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PSY101 FINAL TERM PAPER SHARED BY STUDENT

ON FEBRUARY 25, 2018 AT 2:49AM

PSY 101

5 short of 3 marks each

5 long of 5 marks each

Q41. Enlist the names of 3 eating disorders (3marks)

Q42. According to Magda Arnold's cognitive theory, how many steps are involved in emotions, name them (3 marks)

Q43. A person is suffering from schizophrenia and has completely lost the connection with reality. Identify other distinct symptoms of disorders. (3 marks)

Q44. Enlist at least 3 techniques of coping with stress. (3 marks)

Q45. What is meant by visual illusions? Explain with example (3 marks)

Q46. A less intelligent person is less resistant and more intelligent person is more resistant to persuasion. Explain 2 types of information processing routes used to interpret messages (5 marks)

Q47. Rehearsal techniques improve the memory capacity. Give two most effective rehearsal techniques and the reasons for their selection (5 marks)

Q48. What is meant by bottom-up processing? (5 marks)

Q49. If a graduate student comes to you with a complaint that she is feeling down and is unable to maintain social relationships. You also know that she has the ability to self-growth. Being a therapist which therapy will you recommend and why (5marks)

Q50. Discuss steps which we use in solving a problem (5 marks)



PSY101 FINAL TERM PAPER SHARED BY STUDENT

ON AUGUST 12, 2017 AT 7:44PM

shared by some1

- 10 question that I write an advertisement showing classical conditioning n operant conditioning
- 2 why forensic psychologist are required to be hired in judicial system
- 3 functions of cerebellum
- 4 motivation to work theory any 2
- 5 steps of central desensitization
- 6 any 3 therapies of abnormal behavior
- 7 sadia has bike skills what type of memory it is explain
- 8 sadia is doing a study on age which is independent variable. She is trying to do study on recalling events so what is dependent variable
- 9 write sigmund freud work and carl jung's...which one the best u like
- 10 I dont remember

PSY101 FINAL TERM PAPER SHARED BY STUDENT

• TODAY'S# FINAL TERM PAPER OF# PSY101 #2017

- Factors of creative thinking. (3)
- Brains role in hunger drive. (3)
- What are Somatoform disorders (3)
- You go in a dark theater and are unable to see any thing for a while but then after a while you see the person sitting next to you .explain the phenomenon which helped you to see in the darkness (3)
- Role of forensic psychologist (5)
- Assumptions of James Lange theory and Canon bars theory and the sequence of events in both the theories (5)
- Steps involved in systematic desensitization (5)
- Working in a field without interference , describe which observation is it and write two sub types of observation with intervention.(5)



PSY101 FINAL TERM PAPER SHARED BY STUDENT

on August 18, 2017 at 8:39pm

today PSY 101 paper.

40 mcqs and 10 questions. total 50 questions. mcqs not were from past papers but mostly were easy..

1. mention and explain the three functions of memory?

2. main functions of sensory memory briefly explain?

3. define psychology and its main goals explain?

4. question about stressors kinds with examples?

3 questions of shizophrenia with examples and hypthotical case?

one from advertising on the tv about product, so we have to explain which strategy is that?

one question about behavioral technique?

PSY101 FINAL TERM PAPER SHARED BY STUDENT

ON AUGUST 19, 2017 AT 9:06PM

What Role Does Brain Play in Hunger Drive?

- Hypothalamus, brain's vital organ concerned with hunger and operates on it by regulating its activity i.e., food intake.
- In case of injury in hypothalamus, the most apparent change will occur in eating behaviors.
- Studies showed that when the rats' lateral hypothalamus was removed; it resulted in starving to death and they refused to eat anything when given food.
- When the rat's ventromedial hypothalamus was removed, it resulted in the opposite i.e. extreme overeating behavior; increase in weight by 400 percent than the actual weight.
- It is a known fact that hypothalamus regulates the huger drive yet it is not clear as to how it operates.



PSY101 FINAL TERM PAPER SHARED BY STUDENT

ON AUGUST 19, 2017 AT 9:15PM

3. define psychology and its main goals explain?

DEFINITION

“Psychology is the scientific study of behavior and mental processes Human or Animal”

Goals of Psychology

Main and important goals of psychology, or in other words of understanding human behavior and mental processes, are;

- To understand the nature and mechanisms of behavior and mental processes
- To develop an understanding of the relationship between behavior and mental processes
- To apply this understanding to real life situations and, on the basis of this understanding, predict for the future
- To employ the scientific approach for developing this understanding

In short, the main goals of psychology are:

- a) Observation,
- b) Description,
- c) Understanding,
- d) Explanation,
- e) Prediction, and
- f) Control of human behavior and mental processes.

PSY101 FINAL TERM PAPER SHARED BY STUDENT

ON AUGUST 19, 2017 AT 9:21PM

question about stressors kinds with examples?

Stress, Health, and Illness

- *Stress* is the response of an organism to events that are threatening or challenging.

STRESSORS: circumstances that produce threats to our well-being (e.g. death of a loved one, marriage, exams, illness).

- *Uplifts:* Minor positive events that make one feel good e.g. seeing an old friend, feeling healthy, completing a task.

- *Daily Hassles* are also a source of stress.

The Nature of Stressors

There are three general classes of events that can be seen as stressful:

A. Cataclysmic Events



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B. Personal Stressors

C. Background Stressors

A. Cataclysmic Events

Strong stressors that occur suddenly affecting many people at once e.g., natural disasters. Once they are over people can look forward to the future, knowing that the worst is behind them. But at times the victims may experience POSTTRAUMATIC STRESS DISORDER i.e., Re-experiencing the original stress event and associated feelings in flashbacks or dreams

B. Personal Stressors

• Major life events that have immediate negative consequences, which generally fade with time (e.g. death of a loved one, loss of job, broken love affair).

C. Background Stressors

Daily hassles causing minor irritations but have no long-term ill effects unless they continue or are compounded by other stressful.

PSY101 FINAL TERM PAPER SHARED BY STUDENT

ON AUGUST 19, 2017 AT 9:45PM

What is the role of forensic psychologist?

A forensic psychologist does a number of things:

Basic and applied research: mainly on the legal matters and/ or related issues. In this, a forensic psychologist studies: the legal practice and the legal matters, attitudes and behavior of criminals, police officers, eyewitness testimony, jury behavior, memory, perception, recall etc.

Training/ education to the people in the legal system such as police officers, judges, lawyers (rarely) correctional staff etc

Clinical applications (these are the activities that are most well-known).

Judging and evaluating various behaviors: insanity, various competencies, civil commitment, custody, claims of psychological injury, and psychological fitness for law enforcement work.

Providing counseling and treatment: to offenders, inmates, police officers and their families, and the victims.

Providing consultation to law enforcement agencies: for crisis intervention, hostage negotiation, critical incident debriefing, autopsy, psychological profiling

Providing expertise to courts such as expert testimony, amicus curiae briefs, alternative dispute resolution.

Helping the lawyers: Giving suggestions about how to evaluate the clients, preparation of witnesses, jury selection.

Origin and History of Forensic Psychology

• **Forensic** comes from the Latin word "*forum*".



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- Forums were the public places or gatherings in the Roman city- states where the debates took places on the judicial processes.
- Its history dates back to at least the turn of the 20th century.
- Hugo Munsterberg is regarded as the first forensic psychologist.

PSY101 FINAL TERM PAPER SHARED BY STUDENT

ON FEBRUARY 26, 2017 AT 7:51PM

BY FAzee Raj

Psy101...2days ppr!

- 1-Aversive therapy
- 2-Types of intelligence
- 3-Forensic psychology
- 4-Nature vs nurture by watson
- 5-intelligence assessmnt
- 6-TAT
- 7-Extrinsic rewards
- 8-Fogetfullnes reasons 4m given scenerio
- 9-Displacemnt mechanism 4m given scenerio
- 10-
- #10 yad e ni arha

PSY101 FINAL TERM PAPER SHARED BY STUDENT

ON FEBRUARY 29, 2016 AT 12:32PM

Mere aj k paper me ye q the

Surface traits and source traits.

Forensic Psychology ,

Harvey A. Carr,

Broad range of work setting,

Deductive reasoning ,

Motivation theories ,



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Emotional intelligence

ye just headings hen in se related tha paper

PSY101 FINAL TERM PAPER SHARED BY STUDENT

ON AUGUST 28, 2015 AT 11:54AM

Psy101 paper;

10 questions ,

- 1) explain algorithm and heuristics,**
- 2) aversive therapy with example,**
- 3) somataform disorder with types,**
- 4) mood disorder with causes,**
- 5) criticism on psychodynamic theory,**
- 6) difference between inductive n deductive reasoning,**
- 7) 2 mein therapies apply krnii thee case was given,**

PSY101 FINAL TERM PAPER SHARED BY STUDENT

ON AUGUST 28, 2015 AT 1:58PM

my todays paper

Q diff btw **algorithm and heuristics** 3 marks

Q mental disorder 5 marks

Q thinking feature? 5

Q is this statment true psychology is a mind science 5

Q what are the quality that therapist must possess



Q diff btw derived Iq and aged mental

Do remmeber me in ur prayers

PSY101 FINAL TERM PAPER SHARED BY STUDENT

on August 29, 2015 at 3:13pm

My today's PSY101 paper:

Total Marks:80

Total Qs: 50

Total MCQs:40

The subjective questions are as follows:

1. what makes a person think from three dimensions?
2. mood disorders and its causes
3. differentiate b/w oedipal and electra complexes; explain
4. from which school Wilhelm Wundt is associated? also explain the criticism raised on that school
5. your therapist is warm and accepting and gives you ground for personal growth; which approach is adopted by the therapist? also write some features of that approach
6. a case was given (Meena's case; past paper question), identify the bias observed in the situation
7. a case was given; enlist the names of some personality assessment techniques
8. a case was given; name two different info. processing strategies that impact consumer buying behavior
9. steps in the emotional process
10. name some emotional expressions; discuss about its behavioral component

Hope it will help those who still have to attempt PSY101 paper...



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PSY101 FINAL TERM PAPER SHARED BY STUDENT

ON MARCH 5, 2015 AT 1:29PM

Total question = 50

.....

Total Marks = 80

Total MCQS = 40

5 Short questions = 5 M each

5 long question = 5 M each

Most of the MCQS were new but easy. Must read handouts lectures for that

Don't remember all questions but some of them are

- Concept of achievement and method of achieving motivation (3)
 - athletes playing at home venue performs best...Do you agree with it (3)
 - Job description for Forensic psychologist (5)
 - Suitable theory for motivation according to you (5)
 - Erikson theory and how many stages of human development.Describe any three (5)
- question about deductive reasoning (3)

PSY101 FINAL TERM PAPER SHARED BY STUDENT

Psy101 Final term paper 2014



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Total Questions =50

MCQ'S (1 mark) = 40

Subjective (3 mark) = 5

Subjective (5 mark) = 5

60% Mcq's from past papers.

Q. Hippocrates postulated a theory of “humors” that accounts for the basic human activity. He believed that four temperaments form personality. Name any three of them.

Q. Illustrate any six emotions which you mostly experience in your daily life. (.5+.5+.5+.5+.5+.5)

Q. Distinguish between the crystalline intelligence and fluid intelligence?

Q. Your client suffers from claustrophobia and can't get on the elevator at his place of employment. The therapist helps him construct an approach hierarchy to work towards riding the elevator. The client is trained in relaxation before the approach hierarchy is used. Briefly explain the behavioral technique that is being employed in above mentioned scenario.

Q. Hans Selye proposed that a person's initial awareness of the presence of a stressor is Alarm and Mobilization stage. Name and briefly explain the other two stages. (1.5+1.5)



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Q. Human brain is the most intricate, complex; sophisticated yet 'quite' machine in the universe and thinking is one of most important functions of human mind. Keeping the above mentioned statement in mind, write about the fundamental elements of thinking. (2.5+2.5)

Q. In ancient times, man thought that soul was responsible for a number of things including some mental symptoms and diseases. In other words, the explanation of mental diseases according to the ancient man was that mental diseases are caused by the abnormal activities of the soul. Later in time, mad or mentally ill were regarded as witches and wizards. Some people also regarded "mad" or mentally sick as possessed by evil spirits or devils.

Critically evaluate this concept and as a student of psychology answer the following:

What do you think that is the above mentioned concept present and prevailing in our today's society or not? What do you think; this concept is right or wrong that "mental disorders are due to spiritual disturbances and restlessness or due to the influence of evil spirits"? Explain. (5)

Q. A psychologist with the _____ perspective would expect to find a hormonal imbalance, chemical deficiency, or brain injury as the cause of abnormal behavior. Identify and briefly explain the above mentioned perspective.

Q. Naima is a 10 years old girl. She has irrational fears of cats. Whenever she sees a cat, she starts shivering and screaming. Her father took her to a psychologist for treatment as he felt that Naima was generalizing her fear to other objects. So he wanted to eliminate her fear at this early stage.

How would you treat that girl by using the method of treatment, presented by Bandura?

Q. Mr. Maqbool Babri was recently appointed as a sport psychologist for Pakistani cricket team. What could be the repertoire of his duties?



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Please read thoroughly, don't rely only on past papers then u can easily attempt the paper.

Wish you all the best !!!!!!!!

PSY101 FINAL TERM PAPER SHARED BY STUDENT

Psy101 current final term paper 2014

subjective tottly from past paper
my today paper

Q:Driving to college one rainy day, Meena narrowly misses a car that slides through a red light. "Slow down! What a terrible driver," she thinks to her self. Moments later, Meena herself slips through an intersection and yelps "ooh! These roads are awful. The city rain water needs to get out here. What bias has Meena just

Q:Saad feels that when he smokes he looks stylish. He thinks smoking enhance his functioning competence. That is why he keeps on smoking. The ABC model of attitude encompasses different components, keeping in mind the above mentioned situation name three components of Saad's

Q:Asim loves psychology. He has decided to choose the subject as a career. He only has the basic knowledge of the subject. He is keen to know that what psychologists do. He is thinking about the attitudes of the people and how they change over time.
To guide Asim, name major sub fields of psychology and write a note on forming and maintaining the attitudes of people.

PSY101 FINAL TERM PAPER SHARED BY STUDENT

on August 26, 2014 at 1:01pm

My Today's Paper



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Nothing from past papers

All new Mcqs

1: What is long term anxiety called? What are causes explain (3)

2: A boy gets low marks in his exams and blames the instructor while neglecting his own bad preparation. Which defense mechanism is he using? (3)

3: Salman is 50 year old man alcoholic. At age of 20 he started drinking alcohol. Now he starts forgetting the names of his daily life things. What is the disease he suffering (3)

4: Usman has interest in studying the life of criminals.

What field is he from?

What is the role of usman as psychologist? (3)

5: Women are talkative so Aleena is talkative. What is the conditional reason of this scenario? (3)

1: 4 causes of illusion and define visual illusion (5)

2: Comment on Lateral versus vertical thinking (5)

3: Create a mobile by using classical and operant conditioning (5)

4: Social workers, political parties, salesperson, and lawyers all use tactics to comply others. Write three techniques for compliance and define social influence. (5)

5: Comparing Sigmund Freud and Carl Jung who inspires you most and why? (5)

PSY101 FINAL TERM PAPER SHARED BY STUDENT

my paper .. 26-aug-2014

1. Q. Illustrate any six emotions which you mostly experience in your daily life. (.5+.5+.5+.5+.5+.5)
2. Forensic psychology & what is the role of forensic psychologist?
3. You are required to write a hypothetical case of a person, who is suffering from panic disorder.
4. Q1. emotional expression



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5. Which appeal focuses on the qualities of the product itself.name and explain with example
6. Oedipus and Electra complexe
7. Perception is the mental organization and interpretation of sensory information.
8. Behaviourlist theory
9. Ek teacher ek student kay late anay may nahi danti aur us kay absence may bhi us ki present lga dayti hai aur student isi wja say assignment na krnay ka sochta hai is thinking ko kya kehtay hain
10. J b Watson say related tha

PSYCHOLOGY101

PSKP01

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

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

_____.

- ▶ Presents comprehensive definitions for mental disorders

- ▶ Suggest underlying causes for abnormal behavior



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- ▶ Provides descriptions and causative explanations for over 100 categories

- ▶ Is one of three standard classification systems in America

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

_____ psychologists would be interested in studying the effect on men of turning 50 years old.

- ▶ Environmental

- ▶ Developmental

- ▶ Clinical



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- ▶ Educational

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

Psychodynamic therapy is based on the work of_____.

- ▶ Rogers
- ▶ **Freud**
- ▶ Maslow
- ▶ Skinner



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

Depth perception is due largely to the fact that_____.

- ▶ We have perceptual constancy
- ▶ **We have two eyes**
- ▶ Motion parallax is universal
- ▶ Binocular disparity does not occur in humans

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



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_____ is not a type of extrinsic reward.

- ▶ Money
- ▶ Social contacts
- ▶ Appreciation
- ▶ Free medical facility

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

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



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- ▶ Sport psychology

- ▶ Health psychology

- ▶ Motivation theories

- ▶ Consumer psychology

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

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



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- ▶ Repression
- ▶ Regression
- ▶ Displacement
- ▶ Rationalization

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

Fitting the right person to the job involves the _____.

- ▶ Job analysis



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- ▶ Personnel selection

- ▶ Personnel training

- ▶ All of the given options

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

A health psychologist is not interested in _____.

- ▶ Enhancement of health

- ▶ Treatment of disease



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- ▶ Improvement of the health care system

- ▶ Worker's motivation

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

An adjustment in the lens shape in order to keep images in sharp focus is called_____.

- ▶ Lens-image inversion

- ▶ Top-down processing

- ▶ Accommodation



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- ▶ Optical adaptation

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

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

_____.

- ▶ Id
- ▶ Ego
- ▶ Conscious
- ▶ Unconscious



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

A technique used to unlearn the unwanted habits by associating it with the unwanted impulses is called_____.

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



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

Available statistics show that majority of the people have an I.Q level between _____.

▶ 75 - 115

▶ 80 - 115

▶ **85 - 115**

▶ None of the given options.

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



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Self-actualized people accept themselves the way they are _____

- ▶ [Really](#)
- ▶ Ideally
- ▶ Perceived by others
- ▶ Perceived by their beloved ones

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

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



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- ▶ Cognition therapy

- ▶ Systematic desensitization

- ▶ Modeling

- ▶ Contingency contracting

Question No: 16 (Marks: 1)

----Rational-Emotive Behavior---- therapy focuses on altering the irrational beliefs into more acceptable way.

Question No: 17 (Marks: 1)



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

Question No: 18 (Marks: 1)

PSYCHOPATHOLOGY is a term used to describe abnormal behavior.

Question No: 19 (Marks: 1)

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

Question No: 20 (Marks: 1)

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



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

Clinical psychologists can provide psychotherapy.

▶ **True**

▶ **False**

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

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

▶ **True**

▶ **False**

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



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

▶ **True**

▶ **False**

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

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

▶ **True**

▶ **False**

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

Jung introduced the concept of archetypes.



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▶ **True**

▶ **False**

Question No: 26 (Marks: 3)

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

Question No: 27 (Marks: 3)

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

Question No: 28 (Marks: 3)



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Can you distinguish social intelligence and moral intelligence?

Question No: 29 (Marks: 3)

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

Question No: 30 (Marks: 3)

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

Question No: 31 (Marks: 10)

Psychologists believes that stress affect our health. Explain practical strategies for coping with stress?



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Question No: 32 (Marks: 10)

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

PSYCHOLOGY

Q1

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

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



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Q2

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

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

Q3

Self-actualization is associated with the name of _____

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

Q4

_____ of the following perspectives would be associated with free will.

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

Q5



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Wilhelm Wundt _____.

- ▶ was one of the first psychologists to focus on child development
- ▶ developed the field of school psychology
- ▶ was an influential developmental psychologist
- ▶ set up the first psychological laboratory

Q6

A psychiatrist has a _____ degree.

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

Q7

The behavioral treatment approaches assume that abnormal behavior is _____

- ▶ Learned
- ▶ A function of dysfunctional cognitions



- ▶ A consequence of restricted growth potential
- ▶ The result of a biological dysfunction

Q8

Laws of perceptual organization were proposed by_____.

- ▶ Functionalism
- ▶ Structuralism
- ▶
- ▶ Behaviorist school

Q9

The final step of a scientific investigation is _____.

- ▶ Analyze data
- ▶ Collect data
- ▶ Report the findings
- ▶

Q10

A _____ psychologist would focus on the study of overt behavior.

- ▶ Personality



▶ Social

▶ Behavioral

▶ Forensic

Q11

Introspection is a procedure used by _____ to study the mind.

▶ Functionalists

▶ Structuralisms

▶ Biologists

▶ Humanists

Q12

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

▶ Cognitive

▶ Humanistic

▶ Psychoanalytic

▶ Sociocultural

Q13

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



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

Q14

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

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

Q15

TAT is a _____.

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

Question: 16



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

Question: 17

Intelligence is the capacity to understand the world, think--- **Rationally** ---, and use resources Effectively when faced with challenges.

Question: 18

The last stage of the general adaptation syndrome (GAS) model is the--- **Exhaustion**--- stage When negative consequences of stress appear.

Question: 19

People with --- **Generalized Anxiety** --- disorder experience long-term, persistent anxiety and worry.

Question: 20

--- **Traits** ---are enduring dimensions of personality characteristics along with People differ.



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Question: 21- Please choose one

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

▶ True

▶ False

Question: 22 - Please choose one

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

▶ True

▶ False

Question: 23 - Please choose one

Interview is used in the assessment of personality.

▶ True



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▶ False

Question: 24 - Please choose one

Schizophrenia is a major category of DSM-IV-TR.

▶ True

▶ False

Question: 25 - Please choose one

Bipolar Disorder is a combination of Phobia and mania.

▶ True

▶ False

Question: 26



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Driving to college one rainy day, Meena narrowly misses a car that slides through a red light.

“Slow down! What a terrible driver,” she thinks to her self. Moments later, Meena herself slips through an intersection and yelps “ooh! These roads are awful. The city rain water needs to get out here. What bias has Meena just demonstrated?

Question: 27

Maher experiences intense and irrational fears about some objects and situations. Can you identify her disorder by using its distinctive symptoms?

Question: 28

A counselor views that his client has some irrational believes. He wants to change his irrational believes by using Rational Emotive Behavior Therapy (REBT). What are the main concerns of REBT?

Question: 29

Fatima wants to memorize the definition of perception. When information enters her memory system the initial recording of that information is called encoding. Name two other functions of memory, and briefly explain one?



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Question: 30

Sad feels that when he smokes he looks stylish. He thinks smoking enhance his functioning competence. That is why he keeps on smoking. The ABC model of attitude encompasses different components, keeping in mind the above mentioned situation name three components of Sad's attitude.

Question: 31

Many psychologists believe that besides the biological needs the expression of psychological need is also of great importance. Name the main psychological needs of human beings.

Discuss the contribution of Maslow?

Question: 32

Asim loves psychology. He has decided to choose the subject as a career. He only has the basic knowledge of the subject. He is keen to know that what psychologists do. He is thinking about the attitudes of the people and how they change over time.

To guide Asim, name major sub fields of psychology and write a note on forming and maintaining the attitudes of people.

Solved by sadaf anjum



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) _____ is a Greek word which means forgetfulness.

- **Amnesia**
- Dementia
- Alzheimer's disease

None of the above option

2) _____ are the people who are quiet, passive and careful people

- Extroverts
- **Introverts**
- Neurotics
- Stable

3) MMPI stands for _____.

- Minnesota Multiphasic Personal Inventory
- **Minnesota Multiphasic Personality Inventory**
- Minnesota Multiphasic Psychology Inventory

None of the above options

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

- Ego
- Superego
- Unconscious
- **Archetypes**

5) The branch of psychology that studies cognition, and related areas issues are called _____.

- Forensic psychology
- **Cognitive psychology**
- Counseling psychology
- Clinical psychology

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



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- Opponent process theory
- Activation theory
- Cognitive theory
- None of the above option

7) _____ was the first person who identify pupillometrics phenomenon.

- William James
- Wilhelm Wundt
- Lazarus
- Darwin

8) _____ derives from the Latin word "Emovere" means to excite, stir up.

- Motion
- Emotion
- Motivation
- Cognition

9) According to Woodworth Memory =L -I -R, R stands for _____.

- recording
- remembering
- resonance
- recall

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

- The Latency Period
- The Anal Stage
- The Oral Stage
- The Phallic Stage

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

- Endocrine
- Neuron
- Electrical
- Central



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

Functionalism

Structuralism

Behaviorism

Gestalt school of thought

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

- **Cognitive model**
- Behavioral model
- Humanistic model
- Psychodynamic model

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

- **Clinical psychology**
- Forensic psychology
- Health psychology
- Industrial / Organizational Psychology

15) “The whole is greater than the sum of the parts” is a statement associated with the perspective of _____.

- Introspection
- **Gestalt psychologists**
- Psychoanalysis
- Functionalism

16) Which of the following terms do NOT belong together?

- **Natural selection; functionalism**
- Psychoanalysis; unconscious conflict



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- Structuralism; observable behavior
- Gestalt; whole

17) Who was an early proponent of functionalism?

- Wilhelm Wundt
- Ivan Pavlov
- **William James**
- Max Wertheimer

18) Who claimed that behavior is affected by positive reinforcement?

- **B. F. Skinner**
- Sigmund Freud
- William James
- Wilhelm Wundt

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

- Projection
- **Displacement**
- Repression
- Sublimation

20) According to Hippocrates, Choleric humor is associated with the temperament of _____.

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

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

- **Sympathetic**
- Para sympathetic
- Somatic nervous



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• Skeleton nervous

22) American Psychological Association has _____ divisions.

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

23) _____ version of DSM was published in 2000

- DSM III
- DSM IV
- **DSM IV TR**
- DSM II

24) _____ contributions began with the revolutionary changes at the La Bicetre hospital in Paris.

- **Philippe Pinel**
- Galen
- Plato
- Mesmer

25) Hierarchical theory of intelligence is consists of _____ levels.

- 1. 3
- 2. 4
- **3. 5**
- 4. 6

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

- Analytic intelligence
- **Crystalline intelligence**
- Practical intelligence
- Creative intelligence

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



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- Operant
- **Classical conditioning**
- Observational
- Vicarious

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

- **Franz Friedrich Anton Mesmer**
- Philippe pinel
- Galen
- Plato

29) Social phobia is characterized by ____.

- A fear of people
- A fear of rejection
- A fear of social situations
- A fear of social isolation

30) Who was the founder of REBT?

- **Allbert Ellis**
- Aron beck
- Albert Einstein
- Aron Feldr

31) Which one is NOT a type of schizophrenia?

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

32) Which model of psychotherapy consists of Systematic de-sensitization and contingency management?

- Biological
- Family and couples.
- **Behavioral**
- Cognitive



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

- Empathy
- Respect
- **Congruence**
- Genuineness

34) When our initial perception about a person is positive then we tend to expect that same person has other positive characteristics too is known as _____.

- Halo effect
- Social influence
- Halo effect
- Positive effect

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

- Panic disorder.
- Schizophrenia.
- Substance use disorders.
- Unipolar depression.

36) _____ is a defense mechanism which refuses to acknowledge or accept anxiety provoking thoughts or impulses. Displacement

- Displacement
- **Denial**
- Projection
- None of the above

37) Structures of consciousness, according to psychodynamic approach, are conscious, subconscious, _____ and unconscious.

- Super conscious
- Hyperconscious
- Non conscious
- None of the above

38) _____ described personality in terms of two major dimensions.

- **ttellCa**



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- Eysenik
- Adler
- None of the above

39) TAT is a _____.

- Self Report Inventory
- **Projection Test**
- Perception Test
- None of the above

39) _____ was the first to use the term "Mental Test" for devices used to measure intelligence.

- Galton
- **Cattell**
- Thorndike
- None of the above

40) Multiple Intelligence theory maintains that human possesses around _____ kinds of intelligence.

- Seven
- Eight
- Two
- None of the above

41) Binet and Simon were _____ scientists. They were the first to measure intelligence formally.

- German
- American
- **French**

None of the above

42) Cole and Hass gave the idea of _____.

- Social Intelligence
- **Moral Intelligence**
- Emotional Intelligence
- None of the above



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43) Available statistics show that majority of the people have an I.Q level between _____.

- 75 - 115
- **80 - 115**
- 85 - 115
- None of the above

44) According to _____ information is remembered in terms of schemas.

- Maslow
- John Jenkins
- **Bartlet**
- None of the above

45) MCI stands for _____.

- Memory Critical Impairment
- Memory Coding Impairment
- **Memory Cognitive Impairment**
- None of the above

46) A process which is responsible for a stable and well-maintained state of internal biological balance is called _____.

- Motivation
- Adaptation
- **Metabolism**
- None of the above

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

- **Intrinsic Motivation**
- Curiosity
- Extrinsic Motivation
- None of the above

48) _____ has a dual function. Its functions are both arousing and alarming.



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- **S.N.S**
- P.N.S
- A.N.S
- None of the above

49) Galton considered intelligence to be _____.

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

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

- Franz Friedrich Anton Mesmer
- **Philippe pinel**
- Galen
- Plato

PSYCHOLOGY

Q1



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

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

Q2

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

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

Q3

Self-actualization is associated with the name of _____

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

Q4

_____ of the following perspectives would be associated with free will.



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- ▶ Behavioral
- ▶ Psychodynamic
- ▶ Biological
- ▶

Q5

Wilhelm Wundt_____.

- ▶ was one of the first psychologists to focus on child development
- ▶ developed the field of school psychology
- ▶ was an influential developmental psychologist
- ▶

Q6

A psychiatrist has a _____ degree.

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



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Q7

The behavioral treatment approaches assume that abnormal behavior is _____

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

Q8

Laws of perceptual organization were proposed by _____.

- ▶ Functionalism
- ▶ Structuralism
- ▶ Gestalt school
- ▶ Behaviorist school

Q9

The final step of a scientific investigation is _____.

- ▶ Analyze data
- ▶ Collect data
- ▶ Report the findings



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- ▶ drawing conclusions

Q10

A _____ psychologist would focus on the study of overt behavior.

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

Q11

Introspection is a procedure used by _____ to study the mind.

- ▶ Functionalists
- ▶ Structuralisms
- ▶ Biologists
- ▶ Humanists

Q12

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



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

Q13

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

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

Q14

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

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

Q15

TAT is a _____.



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

Question: 16

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

Question: 17

Intelligence is the capacity to understand the world, think--- **Rationally** ---, and use resources Effectively when faced with challenges.

Question: 18

The last stage of the general adaptation syndrome (GAS) model is the--- **Exhaustion**--- stage
When negative consequences of stress appear.

Question: 19

People with --- **Generalized Anxiety** --- disorder experience long-term, persistent anxiety and worry.



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Question: 20

--- Traits ---are enduring dimensions of personality characteristics along with
People differ.

Question: 21- Please choose one

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

▶ True

▶ False

Question: 22 - Please choose one

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

▶ True

▶ False



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Question: 23 - Please choose one

Interview is used in the assessment of personality.

▶ True

▶ False

Question: 24 - Please choose one

Schizophrenia is a major category of DSM-IV-TR.

▶ True

▶ False

Question: 25 - Please choose one

Bipolar Disorder is a combination of Phobia and mania.



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▶ True

▶ False

Question: 26

Driving to college one rainy day, Meena narrowly misses a car that slides through a red light.

“Slow down! What a terrible driver,” she thinks to her self. Moments later, Meena herself slips through an intersection and yelps “ooh! These roads are awful. The city rain water needs to get out here. What bias has Meena just demonstrated?

Question: 27

Maher experiences intense and irrational fears about some objects and situations. Can you identify her disorder by using its distinctive symptoms?

Question: 28

A counselor views that his client has some irrational believes. He wants to change his irrational believes by using Rational Emotive Behavior Therapy (REBT). What are the main concerns of REBT?



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Question: 29

Fatima wants to memorize the definition of perception. When information enters her memory system the initial recording of that information is called encoding. Name two other functions of memory, and briefly explain one?

Question: 30

Sad feels that when he smokes he looks stylish. He thinks smoking enhance his functioning competence. That is why he keeps on smoking. The ABC model of attitude encompasses different components, keeping in mind the above mentioned situation name three components of Sad's attitude.

Question: 31

Many psychologists believe that besides the biological needs the expression of psychological need is also of great importance. Name the main psychological needs of human beings.

Discuss the contribution of Maslow?

Question: 32



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Asim loves psychology. He has decided to choose the subject as a career. He only has the basic knowledge of the subject. He is keen to know that what psychologists do. He is thinking about the attitudes of the people and how they change over time.

To guide Asim, name major sub fields of psychology and write a note on forming and maintaining the attitudes of people.