



## PSY404 Final 1 - descriptive

Abnormal psychology (Virtual University of Pakistan)

# Mishii Brave

## PSY404 (ABNORMAL PSYCHOLOGY)

### QUIZZES MEGA FILE

#### PREPARED BY

### INNOCENT MISHII BRAVE HEART

### MISBAH SHAUKAT

#### Quiz 2016

1. According to DSM-VI-TR, what is the minimum duration for the presence of symptoms required to diagnoses a patient as suffering from uniplolar disorder?
  - One week
  - **Two week**
  - Less than two week
  - Depends upon the severity of symptoms
2. Which of the following are difficulties in the amount, quality, or timing of sleep?
  - **Dysomnias**
  - Parasomnias
  - Insomnia
  - Hyposomia
3. Sara's behavior becomes very strange at times. Her speech and way of dealing with others changes dramatically, as if she is a different person. She is unable to recall anything she did during these periods of time. Her symptoms are indication of which of the following?
  - Dissociative generalized amnesia
  - Dissociative identity disorder
  - Dissociative fugue
  - **Dissociative amnesia**
4. Sana, a diagnosed patient of depression, has the complaints of change in appetite and sleep patterns. These symptoms are called \_\_\_\_\_ symptoms of depression.
  - **Somatic**
  - Behavioral
  - Cognitive
  - Both somatic and behavioural
5. It is believed that approximately \_\_\_\_\_ of all adults in United States currently display some form of substance use disorder.
  - 2%
  - 10
  - **7**

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- 14
6. Akbar found himself going miles away from his house and while returning back was unable to recall that what he did while on the trip. He may be suffering from which of the following?
- Generalized Amnesia
  - Selective Amnesia
  - Dissociative Fugue
  - **Dissociative Amnesia**
7. Some students are unable to perform well in class presentation and are fearful and very anxious on such confrontations. This is an example of:
- Agoraphobia
  - Phobia
  - **Social phobia**
  - Specific Phobia
8. Rubab seldom leaves her home. Even friends visit her at home, and have most things delivered to her. The idea of being in a movie theater, going to a public park, or eating in a restaurant scares her. Such symptoms are typical of:
- Obsessive-compulsive disorder
  - **Agoraphobia**
  - Fugue states
  - Panic disorder
9. All of the mood disorders involve:
- **Persistent depression**
  - Psychotic depression
  - Cycles of depression and elation
  - Disturbance in expressed emotions
- 9:42 AM
10. Farwa goes through each day feeling uneasy and tense. She is very sensitive to criticism and has difficulty in making decisions, even about little things. She constantly worries about her job, her financial situation, and family matters. Her symptoms fit the diagnostic category of:
- Generalized anxiety disorder
  - **Major depression**
  - Phobic disorder
  - Somatoform disorder
11. Trauma victims are more likely to develop PTSD when the trauma is more \_\_\_\_\_.
- Intense
  - Life-threatening
  - Involves greater exposure

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- **All**

12. Dissociative amnesia and fugue usually occur in which of the following age?

- Childhood
- Adolescence
- Adulthood
- **old age**

13. Farwa goes through each day feeling uneasy and tense. She is very sensitive to criticism and has difficulty in making decisions, even about little things. She constantly worries about her job, her financial situation, and family matters. Her symptoms fit the diagnostic category of:

- Generalized anxiety disorder
- Major depression
- Phobic disorder
- **Somatoform disorder**

14. It is believed that approximately \_\_\_\_\_ of all adults in United States currently display some form of substance use disorder.

\_\_\_\_\_ lasts only for four week.

- Acute stress disorder
- **Post traumatic stress disorders**
- Post trauma anxiety
- All

15. Linda just does not enjoy doing much of anything lately. She blames herself for all of her failures in life. She has lost interest in food and social activities, and most days she just stays in bed. If these symptoms last more than two weeks, then she may be diagnosed as having:

- **Bipolar disorder**
- Antisocial personality
- Major depression
- Agoraphobia

16. Sana has frequent thoughts that her hands are dirty. She is unable to get rid of these thoughts. This is an example of:

- **Obsession**
- Compulsion
- Excessive worry
- Anxiety

17. People with dependent personality disorder:

- **Rely on others for even minor decisions**
- Avoid the social interaction
- Are involved in illegal affairs

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- All of the given options

18. Afifa becomes anxious at even the thought of social interactions. She is extremely sensitive to the opinion of others and has a fear of rejection. She may be suffering from:

- **Avoidant personality disorders**
- Dependent personality disorder
- Schizoid personality disorder
- Schizotypal personality disorder

19. It has been found that if one fraternal twin suffers a major depression, there is a 20 percent chance that at some other time the other twin will too. The rate for identical twin is closer to 50 percent. The most accurate conclusion from such studies is that:

- Depression is caused by genetic factors
- Depression is caused by environmental factors
- **Depression has genetic basis, but environmental factors are also important**
- Neither genetic factors nor environmental influences appear to be linked to depression

20. Due to the presence of physical symptoms individuals with hypochondriasis go to \_\_\_\_\_.

- **Psychiatrists**
- Family physicians
- Someone elderly at home
- No one and restrict to themselves

21. The most deadly and well-known form of coronary heart disease is \_\_\_\_\_, commonly called a heart attack.

- Dyssomnias
- **Myocardial infarction**
- Hypertension
- Hypersomnia

22. Which one of the following statements about suicide is inaccurate?

- **More men than women complete their attempted suicides**
- More women than men attempt suicide
- Depression is not associated with suicide attempts
- One of the best predictors of suicide is a sense of hopelessness

23. Which of the following are difficulties in the amount, quality, or timing of sleep?

- **Dysomnias**
- Parasomnias
- Insomnia

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- Hyposomia

24. Mood disorders are primarily characterized by disturbance in:

- **Thought processes**
- Biological processes
- Expressed emotions
- Motor responses

25. Akbar found himself going miles away from his house and while returning back was unable to recall that what he did while on the trip. He may be suffering from which of the following?

- Generalized Amnesia
- Selective Amnesia
- **Dissociative Fugue**
- Dissociative Amnesia

26. Some students are unable to perform well in class presentation and are fearful and very anxious on such confrontations. This is an example of:

- Agoraphobia
- Phobia
- **Social phobia**
- Specific Phobia

27. Which of the following approach states that people who turn to drugs has an inordinate dependency needs?

- Biological
- **Psychodynamic**
- Behavioral
- Socio-cultural

28. Identify the disorder that is similar to post traumatic stress disorder but its symptoms last for at least two days but not more than four weeks.

- **Acute stress disorder**
- Panic attacks
- Generalized anxiety disorder
- All

29. An individual with narcissistic personality disorder routinely overestimates his abilities and inflates his accomplishments. This is characterized by which of the following?

- Pervasive need for admiration
- **Inability to monitor reality**
- Impulsive behavior such as drug abuse
- Unusual ideas of reference

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## More Quizzes

- 1. Which therapy originally was promoted as a third force in psychotherapy.**
  - a) Beck's cognitive therapy .
  - b) Rational emotive therapy.
  - c) Humanistic psychotherapy .(pg:97)**
  - d) Gestald therapy.
- 2. ----- involve putting your self in some one else's shoes and conveying your understanding of that person's feeling and perspectives.**
  - a) Role reversal.
  - b) Empathy.(pg:97)**
  - c) both a and b .
  - d) none of the above.
- 3. In which technique clients are told to talk as the other person and feel as the other person.**
  - a) Existential therapy.
  - b) Role reversal.(pg:97)**
  - c) Meta analysis.
  - d) none of the above .
- 4. In order to summarize findings across all of these studies, psychologists have invented a new statistical technique called -----.**
  - a) Existential therapy.
  - b) Gestalt therapy.
  - c) meta analysis.(pg:98)**
  - d) none of the above .
- 5. ----- is a mood state , characterized by marked negative effect. Bodily symptoms of tension , restlessness and apprehens ion about feature .**
  - a) phobia .
  - b) stress.
  - c) schizopherania.
  - d) anxiety .(pg:104)**
- 6. The ----- response of anxiety is reflected in increase heart beat and muscle tension.**
  - a) psychological.
  - b) physiological.(pg:104)**
  - c) danger.
  - d) none of the above.
- 7. Anxiety disorder share several important similarities with -----.**
  - a) stress disorders.

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- b)memory related disorders .
  - c) schizophrenic disorders.
  - **d) mood disorders.(pg:106)**
8. Excessive anxiety and worry that occur on most days for a period of six months about events and activities such as work or schools , symptoms include restlessness, fatigue, difficulty concentrating, irritability , muscles tension and sleep disturbance.
- a)social phobia.
  - b) panic attacks .
  - **c) generalized anxiety disorder.(pg:106)**
  - d) Acute stress disorder .
9. Phobic disorder are the most common of the anxiety disorder ,Magee and associates (1996) reported life time prevalence for social phobia.
- a)11.3 %.
  - **b)13.3% (pg:109)**
  - c) 6.7 %
  - d)14.2 %
- 10.The term agoraphobia which we derived from the Greek word agora means market place ,was originally used to refer a pathological fear of -----
- a) pointed places.
  - b)Spiders.
  - **c)open places.(pg:110)**
  - d)water.
- 11.----- are persistent and unwanted thoughts , ideas or images that a person does no intentionally produce .
- a)compulsion.
  - **b) obsession(pg:113)**
  - c)stress.
  - d)phobia.
- 12.----- are the most common psychological disorders and the risk of developing them is increasing all over the world especially among the young people .
- a) anxiety.
  - b)depression.
  - c)Stress .
  - **d) Mood.(pg:116)**
- 13.----- refers to subjective state of feelings , such as sadness, anger and adjust .
- **a) emotions.(pg:116)**
  - b) Affects.
  - c) mood.
  - d) stress.

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14. Which is flip side of depression ,and also involve in disturbance mood that is additional symptoms.

- a) Unipolar mood disorder.
- b) Bipolar mood disorder.
- **c) Mania.(pg:117)**
- d) all of the above .

15. People who are clinically depressed frequently note that their thinking is slowed down , that they have trouble concentrating, and that they are easily distract .guild are worthlessness are also common preoccupation is symptoms of which state of depression.

- a) Emotional.
- **b) Cognitive.(pg:117)**
- c) Somatic.
- d) Behavioral.

## Fall 2008 Quiz

1. Abnormal psychology tends to study the thinking patterns and behaviours that are:
  - **Maladaptive and disruptive**
  - Either beneficial or disruptive
  - Related to organizational management
  - Related to motivational factors
2. Farwa expresses fear at the sight of any furry object. This line is describing the \_\_\_\_\_ of here disorder.
  - Etiology
  - Assessment
  - **Symptoms**
  - Diagnosis
3. What is the term used to describe the number of new cases that occur during a given period of time?
  - **Incidence**
  - Prognosis
  - Course
  - Prevalence
4. Identify the term that can be characterized by the behaviour that is deviant, dangerous and dysfunctional.
  - Normality
  - Disruption
  - Chaos
  - **Abnormality**
5. Which of the following used clinical case study as their method for investigation?
  - Watson and Rayner
  - Willium Grove
  - Titchner and Thorndike

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- S. Freud and E. Kraepelin
6. Ego has to adopt unconscious protective processes called:
- Secondary processes
  - Special mechanisms
  - Defence Mechanism
  - Super ego functions
7. Which of the following is a defence mechanism that allows us to act out unacceptable impulses by converting these behaviours into a more acceptable form? For example, a person experiencing extreme anger might take up kick boxing as a means of venting frustration.
- Projection
  - Rationalization
  - Reaction formation
  - Sublimation
8. Identify the technique in which behaviour is learned by reinforcing the successive steps till reaching the final behaviour.
- Shaping
  - Systematic desensitization
  - Positive reinforcement
  - Learning through observation
9. Which of the following is a defence mechanism that involves taking our own unacceptable qualities or feelings and ascribing them to other people? For example, if you have a strong dislike for someone, you might instead believe that he or she does not like you.
- Projection
  - Rationalization
  - Reaction formation
  - Repression, sublimation
10. Identify the variable that indicates that whether the manipulation of the independent variable had an effect.
- Independent variable
  - Confounding variable
  - Dependent variable
  - Extraneous variable

## last quiz

1. Some students are unable to perform well in class presentation and are fearful and very anxious on such confrontations. This is an example of: Select correct option:
- Agoraphobia
  - Phobia
  - Social phobia
  - Specific Phobia
2. In Dissociative Identity Disorder the host identity refers to: Select correct option
- The one that was the first to emerge as new identity
  - The one that is the most dominant
  - The one that existed before the onset of the disorder
  - The one that is the most aggressive
3. Which one of the following statements about suicide is inaccurate? Select correct option:

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- More men than women complete their attempted suicides
  - More women than men attempt suicide
  - **Depression is not associated with suicide attempts**
  - One of the best predictors of suicide is a sense of hopelessness
4. \_\_\_\_\_ refers to subjective state of feeling such as happiness, sadness or anger: Select correct option:
- Affect
  - Mood
  - **Emotion**
  - All of the given options
5. Flooding and desensitization are both: Select correct option:
- Cognitive treatments
  - Based on psychodynamic perspective
  - Related with social learning theory
  - **Based on behavioristic approach**
6. The sight, sound, smell, feelings and even taste are distorted sometimes in dramatic ways when a person is under the effect of: Select correct option:
- Depressants
  - Stimulants
  - **Hallucinogens**
  - Cocaine
7. In the Active Stage in Schizophrenia which of the following symptoms are evident: Select correct option:
- Delusions
  - Disordered speech and communication
  - Hallucinations
  - **All of the given options**
8. Which of the following model addresses several important issues that confront the addict in trying to deal with the challenges of life without drugs? Select correct option:
- Behavioral techniques
  - Aversive therapy
  - Relapse prevention training
  - Self-help groups
9. It is believed that approximately \_\_\_\_\_ of all adults in United States currently display some form of substance use disorder. Select correct option:
- 2%
  - 10 %
  - 7 %
  - 14 %
10. Which of the following are difficulties in the amount, quality, or timing of sleep? Select correct option:
- Dysomnias
  - Parasomnias
  - Insomnia
  - Hyposomnia
11. A doctor who views anxiety as the result of a neurotransmitter imbalance and who treats this disorder with drugs is following the \_\_\_\_\_ model. Select correct option:

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- Medical
  - Psychological
  - Sociocultural
  - Demonology
16. Which of the following approach suggests that the people most likely to develop a pattern of drug abuse are those where societies create stress and their families tolerate drug abuse? Select correct option:
- Biological
  - Psychodynamic
  - Behavioral
  - Socio-cultural
17. Fariha is experiencing decreased need of sleep, feel herself pressurize to keep on talking, and hyper activity. These symptoms belong to which of the following disorder? Select correct option:
- Depression
  - Mania
  - Bipolar mood disorder
  - Depression and anxiety
18. Mostly people believe that hypochondriasis is basically a disorder of: Select correct option:
- Faulty thinking or cognition
  - Emotions
  - Wrong learning
  - Unconscious wishes
19. One day during his lunch hour, Fahad suddenly could not breathe. He felt his heart racing, he began to hyperventilate, and he became worried that he was dying. He wanted to get help from his coworkers, but he was worried about embarrassing himself in front of them. If these episodes continue, then Fahad might be diagnosed with \_\_\_\_\_. Select correct option
- Bipolar disorder
  - Panic disorder
  - Generalized anxiety disorder
  - Simple phobia
20. Which of the following model addresses several important issues that confront the addict in trying to deal with the challenges of life without drugs? Select correct option:
- Behavioral techniques
  - Aversive therapy
  - Relapse prevention training
  - Self-help groups
21. Cognitive disorders signify the impairment of cognitive abilities which of the following is NOT included in it? Select correct option:
- Memory
  - Attention
  - Perception
  - Peer pressure
22. Which of the following have sometimes been defined as false beliefs based on incorrect inferences about reality? Select correct option:

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- Hallucinations
  - Delusions
  - Positive symptoms
  - Negative symptoms
23. Which of the following approach suggests that the people most likely to develop a pattern of drug abuse are those where societies create stress and their families tolerate drug abuse? Select correct option:
- Biological
  - Psychodynamic
  - Behavioral
  - **Socio-cultural**
24. Mostly people believe that hypochondriasis is basically a disorder of: Select correct option:
- Faulty thinking or cognition
  - Emotions
  - Wrong learning
  - Unconscious wishes
25. In \_\_\_\_\_ unexplained physical symptoms indicate the conversion of unconscious emotional conflicts into more acceptable form. Select correct option:
- Hypochondriasis
  - Conversion disorders
  - Dissociative disorders
26. Which of the following impair motor and cognitive functions? Select correct option:
- Hashish
  - Marijuana
  - Cocaine
  - Hashish and marijuana
27. People with which of the following disorders experience memory impairments that are more limited than those seen in dementia or delirium. Select correct option:
- Delirium
  - Amnesia
  - Dementia
  - Alzhemeir
28. Catatonic behavior in Schizophrenia is characterized by which if the following: Select correct option:
- Resisting attempts to be moved
  - Maintaining rigid, immobile postures
  - Decrease in reactivity to the environment
  - All of the given options
29. Fahad is excessively mistrustful and suspicious of others, without any justification. He may have \_\_\_\_\_ personality disorder. Select correct option:
- Schizoid
  - Schizotypal
  - Paranoid
  - Borderline
30. In schizophrenic patients indecisiveness, ambivalence, and a loss of willpower is known as: Select correct option:

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- Avolition
  - Affective flattening
  - Blunted affect
  - Anhedonia
31. In the Active Stage in Schizophrenia which of the following symptoms are evident?  
Select correct option:
- Delusions
  - Disordered speech and communication
  - Hallucinations
  - All of the given options
32. Which of the following includes communities where addicts live, work and socialize in a drug free environment?
- Therapeutic communities
  - Social groups
  - Special people group
  - Third care houses
33. People with dependent personality disorder: Select correct option:
- Rely on others for even minor decisions
  - Avoid the social interaction
  - Are involved in illegal affairs
  - All of the given options
34. Which of the following involves various types of loss or impairment in language that are caused by brain damage? Select correct option:
- Aphasia
  - Apraxia
  - Agnosia
  - Dementia
35. Misinterpretations of perceptions or experiences in Schizophrenia are known as: Select correct option:
- Hallucinations
  - Misperceptions
  - Delusions
  - Avolition
36. The biochemical theory of schizophrenia known as the Dopamine hypothesis refers to: Select correct option:
- Insufficient Dopamine activity
  - Contaminated Dopamine
  - Excess Dopamine activity
  - Allergic sensitivity to Dopamine
37. Which of the following have sometimes been defined as false beliefs based on incorrect inferences about reality? Select correct option:
- Hallucinations
  - Delusions
  - Positive symptoms
  - Negative symptoms
38. Due to the presence of physical symptoms individual with hypochondriasis go to \_\_\_\_\_ . Select correct option:

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- Psychiatrists
  - **Family physicians**
  - Some one elderly at home
  - No one and restrict to themselves
39. Which of the following is the primary symptom of dementia? Select correct option:
- Difficulty remembering recent events and the names of people and familiar objects
  - Clouding of consciousness in association with a reduced ability to maintain and shift attention.
  - The cognitive impairment appears gradually, and the person's cognitive deterioration is progressive.
  - Unusual involuntary muscle movements
40. Who suggested the title schizophrenia? Select correct option:
- Bleuler
  - Kraepelin
  - Freud
  - Jung
41. Which of the following therapies try to help the clients become aware of and address the psychological factors that contribute to their pattern of drug use?
- Insight therapies
  - Aversive therapy
  - Systematic desensitization
  - Cognitive behavior therapy
42. Before conversion disorder it was included in the DSM, it popularly known in psychodynamic circles as what?
- Hysteria
  - Histrionics
  - Mental paralysis
  - Repression
43. In the Active Stage in Schizophrenia which of the following symptoms are evident?
- Delusions
  - Disordered speech and communication
  - Hallucinations
  - **All of the given options**

## Quiz 1 April 28 2014

12. Which of the following is a general term that refers to several types of mild mental disorder in which the person is having contact with reality?
- **Neurosis**
  - Anxiety disorder
  - Psychological disorder
  - Psychosis
13. If the unconditioned stimulus was no longer paired with the conditioned stimulus then eventually the conditioned response would disappear. This is known as what?
- **Extinction**
  - Negative Reinforcement

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- Stimulus Generalization
  - Spontaneous Recovery
14. In classical conditioning, a rat has been conditioned to fear a stuffed white rabbit, after some time rat started to exhibit fear of all white stuffed objects. This is known as what?
- Stimulus Generalization
  - Spontaneous recovery
  - Extinction
  - Negative reinforcement
15. Who among the following is known as the pioneer of hypnosis?
- Carl Rogers
  - Abraham Maslow
  - Karen Horney
  - Sigmund Freud
16. Which of the following is measured expected to change or influenced by the independent variable?
- Dependent variable
  - Confounding variable
  - Extraneous variable
  - Any other independent variable
17. Identify the term that refers to how many people in the population as a whole have the disorder?
- Incidence
  - Prognosis
  - Prevalence
  - Course
18. According to Jung, a storehouse of one's primitive and ancestral images or memories that has been passed from one generation to another is known as what?
- Collective unconscious
  - Jungian sub-conscious
  - Jungian archetypes
  - Synchronicity
19. Ali is 6 years old, one day he visited a toy shop, he wanted to buy a train but did not have enough money to purchase, he got a chance to steal that train but he did not do this. Identify the structure of the mind which stopped him from thieving.
- Id
  - Ego
  - Super ego
  - Hedonism
20. Abnormal psychology tends to study the thinking patterns and behaviors that are.
- Maladaptive and disruptive
  - Either beneficial or disruptive

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- Related to organizational management
  - Related to motivational factors
21. Psychotherapy which focuses on unconscious process is known as what?
- **Psychoanalytical**
  - Humanistic
  - Behavioristic
  - Aversive therapy

## Quiz 2 May 16 2014

1. An informed consent means description of \_\_\_\_\_.
  - Statistical analysis that will be carried out
  - **Permission taken from research participants**
  - Reliability of test instruments
  - Validity of test instruments
2. GABA is an abbreviation of what?
  - Gamma Amino Butyric Acid
  - German Amino Butyric Acid
  - Glutamate Amino Butyric Acid
  - Glutamate Amino barbaric Acid
3. While talking about the physiology of neuron; branches coming from soma and serving the basic function of receiving messages from other cells is known as what?
  - **Dendrites**
  - Axon
  - Axon terminals
  - Cell nucleus
4. Which of the following is the study of the incidence, distributions and consequences of a particular problem or set of problems in one or more population?
  - **Case study**
  - Epidemiology
  - Correlational research
  - Experimental research
5. Which of the following observation is watching animals or human in their normal environment?
  - Participant
  - Naturalistic
  - Field
  - Disguise
6. To control unethical practices in research \_\_\_\_\_ provide Ethical Principles for conduction research with human participants.
  - The British Psychological Society
  - World Health Organization
  - The American Psychological Association
  - The British Psychological Society and The American Psychological Association

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7. Which of the following is a disease of the brain; it is due to genes that cause deterioration in a specific area of the brain and causes changes in personality
  - Phenylketonuria
  - Huntington
  - Dementia
  - Parkinson
8. Participant's identity and related information should NOT be revealed to anyone except researcher: this is known as what?
  - Anonymity
  - Confidentiality
  - Informed consent
  - Deception
9. According to \_\_\_\_\_ perspective our psychological problems in adults are rooted in our childhood experiences.
  - Psychodynamic
  - Cognitive
  - Humanistic
  - Behavioral
10. Identify the field that examines the role of genetics or chromosomes in human behavior.
  - Behavior genetics
  - Evolutionary behavior
  - Biogenetic
  - Genology

## Quiz 3 July 01 2014

1. Which therapy focuses on the unconscious motives, repressed wishes and childhood experiences?
  - Psychoanalytic
  - Existential
  - Gestalt
  - Humanistic
2. In which of the following ECT refers, the electric current is passes through only one side of the brain, the non-dominant hemisphere.
  - Composed
  - Trilateral
  - Bilateral
  - Unilateral
3. Hippocrates recommended treatment such as:
  - Rest, exercise, and a healthy diet
  - Trephining

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- Hypnosis
  - Chimney sweeping
4. Identify the term which pertains to the return of active symptoms in person who has recovered.
- Remission
  - **Relapse**
  - Incidence
  - Onset
5. A doctor who views anxiety as the result of a neurotransmitter imbalance and who treats this disorder with drugs is following the \_\_\_\_\_ model.
- **Medical**
  - Psychological
  - Sociocultural
  - Demonology
6. Which of the following is out of place here?
- **Public disorder**
  - Panic disorder
  - Seasonal affective disorder
  - Obsessive-compulsive disorder
7. If there is meaninglessness in a person's life; it would be known as what?
- **Depression**
  - Worthlessness
  - Existential psychosis
  - Existential neurosis
8. The token economy is an example of:
- Rational Emotive Therapy
  - Attribution Retraining
  - Social Skills Training
  - **Contingency Management**
9. \_\_\_\_\_ refers to subjective state of feeling such as happiness, sadness or anger.
- Affect
  - Mood
  - Emotion
  - All of the given options

## More quizzes

1. Which of the following approach states that people who turn to drugs has an inordinate dependency needs?
- Biological
  - Psychodynamic
  - Behavioral
  - Socio-cultural
2. 'Poverty of content' is Schizophrenia is when:

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- Speech appears to be detailed in term of numbers of words, but is grammatically incorrect
  - A tendency to jump from one topic to another within a sentence
  - Poor use of vocabulary
  - Poor use of grammar
3. Which personality disorder is characterized by disturbances in identity, emotional expression, and impulsiveness?
- Schizoid personality disorder
  - Dependent personality disorder
  - Avoidant personality disorder
  - Borderline personality disorder
4. Which of the following includes communities where addicts live, work and socialize in a drug free environment?
- **Therapeutic communities**
  - Social groups
  - Special people groups
  - Third care houses
5. Afifa becomes anxious at even the thoughts of social interaction. She is extremely sensitive to the opinion of others and has a fear of rejection. She may be suffering from:
- Avoidant personality disorder
  - Dependent personality disorder
  - Schizoid personality disorder
  - Schizotypal personality disorder
6. Catatonic behavior in schizophrenia is characterized by which of the following:
- Resisting attempts to be moved
  - Maintaining rigid, immobile postures
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  - All of the given options
7. People with dependent personality disorder:
- **Rely on others even minor decisions**
  - Avoid the social interaction
  - Are involved in illegal affairs
  - All of the given options
8. Which of the following is NOT a stimulant?
- **Amphetamines**
  - Nicotine
  - Caffeine
  - Alcohol
9. Which of the following model addresses several issues that confront the addict in trying to deal with the challenges of life without drugs?
- Behavioral techniques
  - Aversive therapy
  - Relapse prevention training
  - Self-help groups

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10. Which of the following approach suggests that those individuals are more likely to develop a pattern of drug abuse who has family history for drug abuse and lives in societies that create stress?
- Biological
  - Psychodynamic
  - Behavioral
  - **Socio-cultural**
11. Who among the following hypothesis that four fluids are responsible for abnormal behavior?
- **Hippocrates**
  - Socrates
  - J.P Grey
  - Emil Kraepelin
12. Participant' identity and related information should not be revealed to anyone except researcher; this is known as what?
- Anonymity
  - **Confidentiality**
  - Informed consent
  - Deception
13. Identify the research in which we identify patients at a particular point, such as when they are first diagnosed and study these people again at later time (in future).
- **Follow up studies**
  - Follow back studies
  - High risk studies
  - Risk studies
14. In old times people used the term LUNATIC for abnormal people that is derived from Latin word Luna refers to which of the following?
- Sun
  - Earth
  - Stars
  - **Moon**
15. \_\_\_\_\_ serve the basic function of receiving messages from other cells. These branches are called:
- **Dendrites**
  - Axon
  - Axon Terminals
  - Cell nucleus
16. Which of the following is measured, expected to change or influenced by the independent variable?
- **Dependent variable**
  - Confounding variable
  - Extraneous variable
  - Any other independent variable
17. Who among the following is known as the pioneer of hypnosis?

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- Carl Rogers
  - Abraham Maslow
  - Karen Horney
  - Sigmund Freud
18. Which of the following is not under the domain of abnormal psychology?
- Classification of the disorder
  - Possible outcome of the disorder
  - Causes of the disorder
  - Etiology of physical disorder
19. Which of the following structure does NOT belong to the limbic system?
- Thalamus
  - Hippocampus
  - Striatum
  - Amygdala
20. All of the following are the attributes of a research EXCEPT:
- It is not replicable
  - It is doable
  - It always for the betterment of society
  - It is incremental

*PSY404 (Abnormal PSYCHOLOGY)*

*Short Question mega file*

*PREPARED BY*

*INNOCENT MISHII*

*BRAVE HEART*

*MISBAH SHAUKAT*

Fall 2016

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## psy404. 17 Dec 2016

1. Write at least three features of schizophrenia?
2. Discuss about panic disorder
3. Galvanic skin wala tha kuch.
4. Write at least four reasons of suicide.
5. LSD and drug k baray m likhna tha..
6. Difference between anxiety disorder and depression.
7. Humanistic and cognitive m difference....

## Dec 18, 2016

8. Write Freudian psychosocial 3 stages
9. Steps in hypothesis
10. Define social problem solving and its 4 steps
11. Statistical significance & clinical significance
12. Define 2 techniques of brain imaging

## 16/12/2015

13. Characters of personality
14. Reliability with example
15. 2 types of survey with 1 example
16. Discuss the slip of tongue psychotherapy of everyday life with 1 example

## **Fall 2014**

17. Internal validity is the extent to which results can be attributed to independent variable?
18. What is external validity?
19. Name and briefly explain two diseases caused by genetic influences
20. Name and briefly explain cognitive therapy which is specifically developed for the treatment of depression
21. Usman suffers from spider phobia, as a psychologist you decide to use systematic desensitization for his treatment. Describe the three steps involved in this technique
22. How systematic desensitization is different from flooding?
23. How one can differentiate between negative reinforcement and punishment? Explain with example
24. How you distinguish b/w global and problem based therapy?

## MID paper

25. Prodromal phase of schizophrenia
26. How anxiety and fear are different from each other?
27. What is your understanding regarding diagnosis by exclusion?
28. Mental retardation

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## Spring 2008

29. Define Cognitive and Somatic Anxiety (3)
30. Define Freud's ID, EGO and SUPER EGO (3)
31. what do u know about TAT (Therapeutic apperception Test) (5)
32. Team approach of setting a goal...(Evaluation phase was asked)

By [#innocent](#)

33. Aversive therapy,
34. Stages of development,
35. Principles for managing mental retardation,
36. Preventing PTSD,
37. Substance abuse vs. substance dependence,
38. Name of 3 degenerative brain diseases,
39. Pros and cons techniques

## Final Term

### 2016

1. Aversive therapy,
2. Stages of development,
3. Principles for managing mental retardation,
4. Preventing PTSD,
5. Substance abuse vs. substance dependence,
6. Name of 3 degenerative brain diseases,
7. Pros and cons techniques
8. There is a model which stipulates that behaviour is a result of both genetic and life experiences. Identify that model.
9. Principles have been devised for management of PTSD. tell 5 of them
10. In child externalized disorder are easy to diagnose or internalized?
11. Two therapies for aslm who is taking drugs for 6 years.
12. fareeha victim earthquake and still live in fear explain fareeha current problem.
13. What is Karloff's syndrome?
14. core symptoms of GAD

Subjective

15. What would be the possible treatment for psychological problems in later life?  
Describe any five?
16. What is Dementia? discuss
17. Psychoanalysis?

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18. Positive and negative symptoms of schizophrenia?
19. What are Barbiturates?
20. Cognitive impairment disorders and their treatment?
21. Difference between Dementia, Delirium and amnesia?

Fall 2012

Total Qs. 64

56 MCQs

8 Descriptive (marks written with the questions)

1. "The experience of an emotion seems to spread to those in the surroundings around". This phenomenon is termed as:
2. Identify the method which provides information about the nature and scope of mental health problems across large population and regions often leading clues to the causes of disorder.
3. In Freud's psychosexual theory of development, the age range for oral stage is:
4. Aslam has shifted to a new home. He needs new clothes for his children, some essential items for kitchen, furniture and security alarm in his house as the area is not safe. All these are examples of which of the following needs:
5. Fahad, a clinical psychologist, believes that biological, psychological dimension and interpersonal influences all are important while narrating the causes of an illness. This approach will be termed as:
6. Suicidal actions become more common after the age of \_\_\_\_\_ years.
7. In \_\_\_\_\_ unexplained physical symptoms indicate the conversion of unconscious emotional conflicts into more acceptable form.
8. Which of the following is a chronic mood disturbance that can cause depressive symptoms, but does not disrupt normal functioning?
9. Before conversion disorder was included in the DSM, it was popularly known in psychodynamic circles as what?
10. Which of the following is characterized by the fear that one has a serious disease?
11. According to DSM-IV at least \_\_\_\_\_ symptoms are required to diagnose a person as suffering from Somatization disorder.
12. Which personality disorder is characterized by low self-esteem, worry about negative evaluation, and avoidance of social interactions?
13. Praise or criticism doesn't have any effect on the person with \_\_\_\_\_.
14. Which of the following is an important factor in substance abuse?

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15. Which of the following is NOT a hallucinogenic?
16. Which of the following is a forceful urge to use drugs?
17. Which of the following is not a characteristic of Barbiturates?
18. The onset of schizophrenia typically occurs during
19. A sub-type of Schizophrenia known as Residual Type schizophrenia is characterized by:
20. Which of the following include nightmare disorder, sleep terror disorder, and sleepwalking disorder?
21. Which of the following is a time for grappling with the major issues related to identity, career, and relationships?
22. One of the most common features of neurological disorders are Language deficits and are collectively known as:
23. Which of the following is not a symptom of major depressive disorder?
24. A theory, what is the ratio of unipolar to bipolar disorder?
25. Ali is a student of M.B.B.S. He failed in his final year exams, with the feeling of shame he attempts to kill himself but failed. According to McIntosh, when people make unsuccessful attempt to kill themselves, known as what?
26. Which of these is NOT a negative emotional state?
27. Fight or flight response was first described by whom?
28. Which of the following is a kind of lymphocytes?
29. In which year, DSM included diagnostic category for primary sleep disorder first time?
30. Identify the disorder which is not included in the dyssomnias?
31. Which of the following brain structure has been mostly affected by PTSD?
32. Identify the statement which is most suitable for Dissociative Identity Disorder.
33. The authors of DSM IV TR have given us how many types of personality disorders?
34. In which of the following cluster of personality disorder, individuals of different personality disorder shares some common features such as odd, eccentric and aloof behavior?
35. Which of the following is a negative symptom of schizophrenia that refers to disturbed speech?
36. Which of the following is an important characteristic of catatonic behavior in schizophrenia?
37. The symptoms of prodromal stage of schizophrenia, is quite similar to which of the following?
38. In Schizophrenia when an individual believes, everyone planning against her/him, this is referred to as:
39. Deficiency of thiamine leads to the atrophy of which of the following brain part?

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40. Identify the name of disorder which is caused by the presence of an extra chromosome?
41. Ahmad is 18 years old boy who smokes marijuana is labeled as a "stoner." He is unable to control his behavior according to the expectations of parents and legal authorities. He is suffering from which type of disorder?
42. Ali is a shy boy and he is consistently facing failure to speak in certain social situations such as in front of crowd in school on Iqbal day when he was directed to deliver a speech. Ali is facing which of the following internalizing disorder?
43. Which of the following disorder is characterized by severely disturbed and developmentally inappropriate social relationships?
44. Who among the following psychologist claims that people have competing needs to move toward, to move away from, and to move against others?
45. Which of the following is particularly important to the physical and psychological well-being of older adults?
46. Which of the following is a term that does not convey specific information and carries many unfortunate, unfounded and negative implications with it?
47. Which of the following lobe is responsible for the processes like regulation of emotions, and involved in some aspects of learning, memory, and language?
48. Which of the following theory says "Children form special and selective bonds with their caregivers"?
49. In learning theory the naturally occurring response is known as what?
50. If a test consists of questions like "Is an individual likely to become anxious or depress in future"? We are dealing with which of the following concept?
51. Sana is feeling low and tired. She does not like meeting people and want to stay at home. Her mother took her to a psychologist and he diagnosed her with depression. Which of the following is not suitable for depressive patients?
52. Dr. Ghazala listened carefully to Zara's conversation and come to know that she don't know who is she, where she is and what time is? Identify which part of the mental status examination is being performed in this situation.
53. These all are projective tests EXCEPT:
54. These are the limitations of projective techniques EXCEPT:
55. A professor has a policy of exempting students from the final term exam if they maintain perfect attendance throughout the semester. His students' attendance increases dramatically. This is an example of \_\_\_\_\_.
56. Who among the following highlights the idea that people are free to choose their lifestyles and after that accept the responsibility of their lives?

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57. Freud has proposed three levels of consciousness. Discuss (1+1+1)
58. With no warning, Maria's fiancée called her and told her it was over. He wouldn't explain why and hung up the phone. Maria was shocked, and she began to feel as though she was in a dream or a movie. She continued to feel detached from herself, as if she was outside looking in, and she found it very difficult to go to class or do any homework. What is the best diagnosis for Maria? Name and explain. (1+2)
59. Enlist any three qualities of Barbiturates. (1+1+1)
60. In your opinion, what strategies are effective to treat the patients of cognitive impairment disorders? (1+1+1)
61. Differentiate between positive and negative symptoms of Schizophrenia and give three examples of both. (2+3)
62. What would be the possible treatment for psychological problems in later life? Describe any five. (1+1+1+1+1)
63. Ali is suffering from a mental disorder, he approached a clinical psychologist. After taking a detailed interview from him, psychologist showed him few picture cards and asked him to tell a story about each picture. Identify and briefly explain the test being administered in this situation. (2+3)
64. Being a student of Abnormal Psychology you are required to design a treatment plan for a client who is suffering from Post Traumatic Stress Disorder?

mcqs were easy

mostly about therapies

n schziphenia

subjective paper included a question about

anxiety,depression

how to treat psychological prblems n later age

cognitive thearapy

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a man forgot his role n now thinks himself as emplye of so n so firm whts the prb n how to treat

mostly paper was from last 10 chapters

sucide mcq

defense mechanism mcq

64 Questions overall

4 short questions (3 mrks)

4 long questions (5 mmrks)

rest were mcq's (1 mark)

Short questions for final

1. Difference between Dementia and Delirium
2. Three qualities of Sedative Hypnotic drugs
3. Marya get cutt off with the fionce..She feels detachment from herself and life seems dream like...Name the disorder and explain
4. Alcohol produces impairment disorders....brief any three...

Long Questions:

1. Explain any 2 cognitive impairment disorders
2. Schizoid and Paranoid personality difference)
3. Somatoform disorders, Malingering and Factitious disorders (difference)
4. Compare and contrast humanistic and behavioural models of abnormal behaviour
5. What would be the possible treatment for psychological problems in later life?  
Describe any five?
6. After several years of living and working in small town, sad awakes up one morning insisting that his name is Sohaib and that he has to report his job in Lahore. He does not recognize the furniture in his house or the clothing hanging in his closet. He is completely confused about his current life. His symptoms fit the diagnostic category of which disorder? Discuss. (5)
7. What is Dementia? Discuss
8. Psychoanalysis?
9. Positive and negative symptoms of schizophrenia?
10. What are Barbiturates?
11. Cognitive impairment disorders and there treatment?
12. Difference between Dementia, Delirium and amnesia?
13. What is external validity? 3marks
14. Define any two global therapies? 5 marks
15. How objectives evaluate about a person is self-actualized or not? justify 3marks

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16. Define diathesis stress model and reciprocal gene environmental model.
17. Some Military officers leave the army due to "SHELL SHOCK". Discuss in detail!!! (3 marks)
18. What is the difference in criteria for abnormal behavior in Pakistani and American culture? (3 marks)
19. Sana is diagnosed with post-traumatic stress disorder.. Enlist the symptoms she is exhibiting. (5 marks)
20. Difference between Dementia and Delirium
21. Three qualities of Sedative Hypnotic drugs
22. Marya get cut off with the fiance. She feels detachment from herself and life seems dream like...Name the disorder and explain
23. Alcohol produces impairment disorders....brief any three...
24. Explain any 2 cognitive impairment disorders
25. Schizoid and Paranoid personality difference)
26. Somatoform disorders, Malingering and Factitious disorders (difference)
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