

تمہارا مستقبل تمہارے ماضی سے بہتر ہوگا"

♥ - (القرآن 4-93)

## PSY405 PERSONALITY PSYCHOLOGY QUIZ/MCQ'S NOTES

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اگر کسی قسم کی غلطی ہوں توں آپ غلطی کی درستگی کیلیے درج ذیل نمبر پر رابطہ کر کے ہماری رہنمائی کر سکتے ہیں

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1. Psychophysics is a relationship between physical world and:
  - a) Illusion world
  - b) Psychological world**
  - c) Material world
  - d) Imaginative world

**Note: Ego:**

Ego is our every conscious experience. It is our thinking, feeling, remembering, perceiving. So it is responsible for every thing, we do. Ego is responsible for our everyday functions and activities.

- It is our sense of identity.

2. In dichotic listening experiment subject's wear:
  - a) Speakers
  - b) Track ball
  - c) Headphones**
  - d) Microphone

**Note: The Collective Unconscious:** It refers to our ancestral experiences, memories from untold millions of years, so it is fragments of all human history that we inherit from our forefathers. Jung labeled these ancestral experiences as archetypes. An archetype is an inherited predisposition to respond to certain aspects of the world in certain ways. This concept is the crowning principle of Jung's theory. Jung gave us

3. "To every action, there is an equal opposite reaction" is known as \_\_\_\_\_
  - a) Law of Motion**
  - b) Law of Attraction
  - c) Law of Entropy
  - d) Law of Collective Unconscious

**Note:**

4. Which of the following is NOT correct about Freud's theory?
  - a) Dreams have manifest and latent meaning
  - b) Psychological types (introverts and extroverts)**
  - c) Emphasis on sex and aggression
  - d) Childhood experiences
5. Which of the following personality theory was given by Alfred Adler?
  - a) Trait Theory
  - b) Analytical Psychology
  - c) Stimulus Response Theory
  - d) Individual Psychology**
6. Which of the following model focuses on the avert observable behavior?
  - a) Cognitive model
  - b) Psychodynamic model
  - c) Biological model
  - d) Behavioral model
7. Ego operates \_\_\_\_\_ principle.
  - a) Societal
  - b) Reality
  - c) Moral
  - d) Pleasure
8. According to Freud which principle governs the ego?
  - a) Oedipal
  - b) Pleasure
  - c) Reality**

- d) Primary
9. Same adult clients are able to make records and keep track of their own behavior. This procedure is known as what?
- a) **Self – monitoring**
  - b) Rating – scale
  - c) Mental state examination
  - d) Home observation
10. Freud discontinued which of the following techniques?
- a) Transference
  - b) Free Association
  - c) Dream Analysis
  - d) **Hypnosis**
11. During which stage of development, the Oedipal and Electra complex take place?
- a) The oral Stage
  - b) The Anal stage
  - c) The phallic Stage
  - d) The Latency periods
12. Which perspective of psychology emerged out of a desire to understand the conscious mind, free will human dignity, and the capacity for self – reflection and growth?
- a) Psychodynamic
  - b) **Humanistic**
  - c) Behavioral
  - d) Gestalt
13. Freud believed that people use self – deceptive techniques for reducing stress that are called \_\_\_\_\_ .
- a) Regressive syndrome
  - b) Maladaptive behavior
  - c) Avoidance behavior
  - d) **Defense mechanism**
14. According to Adler, the feelings of \_\_\_\_\_ start to develop in infancy.
- a) Organ Weakness
  - b) Compensation
  - c) Superiority
  - d) **Inferiority**
15. Erik Eriksson’s theory is called:
- a) **Socio – Cultural Psychology**
  - b) Superego Psychology
  - c) Ego Psychology
  - d) Cultural Psychology
16. Karen Horney classified neurotic needs in three categories. Which of the following is NOT among them?
- a) Moving Away from People
  - b) Moving Against People
  - c) Moving Towards People
  - d) **Moving with people**
17. Identify the term used by Sullivan to refer to the product of interpersonal relations.
- a) **Anxiety**
  - b) Depression
  - c) Economic Interest
  - d) Inherited tendencies

18. Which of the following adjustment technique of Karen Horney is similar to Freud's "repression"?
- a) Arbitrary Rightness
  - b) Blind spot
  - c) Elusiveness
  - d) Rationalization**
19. Freud gave the developmental stages that are known as psychosexual stages; who among the following identified stages which are known as psychosocial stages development?
- a) Albert Bandura
  - b) Karen Horney
  - c) Abraham Maslow
  - d) Erik Erickson**
20. Mera is 80 years old, according to Erikson, what will be her main task to develop?
- a) Trust
  - b) Generalization
  - c) Integrity**
  - d) Intimacy
21. Resolution of crisis at which of the following stage generates self – control and will power?
- a) Basic Trust versus basic mistrust
  - b) Industry versus inferiority
  - c) Initiative versus guilt
  - d) Autonomy versus shame and doubt**
22. Which domain of psychology explain behavior through body type?
- a) Behavioral Psychology
  - b) Cognitive Psychology
  - c) Constitutional Psychology**
  - d) Individual Psychology
23. Pyknic physique is characterized by:
- a) Plumpness**
  - b) Muscles
  - c) Vigor
  - d) Weakness
24. According to Horney when a child is born in the world full of bigger adults, which of the following is likely to form in them?
- a) Neuroticism
  - b) Mistaken Style of Life
  - c) Basic Anxiety**
  - d) Cynicism
25. Which of the following is NOT a stage of development given by Sullivan?
- a) Juvenile Era
  - b) Childhood
  - c) Preadolescence
  - d) Life after Retirement
26. Who proposed interpersonal theory of personality?
- a) Carl Rogers
  - b) Harry Sullivan**
  - c) Erik Erikson
  - d) Karen Horney

27. According to Erickson, for facing the life challenges, it's important that a person should have strong \_\_\_\_\_ .
- a) Muscles
  - b) Ego**
  - c) Sense of Humor
  - d) Potentials and talent
28. Who described three categories or style with which neurotic people interact with others?
- a) Alfred Adler
  - b) Abraham Maslow
  - c) Bandura
  - d) Karen Horney**
29. According to Sullivan, experience occurs in three modes, which one of the following is not among those?
- a) Syntactic
  - b) Parataxic
  - c) Prototaxic
  - d) Phototoxic**
30. According to Sullivan, which of the following stage extends throughout most of the school years?
- a) Preadolescence
  - b) Juvenile**
  - c) Phallic
  - d) Adolescence
31. Karen Horney listed how many neurotic needs or abnormal trends in people?
- a) Ten**
  - b) Eight
  - c) Four
  - d) Six
32. According to Freud, which of the following has the most control over behavior?
- a) Unconscious desires**
  - b) Mental association
  - c) Gestalt interactions
  - d) Environmental stimuli
33. Nightmares, according to Freud, are linked to which of the following?
- a) Unconsciousness**
  - b) Preconsciousness
  - c) Consciousness
  - d) Subconsciousness
34. George Kelly defines personality as:
- a) Superficial social image
  - b) A series of psychosocial crises
  - c) Making sense out of life experiences**
  - d) Something internal
35. Freud belongs to which of the following approach?
- a) Behavioral
  - b) Dispositional
  - c) Psychodynamic**
  - d) Humanistic
36. How many validity scales are there in MMPI?
- a) 4**

- b) 6
  - c) 5
  - d) 7
37. Which of the following is NOT a validity scale of MMPI?
- a) Lie Scale
  - b) K Scale
  - c) The F Scale
  - d) **Rating Scale**
38. Which of the following focus on the frequency of a behavior?
- a) Rating scale
  - b) **Behavioral Coding system**
  - c) Interview
  - d) Observational method
39. Which of the following is NOT about Jung's theory?
- a) Theory is psychological and social in emphasis
  - b) Emphasis on unification of different component of the psyche
  - c) **Crems have manifest and latent meaning**
  - d) Psychological types (introverts and extroverts) are provided
40. Who is the author of the book entitled "The Psychological types"?
- a) Watson
  - b) **Jung**
  - c) Adler
  - d) Freud
41. According to Freud, experiences from your last week are part of which layer of mind?
- a) **Preconscious**
  - b) Unconscious
  - c) Conscious
  - d) Subconscious
42. Ayesha punishes her brother for not doing his homework by taking away his mobile phone, which model is Ayesha following?
- a) **Behavioral**
  - b) Biological
  - c) Dispositional
  - d) Psychodynamic
43. According to Freud, conflicts arise in an individual due to which of the following?
- a) **Unconscious desires and sexual urges**
  - b) Interpersonal Relationships
  - c) Not following religious duties
  - d) Conflict between real and ideal self
44. Which of the following is NOT one of Freud's five stages of psychosexual development?
- a) Latency
  - b) Anal
  - c) Phallic
  - d) **Basic trust**
45. Which of the following is present at the time of birth?
- a) ID
  - b) Psychic energy
  - c) Ego
  - d) **Super Ego**

46. Which among the followings was NOT concerned with social philosophy and criticism?
- a) Karen Horney
  - b) Eric Erickson
  - c) **Sigmund Freud**
  - d) Alfred Adler
47. What is the age range of intimacy vs. isolation (a stage of psychosocial of development)?
- a) **20 to 24 years**
  - b) 12 to 20 years
  - c) 6 to 11 years
  - d) 4 to 5 years
48. Who wrote a book “The Neurotic Personality of our Times”?
- a) Sullivan Carl Jung
  - b) Erik Erikson
  - c) **Karen Horney**
49. Who among the followings emphasized that both male and female are equal?
- a) **Sigmund Freud**
  - b) B.F Skinner
  - c) Carl Jung
  - d) Erik Erikson
50. In the story about fox and grapes, fox justifies his actions. Which of the following Horney’s is being applied?
- a) Cynicism
  - b) Excessive Self Control
  - c) Compartmentalization
  - d) **Rationalization**
51. Who suggested that behavior is influenced by your body type?
- a) Henry Sullivan
  - b) Raymond Cattell
  - c) **William H. Sheldon**
  - d) Karen Horney
52. During identity vs. role confusion (a stage of psychosocial of development), if crisis is successfully resolved, \_\_\_\_\_ develops.
- a) Competence
  - b) **Fidelity**
  - c) Care
  - d) Purpose
53. Which of the following is an image that an individual has of him or herself or of another person?
- a) Gratification
  - b) Visualization
  - c) **Personification**
  - d) Personalization
54. Sullivan defines personality as a system of \_\_\_\_\_ .
- a) Solid
  - b) Fluid
  - c) Matter
  - d) **Energy**
55. Who gave the three fundamental types of physique named as asthenic & pyknic physique?

- a) Raymond Cattell
- b) Henry Sullivan
- c) William Sheldon
- d) **Ernest Kretzmer**

56. \_\_\_\_\_ is a product of interpersonal relationship, transferring originally from a mother to her child.

- a) **Anxiety**
- b) Depression
- c) Aggression
- d) Schizophrenia

57. Who proposed that emotions are important factor for survival of organisms?

- a) Locks
- b) **Darwin**
- c) Povlay
- d) Descartes

58. Constitutional psychology looks at the \_\_\_\_\_ as possible explanation of human behavior.

- a) Overt behavior
- b) Cognitions
- c) **Physique or body type**
- d) Unconscious processes

59. Who among the following is NOT a Neo – Freudian?

- a) **Erik Erikson**
- b) Alfred Adler
- c) J.B Watson
- d) Karen Horney

60. Which of the following psychologist suggested that human personality is a product of interpersonal relations?

- a) **Homy Sullivan**
- b) Karen Horney
- c) Gordon Alport
- d) Alfred Adler

61. Sheldon has categorized body in \_\_\_\_\_ areas.

- a) **Five**
- b) Nine
- c) Fifteen
- d) Eleven

62. According to Shelden, which of the following is NOT a dimension for assessing the physical structure of the body?

- a) **Metamorph**
- b) Mesomorphy
- c) Endomorphy
- d) Ectomorphy

63. Which of the following adjustment technique is opposite to arbitrary rightness?

- a) Compartmentatztation
- b) Cynicism
- c) **Elusiveness**
- d) Externalization