. Genetic factors

B. Brain abnormalities

C. Personal cognitions, thoughts, and beliefs

D. Childhood trauma

8. The humanistic perspective emphasizes:

A. Genetic predisposition

B. Physiological processes

C. Self-actualization and personal responsibility

D. Social environment

9. The sociocultural perspective considers _____ as important in the onset of mental illness.

A. Genetic makeup

B. Brain chemistry

C. Social milieu

D. Personal thoughts

10. The first classification system of mental disorders was given by:

- A. Freud
- B. Jung
- C. Kraepelin
- D. Pavlov

11. DSM-IV-TR is compiled by:

- A. World Health Organization
- B. American Medical Association
- C. American Psychiatric Association
- D. International Medical Association

12. ICD is developed by:

- A. American Psychiatric Association
- B. World Health Organization
- C. European Medical Association
- D. International Psychiatric Association

13. The DSM-IV-TR contains definitions of more than:

- A. 100 mental disorders
- B. 150 mental disorders
- C. 200 mental disorders
- D. 250 mental disorders

14. DSM-IV-TR's Multi Axial System includes:

- A. Three axes
- B. Four axes
- C. Five axes
- D. Six axes

15. Axis I of DSM-IV-TR includes:

- A. Clinical disorders
- B. Personality disorders
- C. General medical conditions

D. Psychosocial problems

16. Anxiety disorders are characterized by:

- A. Euphoria
- B. Relaxation
- C. Impediment in routine functioning
- D. Joyfulness

17. Common causes of anxiety include:

- A. Relaxation
- B. Imagined threat
- C. Happiness
- D. Contentment

18. Panic disorder is characterized by:

- A. Depression
- B. Mania
- C. Panic attacks
- D. Phobias

19. Phobias are:

- A. Rational fears
- B. Irrational and intense fears
- C. General anxiety
- D. Mild worries

20. Common treatment for phobias includes:

- A. Medication
- B. Behavior therapy
- C. Surgery
- D. Isolation

21. Obsessive-compulsive disorder is characterized by:

- A. Hallucinations
- B. Delusions
- C. Unwanted, recurrent thoughts and urges
- D. Paranoia

22. Somatoform disorders involve:

- A. Physical symptoms with a known medical cause
- B. Physical symptoms without any apparent physical cause**
- C. Psychological symptoms only
- D. Emotional disturbances only

23. Hypochondriasis involves:

- A. Fear of specific objects
- B. Fear of illness and preoccupation with health concerns**
- C. Fear of social situations
- D. Fear of heights

24. Conversion disorder is characterized by:

- A. Voluntary control over motor functions
- B. Genuine physical problems with no biological cause**
- C. Lack of symptoms
- D. Control over emotions

25. Dissociative disorders involve:

- A. Enhanced memory function
- B. Loss of memory and identity**
- C. Increased social interaction
- D. Improved mood

26. Major depression is characterized by:

- A. High energy and elation
- B. Persistent sadness and withdrawal**
- C. Euphoric mood
- D. Increased sociability

27. Mania is an extended state of:

- A. Depression
- B. Calmness
- C. Wild elation**
- D. Anxiety

28. Bipolar disorder involves alternating periods of:

- A. Anxiety and calmness
- B. Depression and mania**
- C. Joy and sadness
- D. Fear and happiness

29. Schizophrenia is marked by:

- A. Minor reality distortions
- B. Severe distortion of reality**
- C. Mild mood swings
- D. Clear thought processes

30. Delusions in schizophrenia are:

- A. Rational thoughts
- B. Unshakable, firm beliefs**
- C. Clear perceptions
- D. Logical conclusions

Psychotherapy I - Lecture 38

1. When do people generally need to seek a psychotherapist according to Engler and Goleman?

- A) When they feel happy
- B) When they feel stressed for a short time
- C) When they experience prolonged depression or hopelessness without a cause**
- D) When they have a minor physical problem

2. Which symptom indicates the need for psychotherapy?

- A) Long-term feelings of distress affecting daily life**
- B) Brief sadness
- C) Occasional anxiety
- D) Regular happiness

3. How many psychotherapies are available?

- A) 100
- B) 200

C) 300

D) 400

4. Which psychological approach is not primarily used in psychotherapies?

A) Behavioral approach

B) Cognitive approach

C) Spiritual approach

D) Humanistic approach

5. Who can provide psychotherapy?

A) Clinical psychologists

B) General doctors

C) Pharmacists

D) Dieticians

6. What degree do Clinical Psychologists typically hold?

A) M.B.B.S.

B) B.A.

C) Ph.D. or Psy.D.

D) M.B.A.

7. What is the primary focus of Counseling Psychologists?

A) Severe mental disorders

B) Routine-life adjustment problems

C) Physical illnesses

D) Financial advice

8. What can Psychiatrists do that other therapists generally cannot?

A) Perform surgery

B) Prescribe medication

C) Teach at a university

D) Conduct market research

9. What training do Psychoanalysts have?

A) Training in psychoanalysis

B) Training in physical therapy

- C) Training in dietetics
- D) Training in engineering

10. What is a characteristic of Licensed Professional Counselors?

- A) They are medical doctors
- B) They hold a master's degree and certification**
- C) They focus on research
- D) They specialize in diet and nutrition

11. What is the main focus of psychodynamic therapies?

- A) Changing physical health
- B) Resolving past conflicts and unconscious impulses**
- C) Improving diet
- D) Increasing physical fitness

12. What is the primary goal of psychoanalysis?

- A) Physical health improvement
- B) Establishing intra-psychic harmony**
- C) Increasing social activities
- D) Enhancing physical strength

13. What is 'free association' in psychoanalysis?

- A) Structured interviews
- B) Talking aloud without censoring thoughts**
- C) Writing essays
- D) Engaging in physical activities

14. What does 'dream analysis' seek to uncover?

- A) Physical health issues
- B) Latent content and unconscious motives**
- C) Daily routines
- D) Future predictions

15. What does 'transference' in therapy indicate?

- A) Physical transfer of patients
- B) Emotional response towards the therapist**

- C) Change in diet
- D) Financial transaction

16. Which approach does behavior therapy primarily use?

- A) Cognitive strategies
- B) Psychoanalysis
- C) Classical conditioning strategies
- D) Spiritual practices

17. What technique is used in systematic desensitization?

- A) Flooding
- B) Gradual exposure to fear-provoking stimuli while relaxed
- C) Immediate confrontation with fears
- D) Ignoring the fears

18. What is aversive therapy used for?

- A) Encouraging positive behavior
- B) Unlearning unwanted habits by associating them with unpleasant stimuli
- C) Teaching new skills
- D) Improving diet

19. What is the purpose of 'token economy' in operant conditioning?

- A) Rewarding desired behavior with tokens
- B) Punishing undesired behavior
- C) Ignoring behavior
- D) Teaching diet habits

20. What is 'contingency contracting' used for?

- A) Medical treatment
- B) Writing agreements specifying goal behaviors and consequences
- C) Performing surgery
- D) Providing financial advice

21. What is the main focus of cognitive therapy for depression?

- A) Diet changes
- B) Changing faulty patterns of thinking

- C) Increasing social interactions
- D) Physical exercises

22. What does Rational-Emotive Behavior Therapy aim to alter?

- A) Physical health
- B) Irrational beliefs**
- C) Daily routines
- D) Financial status

23. Who developed Rational-Emotive Behavior Therapy?

- A) Sigmund Freud
- B) Aaron Beck
- C) Albert Ellis**
- D) Carl Rogers

24. What is the purpose of behavior modification?

- A) Enhancing physical fitness
- B) Modifying behavior to increase desired behavior and decrease undesired behavior**
- C) Improving diet
- D) Financial planning

25. What is the first step in behavior modification?

- A) Implementing a plan
- B) Identification of goals in terms of target behavior**
- C) Rewarding behavior
- D) Ignoring behavior

26. Which therapy involves the patient encountering their fear directly?

- A) Systematic desensitization
- B) Implosive therapy**
- C) Cognitive therapy
- D) Rational-Emotive Behavior Therapy

27. Which therapy focuses on altering irrational beliefs into more acceptable ones?

- A) Psychoanalysis
- B) Behavior therapy

C) Rational-Emotive Behavior Therapy

D) Systematic desensitization

28. Who typically provides help with routine-life adjustment problems?

A) Clinical psychologists

B) Counseling psychologists

C) Psychiatrists

D) Licensed professional counselors

29. What does a psychoanalyst primarily specialize in?

A) Cognitive therapy

B) Psychoanalysis

C) Behavior therapy

D) Humanistic therapy

30. What is a common criticism of Freudian psychodynamic theory?

A) Lack of scientific proof

B) Too much focus on external variables

C) Emphasis on adulthood experiences

D) Short-term therapy

PSYCHOTHERAPY II - Lecture 39

1. Which of the following is the first step in behavior modification?

Identification of goals in terms of target behavior

Designing the intervention

Implementation of the planned program

Careful monitoring

2. What principle is behavior modification based on?

Principles of learning, specifically shaping

Unconscious motives

Free association

Cognitive restructuring

3. In the context of shaping, what is reinforced initially?

Each and every success, no matter how small

- Only major successes
- Negative behaviors
- Long-term goals

4. Which of the following is a criticism of behavior therapy?

It focuses only on observable behavior and does not evaluate inner thoughts and experiences

- It is too expensive
- It lacks practical application
- It is too focused on the past

5. According to the cognitive approach, what affects a person's motivation and behavior?

Person's beliefs and attitudes

- Environmental stimuli
- Genetic predispositions
- Unconscious desires

6. What is the first step in cognitive behavior modification?

Identification of goals in terms of target behavior

- Implementation of the program
- Monitoring progress
- Recording the events

7. What does altering the belief system focus on?

Changing the irrational beliefs of a person

- Reinforcing negative behaviors
- Ignoring external factors
- Emphasizing childhood experiences

8. Who formulated the cognitive theory for depression?

Aaron Beck

- Sigmund Freud
- B.F. Skinner
- Albert Ellis

9. What technique is used to help depressive patients change faulty patterns of thinking?

Problem-solving techniques

- Dream analysis
- Free association
- Systematic desensitization

10. What are clients forbidden to use in Rational-Emotive Behavior Therapy?

Should, must, ought

Always, never, cannot

Hope, believe, wish

Happy, sad, angry

11. Who developed Rational-Emotive Behavior Therapy?

Albert Ellis

Carl Rogers

Abraham Maslow

Erik Erikson

12. What does the humanistic approach emphasize?

Individual's freedom in directing his future

Environmental control over behavior

Unconscious conflicts

Cognitive restructuring

13. What is a central theme of the humanistic approach?

Human beings are capable of shaping their own destiny

Behavior is determined by environmental stimuli

All behavior is learned from observation

Unconscious desires drive behavior

14. What is the aim of Carl Rogers' person-centered therapy?

To help a person grow and self-actualize

To uncover unconscious conflicts

To modify maladaptive behaviors

To analyze dreams

15. In Rogers' therapy, what does congruence refer to?

Genuineness, honesty with the client

Empathy towards the client

Unconditional positive regard

Reflecting client's feelings

16. What is the goal of existential therapy?

To grip and use one's freedom effectively

To change irrational beliefs

To focus on past experiences

To reinforce positive behaviors

17. What does Gestalt therapy focus on?

Integrating the patient's thoughts and feelings into a whole

- Uncovering unconscious motives
- Changing irrational thoughts
- Behavioral reinforcement

18. What activity is encouraged in Gestalt therapy to express frustration?

Acting out emotions like kicking or yelling

- Writing down thoughts
- Passive reflection
- Dream analysis

19. What is a feature of group therapy?

People discuss problems and difficulties with group members

- Individualized attention from the therapist
- Focus on past childhood experiences
- Use of dream analysis

20. What is the primary goal of family therapy?

Finding solutions to problems within the family unit

- Analyzing individual behavior
- Focusing on unconscious conflicts
- Reinforcing individual achievements

21. Who are family therapists likely to view as contributors to family problems?

All family members

- Only the parents
- Only the children
- External influences

22. Which of the following is NOT a form of biomedical therapy?

Cognitive restructuring

- Medication
- Psychosurgery
- Lifestyle changes

23. What type of therapy involves patients discussing issues like smoking or alcoholism with others?

Group therapy

- Individual therapy
- Psychoanalysis
- Cognitive therapy

24. What does behavior therapy focus on unlearning?

Maladaptive patterns of behavior

Positive behaviors
Childhood experiences
Cognitive distortions

25. What type of conditioning does behavior therapy use for modifying behavior?

Classical conditioning

Operant conditioning
Social learning theory
Cognitive restructuring

26. In behavior therapy, what technique involves confronting the fear-provoking stimulus directly?

Flooding and implosive therapy

Systematic desensitization
Aversive therapy
Token economy

27. What is the main focus of token economy systems in behavior therapy?

Rewarding desired behaviors with tokens

Punishing undesired behaviors
Ignoring negative behaviors
Reflecting patient's statements

28. What does contingency contracting involve?

A written contract specifying goal-behaviors and consequences

Direct confrontation of fears
Reinforcement of every success
Analysis of dreams

29. What type of learning involves modeling and imitation in behavior therapy?

Observational learning

Classical conditioning
Operant conditioning
Cognitive restructuring

30. What approach is criticized for giving importance only to observable behavior?

Behavior therapy

Psychoanalysis
Cognitive therapy
Humanistic therapy

POPULAR AREAS OF PSYCHOLOGY - Lecture 40

1. Which of the following is NOT a major subfield of psychology?

Anthropology

Clinical Psychology

Behavioral Neuroscience

Cognitive Psychology

2. What is the main focus of social psychology?

How people's thoughts, feelings, and actions are affected by others

Studying the nervous system

Examining individual differences

Exploring childhood experiences

3. What is an attitude according to psychology?

A learned predisposition to respond in a favorable or unfavorable manner to a particular object

An innate reaction

A biological reflex

An unconscious desire

4. What are the three components of the ABC model of attitudes?

Affect, Behavior, Cognition

Attraction, Behavior, Cognition

Affect, Belief, Control

Action, Behavior, Condition

5. How do advertisers use classical conditioning to form attitudes?

By linking a product with a positive feeling or event

By using punishment to discourage negative behavior

By reinforcing every response

By using negative reinforcement

6. What type of learning involves observing others to form attitudes?

Vicarious Learning

Classical Conditioning

Operant Conditioning

Insight Learning

7. Which of the following is NOT an agent of attitude formation?

Genetics

Family

School
Mass Media

8. What is persuasion?

The process through which people's attitudes are changed

A method of brainwashing

An innate behavior

A biological process

9. Which characteristic of the message source is important in persuasion?

Physical attractiveness

Financial status

Gender

Age

10. When are two-sided messages more effective?

When both sides of the argument are discussed

When only the positive side is presented

When the message is one-sided

When the negative side is ignored

11. What is cognitive dissonance?

A conflict experienced when an individual holds two contradictory cognitions

A feeling of complete harmony

An intense emotional reaction

A state of relaxation

12. How can cognitive dissonance be reduced?

By modifying one or both cognitions

By reinforcing the conflicting thoughts

By ignoring the conflict

By denying the existence of dissonance

13. What is a schema?

A set of cognitions about people and social experiences

A type of biological response

A form of unconscious thought

A type of emotional reaction

14. What is the halo effect?

The tendency to expect uniformly positive characteristics based on an initial positive perception

The tendency to see negative traits

The tendency to ignore others
The tendency to judge based on stereotypes

15. What does social influence encompass?

Conformity, obedience, and compliance

Cognitive dissonance and schema formation
Biological reflexes and instincts
Individual development and maturation

16. What is conformity?

Going along with people

Acting independently
Leading a group
Ignoring social norms

17. What is obedience?

A form of conforming behavior that results from the commands of others

Ignoring instructions
Leading a group
Acting independently

18. What is the foot-in-the-door technique?

Starting with a small request to increase the likelihood of compliance with a larger request

Starting with a large request followed by a smaller one
Giving a free sample to encourage purchase
Making a final offer seem more attractive

19. What is prejudice?

Negative or positive expectations about social groups and their members

An innate behavior
An unconscious desire
A biological reflex

20. What is discrimination?

Negative behavior toward members of a particular group

Positive expectations about a group
Neutral attitudes toward a group
Passive acceptance of all groups

21. What is the ingroup-outgroup bias?

Holding less favorable opinions about groups to which we do not belong

Treating all groups equally

Ignoring group differences
Favoring outgroups over ingroups

22. What is a self-fulfilling prophecy?

An expectation about an event that increases the likelihood that the event will happen

An innate response
An unconscious reaction
A biological process

23. What does attribution theory explain?

How we decide about the specific causes of an individual's behavior

How we form schemas
How we experience cognitive dissonance
How we learn through conditioning

24. What are situational causes of behavior?

Perceived causes based on environmental factors

Causes based on internal traits
Biological causes
Unconscious motives

25. What are dispositional causes of behavior?

Perceived causes based on internal traits or personality factors

Causes based on environmental factors
Social causes
Physical causes

26. What is assumed similarity bias?

The tendency to think that others are similar to us

The tendency to see differences
The tendency to ignore similarities
The tendency to judge based on stereotypes

27. Which subfield of psychology focuses on the relationship between the brain and behavior?

Behavioral Neuroscience

Clinical Psychology
Cognitive Psychology
Social Psychology

28. Which subfield of psychology is concerned with how people grow and change from the moment of conception through death?

Developmental Psychology

Clinical Psychology
Industrial/Organizational Psychology
Forensic Psychology

29. Which subfield of psychology applies psychological concepts to the legal system?

Forensic Psychology

Health Psychology
Environmental Psychology
School Psychology

30. Which subfield of psychology is concerned with workplace behavior and how to improve productivity and employee well-being?

Industrial/Organizational Psychology

Social Psychology
Cognitive Psychology
Sport Psychology

Health Psychology - Lecture 41

1. What is the main focus of health psychology?

The role of psychological factors in the development and prevention of illness

The study of brain function
Understanding human cognition
Exploring social relationships

2. According to Brannon and Fiest (2000), health psychology concerns:

Individual behaviors and lifestyles affecting a person's physical health

The study of personality
Cognitive development
Biological rhythms

3. Which area is NOT a focus for health psychologists?

Animal behavior

Enhancement of health
Prevention of disease
Treatment of disease

4. How does the World Health Organization define health?

A state of complete physical, mental, and social well-being

The absence of disease
The presence of physical fitness

A balance of diet and exercise

5. When was the formal establishment of health psychology as a separate discipline by the APA?

1978

1950

1990

2000

6. What is a leading cause of death today that is lifestyle-related?

Heart disease

Infectious diseases

Genetic disorders

Accidents

7. Which factor contributes to the dissatisfaction with the existing medical model?

Even after proper medication, a person may still not feel healthy

High success rates of treatments

Focus on preventive care

Low cost of healthcare

8. What is learned helplessness?

A belief that one has no control over the environment

A type of positive reinforcement

An optimistic outlook on life

An innate ability to control all situations

9. What is an example of classical conditioning in health-related behaviors?

Fear of going to a doctor or dentist

Exercising regularly

Following a diet plan

Taking prescribed medication

10. Which health-related behavior is influenced by operant conditioning?

Children over-eating when encouraged by mothers

Developing a phobia of doctors

Smoking cessation through observation

Fear of taking medicine

11. What is an example of observational learning in health psychology?

Drug addiction resulting from observing peers

Developing an exercise routine independently

Learning to cook healthy meals

Taking medication on schedule

12. What is stress according to health psychology?

The response of an organism to events that are threatening or challenging

A feeling of complete relaxation

A temporary mood change

An immune response

13. What are stressors?

Circumstances that produce threats to our well-being

Daily habits

Genetic predispositions

Positive affirmations

14. What is an example of a cataclysmic event?

Natural disasters

Daily commutes

Office meetings

Social gatherings

15. What is a personal stressor?

Major life events like the death of a loved one

Minor daily irritations

Watching a favorite TV show

Exercising regularly

16. What is a background stressor?

Daily hassles causing minor irritations

Major life changes

Winning a lottery

Attending a celebration

17. What is a physiological manifestation of stress?

High blood pressure

Increased relaxation

Enhanced mood

Improved immune function

18. How can stress impact health indirectly?

By causing poor compliance with medical advice

By improving eating habits

By enhancing sleep quality

By encouraging healthy behaviors

19. Which model explains the course of stress proposed by Hans Selye?

General Adaptation Syndrome Model

Cognitive Behavioral Model

Humanistic Model

Psychoanalytic Model

20. What is the first stage in the General Adaptation Syndrome Model?

Alarm and mobilization stage

Resistance stage

Exhaustion stage

Resolution stage

21. What is emotion-focused coping?

Managing emotional responses to stress

Directly addressing the problem

Avoiding the stressor

Ignoring the stressor

22. Which technique is NOT a psychological intervention for stress?

Overeating

Relaxation techniques

Biofeedback

Cognitive therapy

23. What is health locus of control?

Beliefs about who or what is responsible for one's health

The ability to control others' health

A type of medical treatment

A physical exercise routine

24. What is perceived control in health psychology?

Feeling responsible for health-related behaviors

Believing that fate controls health

Depending solely on medical professionals

Avoiding health responsibilities

25. What is self-efficacy theory?

Belief in one's ability to succeed in specific situations

A focus on past failures

An external locus of control

Dependence on others for success

26. Which disorder is linked to stress according to health psychology?

Coronary Heart Disease

Common cold

Asthma

Diabetes

27. How is cancer related to stress?

Stressors can play a role in the onset of cancer

Stress prevents cancer

Cancer causes stress to decrease

There is no relation between stress and cancer

28. What is an example of a harmful behavior due to stress?

Increased smoking or drug abuse

Regular exercise

Balanced diet

Social interactions

29. Which model explains health-related beliefs and behaviors?

Health-Belief Model

Psychoanalytic Model

Humanistic Model

Behavioral Model

30. What is a key point all health-related models agree on?

A person's health depends on the control they feel over their life

Health is solely a physical state

Only doctors can maintain health

Health is unrelated to personal beliefs

INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY - Lecture 42

Industrial/Organizational Psychology MCQs

1. What is the primary focus of industrial/organizational psychology?

a) Studying childhood development

b) Investigating workplace psychology

c) Analyzing animal behavior

d) Exploring social interactions

Answer: b

2. Which method do industrial/organizational psychologists primarily use?

- a) Hypnosis
- b) Psychoanalysis
- c) Scientific methods
- d) Dream analysis

Answer: c

3. What is a major goal of industrial/organizational psychology?

- a) To entertain employees
- b) To fit the right person to a job
- c) To reduce work hours
- d) To increase vacation days

Answer: b

4. What is the first step in personnel selection?

- a) Training
- b) Job analysis
- c) Promotion
- d) Termination

Answer: b

5. What does job analysis involve?

- a) Giving employees raises
- b) Preparing a detailed job description
- c) Hiring more staff
- d) Organizing social events

Answer: b

6. What are hard criteria in job performance?

- a) Subjective criteria
- b) Objective criteria
- c) Psychological assessments
- d) Employee feedback

Answer: b

7. What are soft criteria in job performance?

- a) Salary data
- b) Number of units sold
- c) Creativity and humor
- d) Absenteeism records

Answer: c

8. Which type of interview is more valid?

a) Structured interview

b) Unstructured interview

c) Informal chat

d) Phone interview

Answer: a

9. What is the purpose of psychological tests in personnel selection?

a) To entertain applicants

b) To supplement application and interview data

c) To provide on-the-job training

d) To assess physical fitness

Answer: b

10. What does proper training of selected personnel guarantee?

a) Increased job satisfaction

b) Higher salaries

c) Job well done

d) More vacation days

Answer: c

11. What is a key factor in worker motivation?

a) Need theories

b) Entertainment at work

c) Flexible work hours

d) Office location

Answer: a

12. According to Maslow, what is the initial concern of workers?

a) Job security

b) Social needs

c) Self-actualization

d) Recognition

Answer: a

13. What does expectancy theory suggest about worker motivation?

a) Workers are motivated by fun activities

b) Workers make logical choices based on expected outcomes

c) Workers are motivated by peer pressure

d) Workers are motivated by relaxation

Answer: b

14. What is the basis of equity theory?

- a) Matching inputs and outcomes with peers
- b) Ensuring everyone has equal pay
- c) Providing free lunches
- d) Offering flexible work hours

Answer: a

15. What does positive reinforcement do in the workplace?

- a) Decreases production
- b) Increases motivation
- c) Suppresses creativity
- d) Reduces job satisfaction

Answer: b

16. What should goals be according to goal-setting theory?

- a) General and vague
- b) Difficult but achievable
- c) Easy and broad
- d) Unclear and open-ended

Answer: b

17. What type of decision-making is associated with higher job satisfaction?

- a) Centralized decision-making
- b) Decentralized decision-making
- c) Random decision-making
- d) Authoritarian decision-making

Answer: b

18. Who tends to be more dissatisfied with their jobs?

- a) Older workers
- b) Younger workers
- c) Mid-career workers
- d) Retired workers

Answer: b

19. What is job clarity?

- a) Explicit rules and expectations
- b) Flexible job roles
- c) High salary
- d) Informal job descriptions

Answer: a

20. What is role conflict?

- a) Clear role definitions
- b) Undefined roles and responsibilities**
- c) High job satisfaction
- d) Strong leadership

Answer: b

21. What is one way to enhance job satisfaction?

- a) Ignoring worker concerns
- b) Changing the job**
- c) Increasing work hours
- d) Reducing breaks

Answer: b

22. What is essential for worker safety?

- a) Ignoring safety protocols
- b) Implementing explicit safety measures**
- c) Increasing workload
- d) Reducing staff

Answer: b

23. What does Goldstein's system for assessing training needs include?

- a) Ignoring training effectiveness
- b) Conducting training**
- c) Reducing training sessions
- d) Eliminating evaluation criteria

Answer: b

24. How is training effectiveness often evaluated?

- a) Trainee ratings**
- b) Ignoring feedback
- c) Increasing training duration
- d) Reducing training content

Answer: a

25. What do cognitive theories of work motivation focus on?

- a) Physical aspects of the job
- b) Cognitive aspects like thoughts and expectations**
- c) Social aspects
- d) Financial incentives

Answer: b

26. What is the focus of reinforcement theories in the workplace?

- a) Increasing job complexity
- b) Reinforcement levels and types**
- c) Ignoring worker performance
- d) Reducing feedback

Answer: b

27. What is the role of job satisfaction in the workplace?

- a) It is irrelevant
- b) It affects productivity and efficiency**
- c) It decreases performance
- d) It increases absenteeism

Answer: b

28. What type of feedback is important in goal setting?

- a) Irregular feedback
- b) Regular feedback**
- c) No feedback
- d) Random feedback

Answer: b

29. What can improve job satisfaction?

- a) Centralized decision-making
- b) Providing safety measures**
- c) Ignoring worker feedback
- d) Increasing work hours

Answer: b

30. What is lateral thinking?

- a) Finding absolutes
- b) Generating new ideas by changing perception**
- c) Seeking continuity
- d) Using established patterns

Answer: b

Consumer Psychology - Lecture 43

1. Why do manufacturers advertise their products?

- A. To increase product price
 - B. To decrease product quality
 - C. To inform and persuade consumers about their products
 - D. To reduce production costs
- C

2. Why do advertisers use models in advertisements?

- A. To confuse consumers
 - B. To create a negative feeling about the product
 - C. To create a positive feeling and attraction for the product
 - D. To make the advertisement longer
- C

3. Why do advertisers use cartoons rather than human models in advertisements of children's products?

- A. To save costs
 - B. Because cartoons appeal more to children
 - C. To confuse children
 - D. Because human models are not available
- B

4. Why do manufacturers introduce only one new model in a year?

- A. To save on marketing costs
 - B. To create scarcity
 - C. To focus consumer attention and create anticipation
 - D. To reduce production
- C

5. How will we decide what to buy if there were no advertisements?

- A. Randomly choose products
 - B. Based on brand loyalty and personal research
 - C. Based on price alone
 - D. By asking friends and family
- B

6. What is the main focus of consumer psychology?

- A. Studying weather patterns
 - B. Understanding consumer buying behavior and the effect of advertisements
 - C. Developing new products
 - D. Studying economic trends
- B

7. What are some key factors affecting consumer behavior?

A. Weather and climate

B. Advertisements, packaging, and word-of-mouth communication

C. Political events

D. None of the above

B

8. What is the goal of consumer psychology?

A. To confuse consumers

B. To describe, predict, influence, and/or explain consumer responses

C. To increase product costs

D. To study natural disasters

B

9. Who are consumer psychologists?

A. Professionals studying weather

B. Psychologists trained in understanding consumer habits and the influence of advertisements

C. Medical doctors

D. Engineers

B

10. What was J.B. Watson's contribution to consumer psychology?

A. He ignored advertising

B. He applied principles of psychology in advertising

C. He invented new products

D. He was a famous musician

B

11. What is the soft sell appeal in advertising?

A. An approach focusing on the product's hard qualities

B. An approach promoting the product's image and softer aspects

C. An approach to reduce product price

D. An approach focusing on political issues

B

12. What is the hard sell appeal in advertising?

A. An approach promoting the product's qualities like taste, smell, and durability

B. An approach focusing on the product's image

C. An approach promoting political issues

D. An approach to confuse consumers

A

13. What is the significance of psychographics in consumer psychology?

- A. To study weather patterns
 - B. To divide people into lifestyle profiles related to purchasing patterns**
 - C. To invent new products
 - D. To study political trends
- B

14. What are some examples of advertising appeals?

- A. Soft sell and hard sell**
 - B. Weather and climate
 - C. Political and economic
 - D. None of the above
- A

15. What is the first stage in consumer decision-making?

- A. Purchase
 - B. Information search
 - C. Problem recognition**
 - D. Post-purchase evaluation
- C

16. What does high self-monitoring in buying behavior indicate?

- A. Inflexibility in behavior
 - B. Sensitivity to social settings and image projection**
 - C. Consistency across situations
 - D. Low sensitivity to advertisements
- B

17. What is observational learning in advertising?

- A. Using renowned people to promote products**
 - B. Promoting product qualities
 - C. Ignoring consumer behavior
 - D. Reducing product price
- A

18. What is the role of brand beliefs in consumer decision-making?

- A. To ignore the product's reputation
 - B. To base decisions on the product's reputation and prior experience**
 - C. To randomly choose products
 - D. To avoid advertisements
- B

19. What does consumer psychology study?

A. Political trends

B. Consumer buying behavior and the effect of advertisements

C. Weather patterns

D. None of the above

B

20. What is the role of packaging in consumer behavior?

A. It has no effect

B. It affects product preference and perception

C. It increases product costs

D. It decreases product quality

B

21. What is a key variable in one's buying behavior?

A. Self-monitoring

B. Weather

C. Political events

D. Random choice

A

22. What is micro marketing?

A. Targeting marketing efforts to broad audiences

B. Targeting marketing efforts to particular buyers on a neighborhood or individual store level

C. Ignoring consumer behavior

D. Focusing on political trends

B

23. What is the last stage in the decision buying process?

A. Information search

B. Evaluation of alternatives

C. Post-purchase evaluation

D. Problem recognition

C

24. What is the purpose of advertisements?

A. To confuse consumers

B. To develop a positive image and influence buying behavior

C. To reduce product quality

D. To increase political awareness

B

25. What are the characteristics of high self-monitors?

- A. Inflexible behavior
- B. Adjust behavior to social situations**
- C. Consistent behavior across situations
- D. Low sensitivity to advertisements

B

26. What is the importance of product labels in consumer behavior?

- A. They have no effect
- B. They provide important information affecting consumer decisions**
- C. They increase product costs
- D. They reduce product quality

B

27. What is the impact of peer pressure on product preference?

- A. It has no impact
- B. It significantly affects product preference and buying decisions**
- C. It reduces product quality
- D. It increases product price

28. What is cognitive dissonance in consumer behavior?

- A. Satisfaction with the product
- B. Discomfort experienced after making a purchase decision**
- C. Ignoring product information
- D. Reducing product quality

29. What is the role of advertisements in brand loyalty?

- A. They have no effect
- B. They help build and maintain brand loyalty**
- C. They increase product costs
- D. They reduce product quality

30. What is the primary aim of consumer research conducted by consumer psychologists?

- A. To study weather patterns
- B. To understand and predict consumer behavior**
- C. To develop new products
- D. To study political trends

B

Sport Psychology - Lecture 44

1. Sport psychology is Division ____ of APA.

47

23

32

19

2. The earliest proper sport research was conducted by:

Norman Triplett

John Watson

Coleman Griffith

Sigmund Freud

3. Coleman Roberts Griffith is known as:

The father of Sport psychology in North America

The founder of APA Division 47

The first sport psychologist

The pioneer of exercise psychology

4. The period from 1950 to 1980 is considered as the:

Formative years of sport psychology

Golden age of sport psychology

Decline of sport psychology

Beginning of sport psychology

5. Athletes usually score higher on tests of:

Assertion, Dominance, Aggression, and Need for achievement

Anxiety, Depression, and Fatigue

Empathy, Compassion, and Sympathy

Creativity, Imagination, and Innovation

6. Athletes score lower on:

Anxiety level, Depression, and Fatigue

Aggression, Dominance, and Assertion

Happiness, Excitement, and Joy

Motivation, Stamina, and Endurance

7. Pain tolerance may be an outcome of:

An athlete's success

Genetic factors

Training methods

Dietary habits

8. Arousal level is related to:

Motivation of the sportsperson

Dietary intake

Sleep patterns

Genetic predisposition

9. A low level of arousal is required for:

Making a long putt in golf

Blocking a shot in volleyball

Making a tackle in football

A bench press in weight lifting

10. A very high level of arousal is required for:

A bench press in weight lifting

Making a long putt in golf

Blocking a shot in volleyball

Making a tackle in football

11. The state of arousal is an active:

Sympathetic nervous system (SNS) state

Parasympathetic nervous system (PNS) state

Central nervous system (CNS) state

Peripheral nervous system (PNS) state

12. Mental practice involving imagery is helpful in:

Learning skills, improving and maintaining performance

Reducing physical practice time

Eliminating the need for a coach

Enhancing muscle strength directly

13. The task at hand is rehearsed mentally to:

Provide a vivid image of the scenario to occur later

Replace physical practice entirely

Avoid physical exertion

Reduce the need for coaching

14. Negative thoughts that may interfere with performance are:

Reduced through mental practice

Increased through mental practice

Unaffected by mental practice
Dependent on physical practice

15. Home field advantage may sometimes have:

Negative effects on performance

No effect on performance
Only positive effects on performance
Inconsistent effects on performance

16. According to Mahoney, the difference between two Olympic athletes is:

20 percent physical and 80 percent mental

50 percent physical and 50 percent mental
30 percent physical and 70 percent mental
70 percent physical and 30 percent mental

17. Overcoming self-consciousness uses tactics similar to:

Assertiveness training

Physical conditioning
Nutritional counseling
Medication

18. Operant conditioning involving positive reinforcement is effective in:

Raising motivation to performance at peak level

Lowering motivation
Reducing performance anxiety
Increasing fatigue

19. Observational learning can take place through:

Direct, live observation or video recordings

Reading about the sport
Listening to sport commentary
Dream analysis

20. Stress management techniques include:

Relaxation techniques

Aggressive training
Ignoring stressors
Increasing workload

21. Athletes in sports like hockey and football are more tolerant of:

Pain

Cold weather

Hunger

Fatigue

22. Sport psychologists help in:

Enhancing motivation

Designing sports equipment

Building sports facilities

Scheduling matches

23. Psychological research on home field advantage provides:

Mixed findings

Solid support

No support

Complete rejection

24. One of the key roles of sport psychologists is:

Assisting in raising the level of performance

Coaching the team

Setting up training camps

Organizing sports events

25. Mental practice can help in:

Setting realistic goals

Avoiding physical exercise

Reducing practice time

Eliminating performance pressure

26. Spectators cheer their favorite team to:

Increase arousal levels of players

Distract the opponents

Show loyalty

Follow social norms

27. Sport performance can be improved by:

Manipulating arousal level

Increasing physical training only

Using better equipment

Reducing practice sessions

28. Biofeedback helps sportspersons:

Gain control over involuntary functions

Increase muscle mass

Improve dietary habits
Sleep better

29. The primary focus of sport psychology is:

Understanding and improving sport performance

Building physical strength

Designing sportswear

Managing sports events

30. Sport psychologists have found that a certain level of arousal is:

Essential for sport performance and competition

Harmful for athletes

Unnecessary for performance

A secondary factor in sports

Forensic Psychology - Lecture 45

1. Forensic psychology applies psychological principles to which area?

a) Education

b) Healthcare

c) Judicial system

d) Sports

2. Who is considered the father of forensic psychology?

a) Sigmund Freud

b) Alfred Binet

c) Hugo Munsterberg

d) Lewis Terman

3. Which division of the APA deals with forensic psychology?

a) Division 35

b) Division 12

c) Division 41

d) Division 47

4. What is one of the roles of a forensic psychologist in the legal system?

a) Teaching

b) Assessment of the accused

c) Marketing

d) Surgery

5. What does forensic psychology's clinical nature involve?
- a) Business consulting
 - b) Providing clinical services to traumatized patients**
 - c) Event planning
 - d) Sales training
6. Forensic psychology contributes to which judicial area?
- a) Civil engineering
 - b) Divorce and child custody**
 - c) Culinary arts
 - d) Environmental science
7. What kind of research do forensic psychologists conduct?
- a) Medical research
 - b) Legal matters and related issues**
 - c) Astronomy research
 - d) Agricultural research
8. What was Lewis Terman known for in forensic psychology?
- a) Developing psychotherapy methods
 - b) Applying psychological tests for law enforcement**
 - c) Creating marketing strategies
 - d) Designing educational curriculums
9. What does the term competency refer to in forensic psychology?
- a) Financial skills
 - b) Ability to stand trial**
 - c) Cooking proficiency
 - d) Physical fitness
10. What is criminal profiling in forensic psychology?
- a) Studying environmental issues
 - b) Analyzing characteristics of criminals**
 - c) Designing buildings
 - d) Teaching languages
11. What is one of the sub-fields of forensic psychology?
- a) Marine biology
 - b) Clinical-forensic psychology**
 - c) Fashion design
 - d) Urban planning

12. What ethical principle is essential for forensic psychologists?

- a) Financial management
- b) Confidentiality**
- c) Architectural design
- d) Art curation

13. Which skill is important for a forensic psychologist to have?

- a) Cooking skills
- b) Patience**
- c) Driving skills
- d) Mechanical skills

14. What does the term insanity refer to in forensic psychology?

- a) Physical health
- b) Mental state affecting legal responsibility**
- c) Financial status
- d) Academic performance

15. What does the term expert witness mean?

- a) Someone who provides specialized knowledge in court**
- b) A regular juror
- c) A court stenographer
- d) A police officer

16. What does jury consulting involve?

- a) Helping in selecting jurors**
- b) Conducting medical exams
- c) Building infrastructure
- d) Creating marketing plans

17. What is the focus of developmental psychology in the forensic field?

- a) Child development and legal issues**
- b) Marine life
- c) Architectural design
- d) Space exploration

18. How does forensic psychology contribute to law enforcement?

- a) Providing crisis intervention consultation**
- b) Teaching culinary arts
- c) Designing clothing
- d) Managing financial portfolios

19. What historical place does the word forensic come from?

- a) Ancient Greece
- b) Roman forums**
- c) Egyptian pyramids
- d) Medieval castles

20. Who developed psychological tests used in judicial proceedings?

- a) Carl Jung
- b) Alfred Binet and Sigmund Freud**
- c) Wilhelm Wundt
- d) Jean Piaget

21. What is a major area of interest in psychology of women?

- a) Astronomy
- b) Reproductive health**
- c) Robotics
- d) Marine biology

22. What is a common research area in forensic psychology?

- a) Climate change
- b) Eyewitness testimony**
- c) Culinary arts
- d) Space travel

23. What role does a forensic psychologist play in divorce cases?

- a) Financial advising
- b) Child custody evaluation**
- c) Event planning
- d) Software development

24. What does psychological profiling help with?

- a) Fashion trends
- b) Understanding offender characteristics**
- c) Urban development
- d) Travel planning

25. What is one area forensic psychologists provide training in?

- a) Law enforcement**
- b) Cooking
- c) Landscaping
- d) Graphic design

26. How do forensic psychologists help in court?

- a) Designing buildings
- b) Providing expert testimony**
- c) Teaching history
- d) Writing novels

27. What term refers to the ability to understand and recall events in forensic psychology?

- a) Navigation skills
- b) Memory**
- c) Financial literacy
- d) Physical strength

28. What is civil commitment in forensic psychology?

- a) Joining the military
- b) Legally committing someone to a mental health facility**
- c) Traveling abroad
- d) Building a house

29. What is a key factor in determining insanity?

- a) Mental health evaluation**
- b) Physical fitness
- c) Culinary skills
- d) Financial status

30. What is a major ethical concern in forensic psychology?

- a) Use of scientific and approved methods**
- b) Fashion trends
- c) Driving skills
- d) Sports statistics