MCQS

PSY403 midterm preparation file

ZB

بسم الله الرحمن الرحيم

In the name of God , Most Gracious, Most merciful

PSY403

MCQS

1. Who is considered the father of modern psychiatry?

a) Sigmund Freud

b) Emil Kraepelin

c) Hippocrates

d) Wilhelm Wundt

Answer: b) Emil Kraepelin

2. The DSM primarily focuses on which type of classification?

a) Etiological

b) Theoretical

c) Descriptive

d) Experimental

Answer: c) Descriptive

3. What does comorbidity refer to?

a) Multiple causes of a disorder

b) The coexistence of two or more disorders

c) A single underlying cause of disorders

d) A diagnosis of severe disorders

Answer: b) The coexistence of two or more disorders

4. Which neurotransmitter is primarily associated with depression?

a) Dopamine

b) Serotonin

c) Acetylcholine

d) Glutamate

Answer: b) Serotonin

5. Which type of disorder is characterized by excessive fear or anxiety?

a) Personality disorder

b) Anxiety disorder

c) Mood disorder

d) Psychotic disorder

Answer: b) Anxiety disorder

6. Which model suggests that psychological disorders arise from a combination of predisposition and environmental stress?

a) Cognitive model

b) Behavioral model

c) Diathesis-stress model

d) Biological model

Answer: c) Diathesis-stress model

7. What is the primary goal of cognitive-behavioral therapy (CBT)?

a) Altering brain chemistry

b) Exploring unconscious motives

c) Changing maladaptive thought patterns

d) Strengthening family dynamics

Answer: c) Changing maladaptive thought patterns

8. Which disorder is associated with intrusive thoughts and compulsive behaviors?

a) Panic disorder

b) Post-traumatic stress disorder

c) Obsessive-compulsive disorder

d) Generalized anxiety disorder

Answer: c) Obsessive-compulsive disorder

9. What is a hallmark feature of schizophrenia?

a) Elevated mood

b) Persistent worrying

c) Delusions and hallucinations

d) Impulsivity

Answer: c) Delusions and hallucinations

10. The term “neurotic” was historically used to describe:

a) Personality disorders

b) Severe psychotic conditions

c) Mild emotional disturbances

d) None of the above

Answer: c) Mild emotional disturbances

11. Which disorder is characterized by cycles of mania and depression?

a) Major depressive disorder

b) Bipolar disorder

c) Schizoaffective disorder

d) Dysthymia

Answer: b) Bipolar disorder

12. What is the main feature of generalized anxiety disorder?

a) Recurrent panic attacks

b) Persistent, excessive worry

c) Specific phobias

d) Flashbacks

Answer: b) Persistent, excessive worry

13. Who developed the first classification system for mental disorders?

a) Sigmund Freud

b) Emil Kraepelin

c) Wilhelm Wundt

d) Jean Piaget

Answer: b) Emil Kraepelin

14. What is a phobia?

a) Generalized fear of many situations

b) Fear of social interactions

c) Irrational fear of a specific object or situation

d) None of the above

Answer: c) Irrational fear of a specific object or situation

15. What does the term "etiology" refer to in abnormal psychology?

a) Classification of symptoms

b) Study of the causes of disorders

c) Study of treatment methods

d) Study of genetic predispositions

Answer: b) Study of the causes of disorders

16. Which therapy focuses on unconscious conflicts?

a) Behavioral therapy

b) Psychodynamic therapy

c) Cognitive therapy

d) Gestalt therapy

Answer: b) Psychodynamic therapy

17. A persistent depressive mood lasting at least two years is called:

a) Cyclothymia

b) Dysthymia

c) Major depressive disorder

d) Bipolar disorder

Answer: b) Dysthymia

18. Which of the following is a somatic symptom disorder?

a) Panic disorder

b) Hypochondriasis

c) Schizophrenia

d) Anorexia

Answer: b) Hypochondriasis

19. Which therapy is based on classical conditioning?

a) Behavioral therapy

b) Humanistic therapy

c) Psychoanalytic therapy

d) Cognitive therapy

Answer: a) Behavioral therapy

20. What is the main focus of humanistic therapy?

a) Changing behavior patterns

b) Resolving unconscious conflicts

c) Achieving self-actualization

d) Managing cognitive distortions

Answer: c) Achieving self-actualization

21. A person experiencing flashbacks after a traumatic event is likely suffering from:

a) Acute stress disorder

b) PTSD

c) Generalized anxiety disorder

d) Phobia

Answer: b) PTSD

22. What is a key characteristic of anorexia nervosa?

a) Binge eating without purging

b) Intense fear of gaining weight

c) Consuming excessive calories

d) Lack of appetite

Answer: b) Intense fear of gaining weight

23. Which of the following is NOT a psychotic disorder?

a) Schizophrenia

b) Schizoaffective disorder

c) Bipolar disorder

d) Delusional disorder

Answer: c) Bipolar disorder

24. What is the term for the coexistence of opposite emotions towards a person or situation?

a) Catatonia

b) Ambivalence

c) Apathy

d) Euphoria

Answer: b) Ambivalence

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25. What is a dissociative disorder?

a) Loss of physical function without medical cause

b) Disconnection from reality

c) Detachment from one's identity or memory

d) Persistent worry

Answer: c) Detachment from one's identity or memory

26. A person who avoids social gatherings due to fear of being judged may have:

a) Social anxiety disorder

b) Generalized anxiety disorder

c) Panic disorder

d) Agoraphobia

Answer: a) Social anxiety disorder

27. A person with antisocial personality disorder may:

a) Feel excessive guilt

b) Violate the rights of others

c) Fear abandonment

d) Have mood swings

Answer: b) Violate the rights of others

28. What is the hallmark of borderline personality disorder?

a) Detachment from relationships

b) Patterns of instability in emotions and relationships

c) Persistent delusions

d) Obsessive-compulsive tendencies

Answer: b) Patterns of instability in emotions and relationships

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29. Which disorder is characterized by persistent mistrust of others?

a) Schizoid personality disorder

b) Paranoid personality disorder

c) Histrionic personality disorder

d) Narcissistic personality disorder

Answer: b) Paranoid personality disorder

30. Which neurotransmitter is linked to schizophrenia?

a) Serotonin

b) Dopamine

c) GABA

d) Acetylcholine

Answer: b) Dopamine

31. Which therapy involves systematic exposure to fears?

a) Exposure therapy

b) Psychoanalysis

c) Group therapy

d) Humanistic therapy

Answer: a) Exposure therapy

32. Which disorder involves alternating identity states?

a) Dissociative identity disorder

b) Schizophrenia

c) PTSD

d) Bipolar disorder

Answer: a) Dissociative identity disorder

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33. The primary feature of panic disorder is:

a) Persistent worrying

b) Sudden and unexpected panic attacks

c) Fear of social interaction

d) Obsessions and compulsions

Answer: b) Sudden and unexpected panic attacks

34. Which disorder is commonly treated with exposure and response prevention therapy?

a) Generalized anxiety disorder

b) PTSD

c) Obsessive-compulsive disorder

d) Panic disorder

Answer: c) Obsessive-compulsive disorder

35. What is the key feature of conversion disorder?

a) Intense fear of specific objects

b) Loss of physical function without medical explanation

c) Persistent false beliefs

d) Detachment from reality

Answer: b) Loss of physical function without medical explanation

36. A persistent belief that one is being spied on is an example of:

a) Grandiose delusions

b) Persecutory delusions

c) Hallucinations

d) Paranoia

Answer: b) Persecutory delusions

37. The term "psychosis" is primarily used to describe:

a) Anxiety disorders

b) Loss of contact with reality

c) Personality disorders

d) Emotional dysregulation

Answer: b) Loss of contact with reality

38. Which therapy focuses on improving interpersonal relationships?

a) Humanistic therapy

b) Cognitive therapy

c) Interpersonal therapy

d) Psychoanalysis

Answer: c) Interpersonal therapy

39. In Freud's theory, what operates on the pleasure principle?

a) Ego

b) Superego

c) Id

d) Conscious

Answer: c) Id

40. Which disorder involves excessive concern about having a serious illness?

a) Factitious disorder

b) Hypochondriasis

c) Conversion disorder

d) Dissociative amnesia

Answer: b) Hypochondriasis

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41. Which disorder is characterized by persistent depressive episodes and hypomania?

a) Major depressive disorder

b) Bipolar II disorder

c) Cyclothymic disorder

d) Dysthymia

Answer: b) Bipolar II disorder

42. Which type of therapy is often used for phobias?

a) Psychoanalysis

b) Exposure therapy

c) Interpersonal therapy

d) Humanistic therapy

Answer: b) Exposure therapy

43. Which disorder is most associated with flashbacks and hypervigilance?

a) PTSD

b) Generalized anxiety disorder

c) Panic disorder

d) Obsessive-compulsive disorder

Answer: a) PTSD

44. Which brain structure is most involved in regulating fear and emotional memories?

a) Hippocampus

b) Amygdala

c) Thalamus

d) Cerebellum

Answer: b) Amygdala

45. Which type of delusion involves a false belief of having great power or knowledge?

a) Persecutory delusion

b) Grandiose delusion

c) Referential delusion

d) Somatic delusion

Answer: b) Grandiose delusion

46. Which term describes the inability to recall personal information after trauma?

a) Dissociative amnesia

b) Retrograde amnesia

c) Anterograde amnesia

d) Psychogenic fugue

Answer: a) Dissociative amnesia

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Second WhatsApp channel

channel on WhatsApp:

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YouTube:

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

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Passing criteria of this course

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

Passing Criteria for a Course:

The passing criteria is defined in such a way that it ensures the student shall be consistent in his studies throughout the semester.
Therefore, for passing a course/subject, student shall fulfill the following:
a) Secure minimum 20% score in Formative Assessments/Mid terms
b) Secure minimum 20% score in Final Term Examinations.
c) Secure at least 40% marks in aggregate while fulfilling the above requirements

Course Selection and Credit Hours

Q: How do I select courses when the course selection is open?
A: Follow these steps:
1. Check the credit hours allowed by your university (e.g., 21, 18, or 15 credit hours).
2. Each subject typically has 3 credit hours.
3. Divide the total allowed credit hours by 3 to determine how many subjects you can select.

Examples:
21 credit hours = 7 su18 credit hours = 6 subjects
15 credit hours = 5 subjects

Remember, the university may allow different credit hours for each student, so check your specific allowance.
By following these steps, you can make informed decisions during course selection and manage your credit hours effectively.

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Advice

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

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

Moat

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

Risk/Dolat

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

Izat Zilat shohrat Fame

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

Apko izat dena chahay to puri dunya ak tararf ho ke b apko 1% b nuksan nahe pohancha saqti
Phr Dar ks bat ka ????????????????
Be brave be strong Just put your trust To ALLAH
Hamesha Confident or himat se raho kbi ksi k samne mat jhuko puri dunya mel k b apka kuch b nahe beggar saqti

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MY REQUEST FROM ALL OF YOU

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

Kya Dua kr rhy hn so hum youngster's ko Mel kr puri takat or energy ke sath Allah ka Quran spread krna ha
Hum puri Koshish kr rhy hn k hum sb Mel k Quran ki translation or most important topics ko maximum share kry with translation hmara maksad Quran ko spread krna ha be a part of us
m apni pocket se ye sb kr rha ho Allah ka Quran spread krny k leay apne or mene sbny Marna ha ak din to q na Allah k leay Kuch kryn apni energies apni power ko bajay negative use krny k Allah k leay invest kryn khud ko be a part of us
Agr m 23 ki age m apny sare sources use kr rha ho pocket se heavy amounts give away kr rha ho Quran spread krny k leay to ap just share to kr saqty hn itna e krdyn

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

MY Family

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

AL-Quran

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

May Allah bless you