

PSY101_Quizzes_From Assessments

A Special Thanks to Sara

1. Explicit memory is not vividly remembered. (False)
2. Echoic memory is a type of sensory memory. (True)
3. An echoic memory may last for: (3-4 seconds)
4. Which of the following scenarios employ the technique of Chunking for memorization? (Remembering a mobile phone number)
5. Mental Images are an example of an elaborative rehearsal technique of memorization. (True)
6. In Acronym Mnemonics, the material is learned by the first letter of each word. (False)
7. The password to Hasan's computer is 14081947.
He remembered this as the date when Pakistan got independence. Hasan has used _____ technique for memorizing this. (Mnemonics)
8. The component of working memory associated with speech and words is known as Phonological Loop. (True)
9. The duration of long-term memory ranges from a few minutes to years and decades. (True)
10. Flashbulb memories are examples of _____ memory. (Episodic)
11. Remembering the capital of Pakistan, and the date of birth of Quaid-e-Azam is an example of _____ memory. (Declarative)
12. Swimming, offering prayer, and driving a car are all examples of _____ memory. (Procedural memory)
13. Which of the following is not a component of long-term memory? (Sensory memory)
14. Episodic and semantic memory are the types of Procedural Memory. (False)

15. _____ memory is usually regarded as the memory of general knowledge. (Semantic)
16. Memory of a picnic party or a birthday celebration can best be classified as - ----- memory. (Episodic)
17. According to the ----- theory of forgetting, the stored information is usually faded away with the passage of time. (Decay)
18. Long-term memory can be improved by using a formula called 3Rs, which may refer to: (Read, recite and review)
19. The most common cause of memory loss in old age is: (Alzheimer's disease)
20. Severe and permanent memory loss as a result of excessive use of alcohol may indicate: (Korsakoff's Syndrome)
21. The drive or instinct that helps direct our behavior or response towards a goal is known as: (Motivation)
22. All of the following are primary motives EXCEPT: (Power)
23. Secondary motives are also known as _____ motives. (Psychological)
24. Damage to the lateral hypothalamus of the rat may result in: (Starvation)
25. Ventromedial hypothalamus usually works by _____ the feeling of hunger. (Eliminating)
26. One of the known reasons of fatigue is the accumulation of _____ acid in the muscles. (Lactic)
27. Androgens are usually regarded as _____ hormones. (Male)
28. _____ hormone helps in maintaining pregnancy. (Progesterone)
29. All of the following are the secondary motives EXCEPT: (Sleep)
30. Ahmad has a strong desire of meeting new people and making social contacts. It indicates that Ahmad has a high need for _____. (Affiliation)
31. Individuals with an exaggerated need for _____ turn out to be leaders, heads of organizations, and rulers. (Power)
32. Which of the following psychological test can be used to measure achievement motivation? (Thematic Apperception Test)
33. An internal state of balance maintained by the human body for its proper functioning is called homeostasis. (True)
34. Primary drives are _____ in nature. (Biological)
35. Which of the following is NOT a primary drive? (Achievement)
36. Hamza tries to learn different languages because he likes to learn and explore new things. This is an example of _____ motivation. (Intrinsic)

37. Completing assignments for grades and the teacher's approval is an example of _____ motivation. (Extrinsic)
38. Physiological needs occupy the bottom of Maslow's hierarchy of needs. (True)
39. Body shivering as a result of fear represents the _____ component of emotion. (Physiological)
40. Shouting or yelling in anger represents the _____ component of emotion. (Behavioral)
41. Anger is considered as a _____ emotion. (Primary)
42. Which of the following is an example of derived emotion? (Boredom)
43. According to Robert Plutchik there are _____ primary emotions. (8)
44. All of the following are the physiological components of emotions except: (Perceptual experience)
45. Parasympathetic nervous system is the subdivision of which of the following nervous system? (Autonomic)
46. Autonomic nervous system controls _____ functions, while the somatic nervous system controls _____ functions of our body. (Involuntary, Voluntary)
47. _____ system prepares the body to face the stressful situation. (Sympathetic)
48. _____ system helps the body to calm down after the stressful situation goes away. (Parasympathetic)
49. In normal conditions pupil of eye _____, while in stressful situations it _____. (Dilates, contracts)
50. Galvanic Skin Response (GSR) can also be used as a lie detector. (True)
51. Physiological changes occur first, which leads to an emotional experience. This statement represents which of the following theory of emotion? (James-Lange theory of emotions)
52. Physiological changes and the experience of emotional state occur simultaneously. This statement represents which of the following theory of emotion? (Cannon-Bard)
53. According to Cannon-Bard theory of emotions, which of the following parts of the brain are involved in the perception and experience of emotion? (Thalamus and cerebral cortex)

54. Physiological arousal occurs first, and then the cognitive evaluation of this arousal leads to a specific kind of emotional experience. This is true according to the _____ theory of emotion. (Cannon-Bard)
55. Two-factor theory of emotion is given by _____. (Schachter- Singer)
56. What is the correct sequence of steps according to the Sequential model of emotion? (Perception > Appraisal > Determining emotions > Expressing emotions)
57. Every emotional experience, either positive or negative, is subsequently followed by an opposite emotional process. This theory is given by _____. (Solomon and Corbit)
58. Cognition can simply be described as: (Thinking)
59. A standard or a typical example of a concept is known as a prototype. (True)
60. Evaluating syllogisms is a technique used for studying inductive thinking. (False)
61. Progressing from general ideas to specific conclusions and inferences is known as _____ reasoning. (Deductive)
62. _____ Psychology deals with higher mental processes, judgment, and reasoning. (Cognitive)
63. Thinking can take place even without the formation of mental images and concepts. (False)
64. Mathematical formulas are examples of _____ concepts. (Artificial)
65. Concepts like snow, bird, and animal are examples of _____ concept. (Artificial)
66. Drawing general principles or inferences from a set of observations or scenarios is known as _____ reasoning. (Inductive)
67. The rule of thumb applied to solve a given situation is known as _____ (Heuristic)
68. Selective study for exams is an example of: (Heuristic)
69. Solution to a mathematical problem is an example of: (Algorithm)
70. A hammer can only be used to drive nails. This is an example of: (Functional fixedness)
71. Applying old ways/methods to solve a given problem can best be described as: (Mental set)
72. The opposite of creativity is: (Conventional)

73. Coming up with multiple solutions for a given problem is known as _____ thinking. (Divergent)
74. Finding one and only best solution to the problem is an example of _____ thinking. (Convergent)
75. Which of the following type of thinking seeks “yes” or “no” justification? (Vertical)
76. Our behaviors are mainly driven by the unconscious mind. This statement belongs to which of the following school of thought? (Psychodynamic)
77. The relatively enduring patterns of behavior or characteristics of a person are known as: (Personality)
78. Dreams and slip of tongue reflect _____ mind. (Unconscious)
79. The actual content of a dream which is usually in socially acceptable form is called _____ content. (Manifest)
80. The male child develops love and positive feelings for his mother whereas rivalry towards his father. This reflects _____ complex. (Oedipal)
81. Sarah is insulted by her boss for being late for work. Later after coming home Sarah is scolding badly to her son. This is an example of: (Displacement)
82. Introvert and extrovert classification of personality was given by: (Jung)
83. Concepts like masculinity, femininity, good, evil, and motherhood, etc. buried in our collective unconscious are known as _____. (Archetypes)
84. Theories of birth order and style of life are usually associated with _____. (Adler)
85. Theory of psychosocial development is usually associated with _____. (Erickson)
86. All of the following are the personality traits given by Gordon Allport except: (Tertiary)
87. Ali is famous for his kind behavior in the class. Kindness will be referred to as _____ trait. (Cardinal)
88. Which of the following personality test is usually associated with Raymond Cattell? (16 Personality Factor)
89. The actual root or basis of individual behavior can best be referred to as: (Source trait)
90. All of the following are factors of the “Big Five” except: (Politeness)
91. Concepts like self-efficacy and reciprocal determinism are given by: (Albert Bandura)

92. Humans are innately good and strive for excellence. This concept is given by which school of thought? (Humanistic)
93. Accepting a person regardless of his flaws and negative aspects is known as _____. (Unconditional positive regard)
94. Individuals identifying their true potential are more likely to achieve self-actualization. (True)
95. According to the humanistic school of thought, the goal of personality development is _____. (Self-actualization)
96. Which of the following test of personality contains ambiguous stimuli? (Rorschach Inkblot Test)
97. The cube-shaped model of intelligence is associated with: (Guilford)
98. The most widely used measure of personality is: (Minnesota Multiphasic Personality Inventory)
99. The capacity of an individual to think rationally and use his available resources effectively is known as: (Intelligence)
100. The concept of “hereditary genius” was given by: (Francis Galton)
101. According to Francis Galton intelligence is the result of: (Genetics)
102. Who coined the term “mental test”? (James McKeen Cattell)
103. According to _____ intelligence can be classified as the ‘g’ factor and ‘s’ factor. (Charles Spearman)
104. Wisdom is an example of _____ intelligence. (Crystalline)
105. Working memory and creativity are examples of _____ intelligence. (Fluid)
106. All of the following are the dimensions of Sternberg’s Triarchic Theory of Development except: (Social Intelligence)
107. The theory of multiple intelligences is best associated with: (Gardner)
108. The name Jean Piaget is remembered for the theory of _____ development. (Cognitive)
109. The first intelligence test was constructed by _____ in 1905. (Alfred Binet)
110. The term IQ stands for: (Intelligence Quotient)
111. Gifted individuals usually have an IQ above 140. (true)
112. Average IQ is: (100)
113. The psychological tests like WAIS-R and WISC-III measure: (Intelligence)

114. Subscales of WAIS-R like Information, Comprehension, Arithmetic, and Similarities measure _____ IQ. (Verbal)
115. Subscales of WAIS-R like Digit symbol, Picture completion and Object assembly measure _____ IQ. (Performance)
116. _____ is accredited as the father of modern medicine. (Hippocrates)
117. Exorcism is the oldest method of treating mental disorders. (True)
118. Who first classified mental disorders as acute and chronic? (Asclepiades)
119. The theory of animal magnetism is usually associated with: (Franz Mesmer)
120. Pinel introduced the concept of _____ to treat abnormal behavior. (Moral treatment)
121. Dementia praecox is the old name of: (Schizophrenia)
122. Which of the following old treatment method is similar to hypnosis? (Mesmerism)
123. The first asylum for the treatment of mental illnesses was established in _____. (Baghdad)
124. With reference to development, _____ century is regarded as the age of enlightenment. (18th)
125. In legal terms abnormal behavior can also be stated as: (Insane behavior)
126. According to the Psychodynamic perspective, criminal behavior is the result of: (Childhood experiences)
127. The classification system of mental disorders used by psychologists is: (DSM-5)
128. DSM was developed by: (American Psychiatry Association)
129. ICD was developed by: (World Health Organization)
130. The level of anxiety may differ for each individual even for the same level of stress. (True)
131. Irrational and intense fear of an object or situation can be called: (Phobia)
132. The type of anxiety that is long-term and persistent can be called: (Chronic)
133. All of the following are symptoms of panic attack except: (Delusions)
134. Which of the following is the most recent version of DSM? (DSM-V)
135. Thanatophobia refers to fear of _____. (Death)
136. Acrophobia refers to fear of _____. (Height)
137. Fear of water can also be termed as _____. (Hydrophobia)

138. The intrusive, unwanted and uncontrollable thoughts are called _____.
(Obsessions)
139. Repeated handwashing without an apparent cause is an example of:
(Compulsions)
140. All of the following are the examples of compulsions except: (Thoughts of being filthy and contaminated)
141. Conversion disorder is a type of: (Somatoform Disorder)
142. In which of the following disorder, the individual possesses more than one identity? (Dissociative Disorders)
143. Hopelessness, low mood, weight loss, and poor appetite are major symptoms of _____. (Major Depression)
144. Multiple attempts of running away from home and adopting a new identity at the new place is a common symptom of Dissociative _____. (Fugue)
145. _____ are usually known as medical doctors. (Psychiatrists)
146. Psychiatrists treat mental disorders through: (Medications)
147. Psychologists treat mental disorders through: (Psychotherapy)
148. _____ Psychologists help in solving routine life adjustment problems. (Counseling)
149. Which of the following cause of abnormal behavior is true according to Psychodynamic approach? (Unresolved childhood experiences)
150. Defense mechanisms were given by: (Sigmund Freud)
151. Latent content of a dream is actually the _____ message. (True)
152. All of the following are therapeutic techniques of Psychoanalysis except: (Token economy)
153. Rational Emotive Behavior Therapy was developed by _____. (Albert Ellis)
154. Freudian approach focuses predominantly on the conscious mind. (False)
155. Reinforcing the successive approximation of desired response is called _____. (Shaping)
156. The focus of Behavior Therapy is solely on _____ behavior. (Observable)
157. Aron Beck designed the Cognitive therapy to treat _____. (Depression)
158. _____ Therapy focuses primarily on the faulty thinking pattern of the individual. (Cognitive)
159. Carl Roger is a famous proponent of _____ school of thought. (Humanistic)

160. According to the Humanistic school, of thought, all of the following are characteristics of a fully functioning individual except: (Incongruent self)
161. All of the following are the qualities of Humanistic Psychotherapy except: (Sympathy)
162. Carl Roger is best known for _____ therapy. (Client-Centered)
163. The aim of humanistic psychotherapy is to help the client to identify _____. (Hidden potential for growth)
164. Lifestyle change is a therapeutic technique of _____ school of thought. (Biomedical)
165. Attitude has _____ components. (3)
166. The affective component of emotion includes: (Feelings)
167. _____ represents the behavior component of attitude. (Using abusive language)
168. _____ represents the cognitive component of attitude. (Thinking bad about someone)
169. Which of the following type of conditioning is used in advertisements? (Classical)
170. Observational learning is also known as vicarious learning. (True)
171. Intelligent people are _____ likely to change their attitude as a result of persuasion. (Less)
172. Ahmad is an intelligent boy in class; therefore, his friends think he is good at sports too. This is known as _____. (Halo effect)
173. Najma always gets good grades in exams because her teacher expects high performance from Najma. This is an example of _____. (Self-Fulfilling Prophecy)
174. _____ Psychology studies the relationship between psychological variables and the well-being of a person. (Health)
175. The modern approach towards health is more: (Prevention-oriented)
176. The term learned helplessness is proposed by _____. (Martin Seligman)
177. A person's belief that he cannot control his environment, or change his situation, is known as _____. (Learned Helplessness)
178. Asad has started taking drugs because all of his friends are indulging in drugs. This is an example of: (Observational learning)
179. Fear of going to dentists can be described through: (Classical conditioning)

180. Stressors such as the death of a loved one or loss of a job can be categorized as: (Personal)
181. Muscle aches, headaches, and blood pressure are _____ components of stress. (Physiological)
182. Which of the following is the correct sequence of steps of the General Adaptation Syndrome Model given by Hans Selye? (Alarm > Resistance > Exhaustion)
183. _____ Psychology studies the effects, cognitions, and behaviors of people in work settings. (Industrial/Organizational)
184. _____ serves as the initial step to selecting the right candidate for any job. (Job analysis)
185. The requirements of a job can also be termed as a job description. (True)
186. - _____ is an example of hard criteria for job performance. (Number of absentees of personnel)
187. - _____ is an example of soft criteria for job performance. (Creativity of personnel)
188. Which of the following employment interviews are considered more valid? (structured)
189. Which of the following device serves as a rough screening instrument for employment? (application form)
190. Which of the following is more likely to increase employee motivation at workplace? (reinforcement)
191. Which of the following is likely to decrease employee motivation at workplace? (punishment)
192. Consumer Psychology is _____ division of APA. (23rd)
193. The study of buying behavior of consumers, their likes and preferences for different products is the main focus of _____ Psychology. (Consumer Psychology)
194. _____ was the first psychologist to apply principles of Psychology in the field of advertising. (J.B. Watson)
195. All of the following are the important terminologies of Consumer Psychology except: (Personnel selection)
196. Ahmad has hired a famous model to advertise his newly designed dresses. The people who like the model are more likely to buy the dresses. Ahmad has used which of the following principle for advertisement? (Classical conditioning)

197. Lucky draws announced by different companies to attract customers is an example of _____ conditioning. (Operant)
198. Stressing on the durability, efficiency, and dependability of the product in the advertisement is an example of _____ sell appeal. (Hard)
199. Dividing people into lifestyle profiles that are related to purchasing patterns is known as _____. (Psychographics)
200. Which of the following technique of behavior therapy is most effective in learning a sport? (Observational learning)
201. Sport Psychology is _____ division of APA. (47th)
202. The application of psychological principles to sport and physical activity at all levels of skill development is known as: (Sport Psychology)
203. Norman Triplett is known as the father of Sport Psychology. (False)
204. All of the following are the subject matter of Sport Psychology except: (Consumer preferences)
205. A highly skilled athlete will show low score on - _____. (Anxiety)
206. The sports like Golf and Bowling require _____ level of arousal for best performance. (Low)
207. A bench press in weightlifting requires _____ level of arousal for best performance. (High)
208. The application of psychological principles and methods to the legal system is known as _____ Psychology. (Forensic)
209. All of the following are the roles of a Forensic Psychologist except: (Training of sportsmen)
210. The word Forensic comes from the _____ word. (Latin)
211. William James is regarded as the first Forensic Psychologist. (False)
212. All of the following terms belong to Forensic Psychology except: (Lifestyle changes)
213. Psychology of Women is the _____ division of APA. (35th)
214. Developing and applying treatment programs to offenders and people at risk is the role and responsibility of _____ Psychologist. (Forensic)

BS English (Applied Linguistics)

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