

Psy101 Introduction of Psychology Paper

Q1

_____ 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.

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

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
- ▶ **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
- ▶ **Gestalt school**
- ▶ Behaviorist school

Q9

The final step of a scientific investigation is _____.

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

- ▶ 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.

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

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.

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?

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

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.

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

- ▶ 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
- ▶ Educational

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

Psychodynamic therapy is based on the work of_____.

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

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

_____ 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.

- ▶ 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_____.

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

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

Fitting the right person to the job involves the _____.

- ▶ Job analysis
- ▶ 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
- ▶ 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**
- ▶ 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**

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

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

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 _____.

- ▶ 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)

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

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

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.

- ▶ **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)

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?

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.