

CUET (UG) Exam Paper 2023

National Testing Agency

Held on 18th June 2023

PSYCHOLOGY

Solved

(This includes Questions pertaining to Domain Specific Subject only)

Max. Marks: 200

Time allowed: 45 Minutes

General Instructions:

- The test is of 45 Minutes duration
- The test contains 50 questions out of which 40 questions need to be attempted.
- Marking Scheme of the test:
 - Correct answer or the most appropriate answer: Five marks (+5).
 - Any incorrectly marked option will be given minus one mark (-1).
 - Unanswered/Marked for Review will be given zero mark (0).

1. How does the Diathesis stress model explain the development of psychological disorders?

- Diathesis may make a person predisposed' or 'vulnerable' or at risk to develop a disorder.
- Psychological disorders develop when a diathesis is set off by a stressful situation.
- Presence of diathesis or some biological aberration may be inherited or developed.
- Presence of pathogenic stressors and individual's exposure to them may actually evolve into a disorder.

Choose the correct answer from the options given below:

- C A B D
- B C A D
- A D C B
- D B C A

Ans. Option (2) is correct

Explanation: : Diathesis refers to vulnerability or predisposition to mental disorders. The diathesis stress model explains about the development (causes) of mental disorders in an individual, which can be hereditary, due to stress/traumatic events or other biological susceptibilities. These factors make an individual more prone to developing mental disorders as compared to normal circumstances.

2. The process of impression formation takes place in the following steps.

- The perceiver gathers information or responds to given information about the qualities of target and then organises information.
- The person who forms the impression is called perceiver

C. The perceiver then draws inferences about the target

D. The individual, about whom the impression is to be/by the perceiver, formed is the target

Choose the correct answer from the options given below:

- D, A, B, C
- B, D, A, C
- D, C, A, B
- B, D, C, A

Ans. Option (4) is correct

Explanation: Impression formation is a process in which we form an overall impression about someone's characters, abilities, based on available information about his/her traits and behavior in the following steps: The person who perceives the information is called the perceiver, and the individual about whom the impression is formed by the perceiver is known as the target, The perceiver tries to draw conclusions from the evidence available and then gathers information, assesses the given information about the qualities, attributes, characteristics of the target and then organizes the information to come on a confirmed conclusion and form a proper impression.

3. Rohan is a salesman who in order to sell the soaps produced by his company, he goes door to door. He usually begins by making a small request first that the other person is not likely to refuse such as, 'May I have some water? Once the other person carries out the request, a bigger request is made such as "Would you want to buy our organic, skin safe soap set?" Simply because the other person has already complied with smaller request, s/he

feels uncomfortable refusing the second request. This strategy of compliance is known as -

1. Obedience
2. The deadline technique
3. The door-in the face technique
4. The foot in the door technique

Ans. Option (4) is correct

Explanation: The foot-in-the-door technique is a compliance technique which suggests that in order to make an individual comply to a larger request, smaller request should be made initially. Example: Neighbor wants to leave her child to your house for a week because she has to go out for work, so she first requests you to take care of the child for 3 hours today (small request) and then when you comply and she comes back to take the child, she makes a larger request asking if she can leave the child to your house for the entire week. As the smaller request is agreed by you, then you will find it difficult to say no to the larger request.

4. Ramesh, a school student, is unable to make a choice between an ice cream and a chocolate, as both are his favorites. He has money only for one food item. The student is experiencing
1. Frustration
 2. Conflict
 3. Internal pressure
 4. Social pressure

Ans. Option (2) is correct

Explanation: The term conflict can be understood in terms of difficulty an individual faces when he/she has to choose between two things he/she likes. Example : You go to a bakery to have a pastry and find it difficult to decide between chocolate truffle pastry or black-forest pastry, it creates a conflict in your mind as both flavors are your favorite.

5. According to Sigmund Freud, the instinctual life force that energises the 'id' is called-
1. Life Event
 2. Death Instinct
 3. Libido
 4. Super - Ego

Ans. Option (3) is correct

Explanation: Libido is a part of "id" which serves as a driving force for all behavior. Libido provides energy to the id. i.e. It is responsible for creating urges and requires immediate gratification of needs which alerts the id and it starts seeking pleasure from things.

6. Primary groups are pre-existing formations for an individual. Out of the following points used below, _____ is not a characteristic of primary groups.
1. members share close physical proximity
 2. boundaries are less permeable
 3. involves face-to-face interaction
 4. individuals join by choice

Ans. Option (2) is correct

Explanation: Primary groups are characterized by close bond, emotional ties, face to face interaction. Members in primary groups share close proximity with each other. On the other hand, primary groups have less permeable boundaries as they are more accommodating and open to new members.

7. The genocide committed by Nazi's in Germany against Jewish people is an extreme example of -
1. Prejudice leading to discrimination
 2. A strong social identity and in group bias
 3. Self fulfilling prophecy
 4. Kernel of truth concept

Ans. Option (1) is correct

Explanation: Prejudice can be explained as an unfair feeling/dislike towards a particular group because of race, sex, religion, caste etc. Prejudice leads to discrimination because these people are not given equal rights. This marks as an example of the genocide committed by Nazi's company in Germany against Jewish because the Nazis also had the same motive, to destroy people with different religious groups.

8. Match List I with List II

LIST I		LIST II	
A.	Stress resistant personality	I.	like Procrastination
B.	Assertiveness	II.	Through communication
C.	Overcoming unhelpful habits	III.	Hardiness
D.	Improving relationships	IV.	is the ability to say 'no'

Choose the correct answer from the options given below:

1. A-II, B-III, C-IV, D-I
2. A-III, B-IV, C-I, D-II
3. A-IV, B-III C-I, D-II
4. A-III, B-IV, C-II, D-I

Ans. Option (2) is correct

Explanation: Stress resistant personality - Hardiness because individuals with stress resistant personality are optimistic, they find positivity in every situation and are calm and composed, it eventually means they are strong enough to endure difficult situations which is hardiness. Assertiveness - Is the ability to say no ; People who are assertive, stand up for themselves and they have the confidence to say no to people when required. Overcoming unhelpful habits – like procrastination ; Procrastination is the habit of delaying tasks/completion of work until there is a major deadline, this habit is unhealthy as it can make a person lazy, unproductive and can affect the way we feel about ourselves. Improving relationships – through communication; Every

problems in relationship can be solved with effective communication, when communication is not present, misunderstandings can increase and create a further drift between two partners, both the partners should communicate to each other all the problems they face for improving the balance in the relationship.

9. Identify the dissociative disorder which has essential features of unexpected travel away from home, assumption of a new identity, inability to recall previous identity:
1. Dissociative Identity disorder
 2. Dissociative Depersonalisation
 3. Dissociative Fugue
 4. Dissociative Derealisation

Ans. Option (3) is correct

Explanation: Dissociative Fugue is a mental disorder in which a person experiences a new identity, tends to travel away from home, workplace and is unable to recall the previous identity. The fugue usually ends when the person suddenly "wakes up" with no memory of the events that occurred during the fugue.

10. Counselling does not involve:
1. Acceptance of the client's feelings
 2. Confidentiality
 3. Disclosure of information to public
 4. Listening

Ans. Option (3) is correct

Explanation: Counselling is a form of talk therapy that takes place between the therapist and the client where client shares their feelings, problems with the therapist. The therapist makes sure to provide a comfortable and safe environment to the client so that she/he can talk freely and do not feel judged. The relationship of counselor-client is based on confidentiality, i.e. the counselor is not allowed to disclose the information provided by the client to the public, and it should remain between the two.

11. According to the psychodynamic approach the reasons for the psychological disorders are-
1. Faulty behaviour of the person
 2. Intrapsychic conflicts
 3. Lack of respect in the society
 4. Unrealistic expectations from one self

Ans. Option (2) is correct

Explanation: The psychodynamic approach focuses on the unconscious mind and how it affects our cognition, behavior and shapes our personality. According to the psychodynamic approach, development of mental disorder can happen due to Intrapsychic conflict ; A conflict that takes place between different levels of mind, i.e. conscious, unconscious and subconscious, In short words, it is a conflict that individual experiences with their own mind.

12. Who amongst the following researchers conducted a study to measure American's attitude towards Chinese and concluded that attitude may not always predict actual patterns of one's behaviour?
1. Leon Festinger
 2. Fritz Heider
 3. Richard Lapiere
 4. Cottrell

Ans. Option (3) is correct

Explanation: Attitude and Behavior theory was given by Richard Lapiere in 1934. He noticed that people in US had negative attitude towards Chinese people were refused service in public restaurants, hotels, cafes. After distributing a questionnaire to the people in US regarding the acceptance of Chinese people, he concluded that attitude does not always predict actual patterns of one's behavior. People can have a positive attitude but still would behave in a negative manner.

13. According to the Humanistic theory, the chief benefit to the client is-
1. Intellectual insight leading to emotional insight
 2. Personal growth in terms of gaining increased understanding of self
 3. Changing faulty behaviour to adaptive ones
 4. Changing irrational thought patterns to rational and adaptive ones

Ans. Option (2) is correct

Explanation: Humanistic theory focuses on individual growth and development of one's personality. The main agenda of humanistic approach is to help individuals identify themselves, their emotions, behavioral patterns and irrational thinking. This theory pays attention to the human being as a whole, and is very helpful for people as they experience positive growth in their personality, which is eventually the result of self enlightenment.

14. Match List I with List II

LIST I		LIST II	
A.	Delusion	I.	Perception occurs in the absence of stimuli
B.	Hallucination	II.	Derailment, neologism, perseveration
C.	Inappropriate Affect	III.	False belief firmly held on inadequate ground
D.	Formal thought Disorder	IV.	Emotions unsuited for situation

Choose the correct answer from the options given below:

1. A-I, B-II, C-IV, D-III
2. A-III, B-I, C-IV, D-II
3. A-II, B-III, C-IV, D-I
4. A-IV, B-I, C-III, D-II

Ans. Option (2) is correct

Explanation: Delusion – False belief firmly held on inadequate ground; Delusions is characterized by false beliefs which a person think is true. Example: Delusion of persecution : Belief that someone is conspiring against you or trying to harm you. (My coworker is trying to copy all my work, My new maid tried to kill me). Hallucination – Perception occurs in the absence of stimuli; Hallucinations is a perception of having seen, heard, touched, tasted or smelled something that wasn't actually there. Example: Auditory Hallucination: In auditory hallucination, a person feels that someone is talking about them or taking their name. Somatic Hallucination : In somatic hallucination, a person feels a tingling sensation in the body. Inappropriate affect – Emotions unsuited for situation; Inappropriate affect is characterized by a person showing emotions which are totally inappropriate with regard to the situations. Example – Someone laughing during a funeral, crying at a comedy show. Formal thought disorder – Derailment, Neologism, Perseveration Formal thought disorder is characterized by disorganized speech. Its types are – 1. Derailment – Someone with derailment switches topic very rapidly, from talking to dogs about talking to books. 2. Neologism – People with neologism often create new words when they talk. 3 Perseveration – In perseveration, a person repeats ideas and words.

- 15.** Rehabilitation of the mentally ill is necessary to improve their quality of life once their active symptoms are reduced. When the patients are taught skills to form work discipline like candle making, paper bag making etc. it is called _____ therapy.

1. Cognitive
2. Social skills
3. Occupational
4. Vocational

Ans. Option (3) is correct

Explanation: Occupational skills are those set of skills which can help an individual excel in a specific job or occupation. Occupational skills are often used as rehabilitation of mentally ill patients to help them regain their occupational knowledge and skills so that they don't face any difficulty while adjusting to their workplace after resuming normal life.

- 16.** Which of the following is not a technique of self control?

1. Observation of own behaviour
2. Self reinforcement
3. Self instruction
4. Self actualisation

Ans. Option (4) is correct

Explanation: Self – actualisation is the process of understanding one own self ; emotions, personality, behavior and using the full potential for growth and development of personality, in short, it is ability to become the best version of yourself by meeting your actual self.

- 17.** If an advertisement says pressure cooker saves fuel and is economical, it is impacting the attitude change by using message characteristic that contains-

1. Emotional appeal
2. Rational appeal
3. Attractiveness
4. Credibility

Ans. Option (2) is correct

Explanation: Rational appeal is basically an advertising tactic which is all about making a logical argument based on facts, details and benefits. The main aim of rational appeal is to communicate the quality and usefulness of the product and service.

- 18.** State Self as subject and object in the given statement

'I am a musician', here:-

1. Self is described as an object
2. Self is described as a subject
3. Self is described as both object and subject
4. Self gets observed as an object

Ans. Option (2) is correct

Explanation: Self as a subject – Self as a subject means that an individual can describe themselves as an entity or someone who does something (eg : I am a painter). When a person is aware of what he/she is, and knows about himself/herself, it is self as a subject.

- 19.** Biologically based characteristic way of reacting is known as _____

1. Disposition
2. Character
3. Temperament
4. Trait

Ans. Option (3) is correct

Explanation: Temperament can be defined as a person's nature which is reflected in how they behave or react to different situations. Temperament includes personality traits which displays our behavior and shine in our daily interactions. It is also characterized as unique characteristic of individuals which differentiates them from one another.

- 20.** Identify which method is not suitable to reduce social loafing?

1. Increasing the apparent importance or the value of the task
2. Making the efforts of each person identifiable.
3. Their contribution should not be evaluated on individual basis
4. Strengthening group cohesiveness for successful group outcome

Ans. Option (3) is correct

Explanation: Social loafing is a reduction in individual effort when working on a collective task. i.e. One in which outputs are pooled with other group members. Social loafing shall be reduced; this can be successfully done by rewarding individual contributions, strengthening group cohesiveness, increasing the pressure to work hard.

21. Identify the right sequence of psychosexual stages of development given by Sigmund Freud

- A. Anal stage
- B. Phallic stage
- C. Oral stage
- D. Genital stage
- E. Latency stage

Choose the correct answer from the options given below:

- 1. A, C, D, B, E 2. C, A, B, E, D
- 3. B, C, A, E, D 4. C, B, A, D, E

Ans. Option (2) is correct

Explanation: Sigmund Freud proposed a five stage theory of personality (Psychosexual Development). These stages are : 1. Oral stage – In this stage, a newborn instincts are focused on the mouth, this is the infants primary pleasure seeking centre. The infant receives oral gratification through feeding, sucking, biting and babbling. 2. Anal stage – In this stage, parents wants the child to control the bodily functions of urination and defecation. Children here play with their bowels and experience pleasure. 3. Phallic stage – This stage focuses mainly on the genitals, around the ages 4-5, a child usually realizes the difference between males and females, they become aware of the sexuality. During this phase, the male child experiences Oedipus Complex – Which involves love for their mother and hostility towards father (Based on Greek King Oedipus who unknowingly killed his father to marry his mother). Whereas Girls experience Electra complex (Based on Electra, who induced his brother to kill their mother) is slightly different, in this, a girl tries to marry her father and raise a family, but once she starts identifying with her mother, she tries to copy her and be like her. 4. Latency stage – This stage start from the age of 7 until puberty, during this timeframe, the child grows physically but sexual urges are inactive, the child's energy is mostly invested in social activities. 5. Genital stage – In this stage, a person starts attaining towards maturity and development, the sexual urges gets activated and fears from previous stages also follows, he/she starts learning to deal with the opposite sex in a sexual manner, but, if this stage involves excessive stress, it may lead to fixation to an earlier stage of development

22. Arrange the following theories of intelligence according to their development from oldest to latest?

- A. Planning Attention-arousal and simultaneous successive model-Das, Naglieri and Kirby
- B. Uni-factor theory of Intelligence - Binet
- C. Triarchic Theory of Intelligence - Sternberg
- D. Two factor theory of Intelligence - Spearman

Choose the correct answer from the options given below:

- 1. D, B, A, C 2. B, D, A, C
- 3. B, D, C, A 4. D, B, C, A

Ans. Option (3) is correct

Explanation: Theories of intelligence: 1. Uni-factor theory of intelligence (Binet) - This theory was proposed by Alfred Binet. He conceptualized intelligence as one similar set of abilities which can be used for solving any or every problem. That is why he named this theory as Uni-factor theory of intelligence. 2. Two-factor theory of intelligence (Spearman) – This theory was proposed by Charles Spearman in 1927 with involvement of statistical method called factor analysis. He suggested that intelligence consisted of two factors; g-factor (general factors) and s-factor (specific factors). G-factors include mental operation which are common to all performances. S-factors can also be called as specific abilities which talks about specific abilities each individual has. Singers, architects, athletes are high on g-factor, but they also have some specific abilities which help them to successfully excel in their respective fields. 3. Triarchic theory of intelligence (Sternberg) – This theory was proposed by Robert J. Sternberg. According to this theory, there are 3 distinct types of intelligence ; Practical, Creative and Analytical. In practical intelligence, individuals use their abilities to solve the problems they face in their daily life such as in home or workplace. They use logical solutions. Creative intelligence is the ability to produce new ideas, inventing a new, probable solution for the problem. Here, people use their creativity skills in order to get through a problem. Analytical Intelligence according to Sternberg is the ability to analyze, judge, compare and then find possible solutions of a problem. 4. Planning Attention- arousal and simultaneous successive model – (Das, Naglieri and Kirby) – This model has been developed by J.P. Das, Jack Naglieri, and Kirby (1994). According to the model, intellectual activity involves the interdependent functioning of three neurological systems, which is called functional units of brain. These units are responsible for arousal/attention, coding or processing and planning.

23. Rational Emotive therapy includes the following steps:

- A. Behaviour analysis is done to find malfunctioning behaviour.
- B. Antecedent, belief, consequence analysis
- C. Repeated association of undesired response with aversive consequences
- D. Client is interviewed to find the irrational belief.
- E. Irrational beliefs are refuted through the process of non-directive questioning.

Choose the correct answer from the options given below:

- 1. A, D, E only 2. B, D, E only
- 3. A, C, D, only 4. B, C, E only

Ans. Option (2) is correct

Explanation: Rational Emotive Behavior Therapy is a type of cognitive behavioral therapy focuses on helping individuals deal with irrational beliefs, and learn how to manage their emotions, thoughts, and behavior in a healthy and rational way. In REBT, Firstly, ABC (Antecedent, Belief, Consequence) analysis is done ; Antecedent is the activating event, which denotes that something has happened. Belief describes your thought about the situation and Consequence is the emotional response to the belief. This analysis helps out in finding the root cause. Secondly, The client is interviewed through talking or by questionnaires so that irrational beliefs can be found out. Lastly, the irrational beliefs which were identified are invalidated through non-directive questioning and making the client understand that these beliefs trigger their reactions.

24. The Chipko movement in Uttarakhand region is indicative that India views environment from _____ perspective.
1. Minimalist
 2. Spiritual
 3. Instrumental
 4. Man-Built

Ans. Option (2) is correct

Explanation: A spiritual perspective helps people go through challenges more effectively because it provides them a sense of purpose in their lives. When spiritual sense is absent, people perceive their hard time being considered as bad luck. We can say that the chipko movement which happened in India views environment from Spiritual perspective only, the spiritual belief gave those people the power and energy to stand tough in difficult times and go through challenges in a effective manner.

25. Arrange in correct order the modality of treatment in the Psychodynamic therapy.
- A. Eliciting the intra psychic conflict.
 - B. Resistance
 - C. Transference and Interpretation
 - D. Insight, an outcome of working through
 - E. Confrontation and clarification

Choose the correct answer from the options given below:

1. A, C, B, E, D
2. A, B, C, D, E
3. A, C, B, D, E
4. B, C, D, E, A

Ans. Option (1) is correct

Explanation: Psychodynamic therapy is a kind of therapy that aims on helping people gain greater insight into how they feel and think. By improving this understanding, people can make better and healthy choices in their life, improve their relationships and successfully be able to work towards achieving their goals, which will eventually bring satisfaction and happiness. In psychodynamic therapy, firstly the intrapsychic conflict is revealed to the client, so that he/she gains an understanding about the same. Secondly, the process of transference takes place in which the

client projects their feelings to the therapist and interpretation is made. Thirdly, the client shows resistance or opposition to the suggestions made by the therapist, it is their unwillingness to change or grow during therapy. Fourthly, the therapist confronts the client about something he/she keeps avoiding to talk about or refuses to accept, and then gives the client the chance to clarify himself/herself by asking him/her to say whatever he/she likes or doesn't like in the therapy session in an open ended way. Lastly, Insight is provided by the therapist to the client which is beneficial for him/her to make necessary changes in their life, and reduce the intrapsychic conflicts and irrational thoughts

26. India is known for her diversity, although in the face of any external threat all Indians unite to fight her common enemy. This inter group conflict, which finally becomes intergroup cooperation because of :-
1. focusing on superordinate goals
 2. inter group competition
 3. In group formation
 4. Friends among foes

Ans. Option (1) is correct

Explanation: Superordinate goals are the goals that get people from opposing sides to come together and work towards a common goal. This is a conflict resolution technique that helps those opposing sides forgets all their differences and work towards attaining something that is going to benefit everyone.

27. The _____ approach is used in modern times for understanding of psychological disorders.
1. Psychological approach
 2. Biological approach
 3. Interactional approach
 4. Social approach

Ans. Option (3) is correct

Explanation: Interactional approach suggests that situational characteristic of an individual plays an important role in determining one's behavior. i.e. how we respond to a situation reflects a lot on our behavior. People tend to behave as independent or dependent not because of their personality traits but because of external rewards or threats available in a given situation. The interactional approach proves to be a source which can explain the psychological disorders well as it reflects on stimulus and behavior connection.

28. Reena has been starving herself, exercises compulsively and constantly checks her weight. At 17 years, her weight is 23 kgs and yet she sees her self as overweight in the mirror. What disorder is Reena suffering from?
1. Binge eating
 2. Bulimia nervosa
 3. Anorexia nervosa
 4. Stomach disorder

Ans. Option (3) is correct

Explanation: Anorexia Nervosa is a food disorder in which an individual is preoccupied with his/her weight, has an intense fear of gaining weight, tends to starve themselves, exercise rigorously and keeps a constant check on their weight. People with anorexia often try to take out the food from their body by vomiting intentionally and are malnourished/extremely underweight.

29. _____ refers to all those mental processes that deal with obtaining and processing of information

1. Social Cognition
2. Cognition
3. Scapegoating
4. Prototype

Ans. Option (2) is correct

Explanation: Cognition is referred to those mental processes that helps an individual in gaining information, knowledge and comprehension. Different types of cognitive processes can be named as : Thinking, knowing, remembering, processing, judging, problem – solving. These processes enables quick decision making and perceiving situations.

30. Type of stress that is induced externally and results from our interaction with other people is termed as -

1. Social Stress
2. Social Pressure
3. Internal Pressure
4. Conflicts

Ans. Option (1) is correct

Explanation: Social stress is a type of stress that takes place due to interaction/conflict with other people. Example of social stress can be – Disagreement with life partner/friends, hostile workplace, due to self consciousness, low body image.

31. Leucocytes within the immune system identify and destroy foreign bodies. There are several kinds of leucocytes within the immune system including:

- A. Natural Killers
- B. Pathogens
- C. T-cells
- D. Cytotoxicity
- E. B-cells

Choose the correct answer from the options given below:

1. A, C, E only
2. A, B, C only
3. A, C, D only
4. B, C, E only

Ans. Option (1) is correct

Explanation: Leukocytes, which are also called white blood cells protect an individual against illnesses and diseases, they are always at war, flow through one's bloodstream to fight against viruses, bacteria, and other foreign invaders. Types of leukocytes : 1. Natural killer cells – are the white blood cells that destroy infected and diseased cells, like cancer cells. These calls can destroy harmful cells in early stage preventing it from spreading. 2. T-cells – are a type of white blood cells called lymphocytes which

focuses on specific foreign particles, rather than generally attacking any antigens, t-cells circulate until they encounter any specific antigen. T-cells play an important part in immunity to foreign substances. 3. B-cells – B cells protect an individual from infection by making proteins called antibodies, whenever b-cells indicate a threat like bacteria or virus has entered your body, it forms the antibodies.

32. Allport's theory of personality includes-

1. Factor, source, surface traits
2. Cardinal, central, secondary traits
3. Neuroticism, extraversion, introversion dimensions
4. Endomorphic, mesomorphic, ectomorphic typology

Ans. Option (2) is correct

Explanation: Allport's trait theory is proposed by Gordon Allport. He proposed individuals possess a number of traits which are dynamic in nature. The traits determine behavior in such a manner that an individual approaches different situations with similar plans. (Because their way of perception is same). According to Allport, the words people use to describe themselves and others provides a basis for understanding human personality. Allport categorized traits into 3 types : 1. Cardinal – These traits indicate the goal around which a person's life revolves. 2. Central – These traits are generally used in writing a testimonial or job recommendation for a person. 3. Secondary – These are the least generalized traits. Examples are : "likes mangoes", "prefers ethnic clothes".

33. One of the ways for personality assessment is through projective techniques. Identify the statement that are true about projective techniques.

- A. Projective technique can be interpreted by anyone.
- B. It is an indirect method to assess personality.
- C. It is based on psychoanalytic theory.
- D. 16 PF is a type of projective technique.
- E. Projective techniques help to overcome social desirability.

Choose the correct answer from the options given below:

1. B, A, D only
2. C, D, E only
3. A, B, E only
4. B, C, E only

Ans. Option (4) is correct

Explanation: Projective Techniques is a personality assessment method based on psychoanalytic theory. There a number of tests under projective techniques. All these tests allow the respondents to project their subjective or true opinions and beliefs onto other people and even objects, the respondents real feelings are then concluded from what he/she says about others. Projective techniques are normally used during individual and small group interviews.

- 34.** Victor Frankl emphasised the role of spiritual anxieties leading to meaninglessness and this is called _____.
1. Emotional crisis
 2. Existential anxiety
 3. Emotional anxiety
 4. Existential crisis

Ans. Option (2) is correct

Explanation: Victor Frankl, a psychiatrist proposed logotherapy which can be characterized as treatment for the soul. According to Frankl, an individual will find existence only when the soul is satisfied. He emphasized on the concept of existential anxieties, i.e. spiritual anxieties arise when the problems of life are attached to the physical, psychological, or spiritual aspects of one's existence. When there is spiritual anxiety, life become meaningless and non-existent leading to existential anxieties.

- 35.** Low activity of 'serotonin' neurotransmitter has been associated with
1. Paranoia
 2. Anxiety
 3. Depression
 4. Schizophrenia

Ans. Option (3) is correct

Explanation: Serotonin is a neurotransmitter which also acts as a hormone, serotonin carries messages between nerve cells in your brain and throughout your body. Serotonin can affect our mood, high levels of the same can make an individual happy, cheerful whereas low levels of this neurotransmitter has been linked to depression, the lower the serotonin, the likelihood of depression is more.

- 36.** Match List I with List II

LIST I		LIST II	
A.	Intimate Distance	I.	18 inches to 4 feet
B.	Personal Distance	II.	4 to 10 feet
C.	Social Distance	III.	10 feet to infinity
D.	Public Distance	IV.	upto 18 inches

Choose the correct answer from the options given below:

1. A-I, B-III, C-II, D-IV
2. A-III, B-II, C-I, D-IV
3. A-II, B-IV, C-III, D-I
4. A-IV, B-I, C-II, D-III

Ans. Option (4) is correct

Explanation: Intimate distance is that which is used for very confidential communications. It ranges from touching to about 18 inches and is reserved for lovers, children, close family members, friends and pets. People in intimate distance share a unique level of bond with each other. Personal distance begins about an arm's length away starting around 18 inches and ending about 4 inches away. This space is used in conversations with friends, and

in group discussions. Social distance is used in business transactions, meeting new people and interacting with groups of people. It ranges from 4 to 10 feet. Generally, people within social distance do not engage in physical contact with one another. Public distance is measured at 10 feet to infinity between persons.

- 37.** Assessment of one's coping abilities and resources and whether they will be sufficient to meet the harm, threat or challenge of the event is called _____
1. Primary appraisal
 2. Secondary appraisal
 3. Evaluation apprehension
 4. Rehabilitation

Ans. Option (2) is correct

Explanation: Secondary appraisal involves people's evaluation of their resources and options for coping. These resources may be mental, physical, personal or social. If one thinks he/she has a positive attitude, health, skills and social support to deal with stressful situations, he/she will feel less stressed. A person can hold themselves accountable for the situation in hand.

- 38.** Identify the four significant features of attitude
- A. Similarity
 - B. Simplicity
 - C. Extremeness
 - D. Valence
 - E. Complexity

Choose the correct answer from the options given below:

1. A, B, C, D only
2. A, B, C, E only
3. B, C, D, E only
4. C, D, E, A only

Ans. Option (3) is correct

Explanation: There are significant features of attitude -: 1. Simplicity and complexity : This feature refers to how many attitudes are there within a broader attitude. Like in case of various topics like health or politics, people hold many attitudes instead of single attitude. 2. Valence : The valence of an attitude tells us whether an attitude is positive or negative towards the attitude object. Example – Rating scales in numerical forms can display whether the attitude is positive or negative. 3. Extremeness : The extremeness of an attitude indicates how positive or negative an attitude is, like rating scales from 1-5, 1 would be very negative and 5 would be very positive, 2,3,4 as somewhat negative, neutral and somewhat positive.

- 39.** Raven's Progressive Matrices is an example of?
1. Verbal test
 2. Non-Verbal test
 3. Performance test
 4. Personality test

Ans. Option (2) is correct

Explanation: Raven's progressive matrices is a non-verbal aptitude test which is used very frequently. It is used to assess abstract reasoning. As the name suggests, the test is progressive in the sense that every question gets harder as the test progresses. In this test, an individual has to determine the missing element in a pattern which is generally presented in the form of matrix.

40. Match List I with List II

LIST I		LIST II	
A.	Minnesota Multiphasic Personality Inventory (MMPI)	I.	Morgan and Murray
B.	The Therapeutic Apperception Test (TAT)	II.	Hathaway and Mckinley
C.	Sixteen Personality Factor Questionnaire (16PF)	III.	Rosenzweig
D.	Picture Frustration Study	IV.	Raymond Cattell

Choose the correct answer from the options given below:

1. A-II, B-I, C-III, D-IV
2. A-II, B-I, C-IV, D-III
3. A-I, B-II, C-III, D-IV
4. A-I, B-II, C-IV, D-III

Ans. Option (2) is correct

Explanation: 1. Minnesota Multiphasic Personality Inventory – The Minnesota Multiphasic Personality Inventory was developed by Starke R. Hathaway and J. Charnley Mckinley is the most widely used assessment tool to help diagnose mental health disorders. It was developed originally in 1930s, and was then revised and updated several times. MMPI 2 has 567 true – false and takes 60 to 90 mins and MMPI – 2- RF has 338 true false and takes 35 to 50 minutes to finish. 2. Therapeutic Apperception Test : The Therapeutic Apperception Test proposed by Christiana D. Morgan and Henry A. Murray is a type of projective test that involves showing people a series of pictures cards depicting a variety of ambiguous characters (men, women, children) and/or scenes and situations , then they are asked to tell as dramatic story as they can for each picture (what is happening in the scene, thoughts and feelings of character, what has led to the event shown, the outcome). Used to help individuals expressing their feelings in a non directive way. 3. Sixteen personality factor questionnaire (16pf) : The sixteen personality factor questionnaire was proposed by Raymond Cattell is a personality test, this includes 16 personality factors which can indicate different types of personality for an individual. 4. Picture frustration study : The picture frustration study is proposed by Rosenzweig is designed to measure characteristic modes of responding to frustration, here respondents are presented with 24 cartoon drawings each depicting one person saying something frustrating to the other, the second

person being shown with a blank speech bubble. The respondent's task is to fill in each of the 24 blank speech bubbles with the first response that comes to mind, and from the responses the direction of aggression (directed inwards, directed outwards, or repressed) and type of aggression, including obstacle-dominance (frustrating objects stand out), ego-defence (the respondent's ego predominates to protect itself), and need-persistence (the respondent pursues goals despite frustration) are scored.

41. Read the passage and answer the following questions:

Sarita is 45 years old house wife. Her husband observed that Sarita's behaviour has changed in the past few months, as she seems to be constantly worried, is suspicious of others and very cautious of going out or even eating the food made by their maid. When asked, Sarita claimed that she hears someone is plotting against her and she may be attacked by others around her including her family members. She also complains of hearing voices of her family members and even strangers who speak ill of her. Sarita firmly believes that "everyone should be nice to her as she is nice to everyone". These experiences trouble her mentally, resulting into Alogia, social withdrawal, blunt affect and avolition.

Sarita's belief that she is being plotted against is known as delusion of _____

1. reference
2. grandeur
3. persecution
4. control

Ans. Option (3) is correct

Explanation: Delusion of persecution is the false belief which is a symptom of Schizophrenia in which someone believes that he/she is being plotted on, conspired, or will be killed. A person who experiences delusion of persecution doubts everyone around him/her, remain extremely worried about something bad happening to his/her loved ones or to themselves. This is a symptom of schizophrenia. This eventually leads to developing more symptoms like withdrawal, alogia, blunt effect and avolition.

42. In the passage above, Sarita seems to be diagnosed with _____ .

1. Dissociative Identity Disorder
2. Major Depressive disorder
3. Conversion disorder
4. Schizophrenia

Ans. Option (4) is correct

Explanation: Schizophrenia is a serious mental health disorder in which people tend to interpret reality abnormally, it is a group of psychotic disorders that affects a person's ability to think, perceive, feel and behave. Schizophrenia may result in hallucinations, delusions and many other symptoms which can disturb the quality of life.

- 43.** Read the passage and answer the following questions:

Sarita is 45 years old house wife. Her husband observed that Sarita's behaviour has changed in the past few months, as she seems to be constantly worried, is suspicious of others and very cautious of going out or even eating the food made by their maid. When asked, Sarita claimed that she hears someone is plotting against her and she may be attacked by others around her including her family members. She also complains of hearing voices of her family members and even strangers who speak ill of her. Sarita firmly believes that "everyone should be nice to her as she is nice to everyone". These experiences trouble her mentally, resulting into Alogia, social withdrawal, blunt affect and avolition.

In the above passage, Sarita shows signs of alogia. Alogia refers to _____.

1. Poverty of speech
2. Loss of emotional expression
3. Inability to complete a course of action
4. Disturbed sleeping pattern

Ans. Option (1) is correct

Explanation: Poverty of speech is a symptom of schizophrenia which is characterized by loss of speech, i.e. a person's speech is very minimal and must be prompted. People with poverty of speech pause for a long time between words, give short or one word responses, have dull facial expressions, answers only when someone asks them to, have a flat tone in voice. Poverty of speech can adversely affect quality of life, the person may withdraw from friends and family, immediate treatment is needed.

- 44.** Read the passage and answer the following questions: Sarita is 45 years old house wife. Her husband observed that Sarita's behaviour has changed in the past few months, as she seems to be constantly worried, is suspicious of others and very cautious of going out or even eating the food made by their maid. When asked, Sarita claimed that she hears someone is plotting against her and she may be attacked by others around her including her family members. She also complains of hearing voices of her family members and even strangers who speak ill of her. Sarita firmly believes that "everyone should be nice to her as she is nice to everyone". These experiences trouble her mentally, resulting into Alogia, social withdrawal, blunt affect and avolition.

The symptoms of avolition, blunt affect, alogia etc. are included in -

1. Positive Symptoms
2. Negative Symptoms
3. Psychomotor Symptoms
4. Formal thought disorders

Ans. Option (2) is correct

Explanation: Negative symptoms of schizophrenia include : 1. Alogia (Poverty of speech) : Poverty of speech is a symptom of schizophrenia which is characterized by loss of speech, i.e. a person's speech is very minimal and must be prompted. People with poverty of speech pause for a long time between words, give short or one word responses, have dull facial expressions, answers only when someone asks them to, have a flat tone in voice. 2. Blunted and flat affected : Blunted affect can be explained as an individual showing less anger, less sadness, and other feelings than most people. Flat affect can be explained as an individual showing no emotions at all. 3. Avolition : Avolition is characterized by inability to start or complete a task.

- 45.** Read the passage and answer the following questions:

Sarita is 45 years old house wife. Her husband observed that Sarita's behaviour has changed in the past few months, as she seems to be constantly worried, is suspicious of others and very cautious of going out or even eating the food made by their maid. When asked, Sarita claimed that she hears someone is plotting against her and she may be attacked by others around her including her family members. She also complains of hearing voices of her family members and even strangers who speak ill of her. Sarita firmly believes that "everyone should be nice to her as she is nice to everyone". These experiences trouble her mentally, resulting into Alogia, social withdrawal, blunt affect and avolition.

In the passage above, Sarita seems to be experiencing which type of hallucination?

1. Visual Hallucination
2. Somatic Hallucination
3. Olfactory Hallucination
4. Auditory Hallucination

Ans. Option (4) is correct

Explanation: Auditory Hallucination : In auditory hallucination, patients hear sounds or voices that either speak directly to the patient (second person hallucination) or talk to one another referring to the patient (third person hallucination).

- 46.** Read the passage and answer the following questions:

Somika is a wonderful dancer. Everyone appreciates her flexible body movements. She moves her body so gracefully that every dance step depicts a meaning. She is very good at making friends. She takes care of others feelings and at the same time she knows her interest. Her sound decisions help her in organising and prioritizing things. However she avoids attending Maths and Science classes because she gets scolded for not completing her work, not understanding the concept and scoring less marks.

Identify the statements that do not explain the theory of multiple intelligence

- Intelligence is not a single entity; rather distinct type of intelligences exist
- Intelligence consists of seven Primary mental abilities
- Intellectual traits can be classified as product operation, content
- Different types of intelligences interact and work together to find a solution to problem
- Intellectual activity involves interdependent functioning of three neurological systems.

Choose the correct answer from the options given below:

- A, D, E only
- B, C, E only
- A, B, D only
- B, D, E only

Ans. Option (2) is correct

Explanation: Theory of multiple intelligence: Theory of multiple intelligence was proposed by Howard Gardener. According to him, intelligence is not a single entity, rather distinct types of intelligences exist. Each of these intelligences are independent of each other. In short, this means that, if a person exhibits one type of intelligence, it does not necessarily indicate being high or low on other types of intelligences.

- 47.** Read the passage and answer the following questions:

Somika is a wonderful dancer. Everyone appreciates her flexible body movements. She moves her body so gracefully that every dance step depicts a meaning. She is very good at making friends. She takes care of others feelings and at the same time she knows her interest. Her sound decisions help her in organising and prioritizing things. However she avoids attending Maths and Science classes because she gets scolded for not completing her work, not understanding the concept and scoring less marks.

On the basis of the above case-study, identify the type of intelligence Somika is low at, as per the theory of multiple intelligence-

- Linguistic
- Spatial
- Logical-Mathematical
- Bodily-Kinesthetic

Ans. Option (3) is correct

Explanation: Logical – Mathematical Intelligence: People who are high on this type of intelligence can think logically and critically. They engage in abstract reasoning, and can manipulate symbols to solve mathematical problems. Scientists and noble prize winners are likely to be strong in this component.

- 48.** Read the passage and answer the following questions:

Somika is a wonderful dancer. Everyone appreciates her flexible body movements. She moves her body so gracefully that every dance step depicts a meaning. She is very good at making friends. She takes care of others feelings and at the same time she knows her interest. Her sound decisions help her in organising and prioritizing things. However she avoids attending Maths and Science classes because she gets scolded for not completing her work, not understanding the concept and scoring less marks.

According to the theory of multiple intelligence, Somika's graceful dance performance shows that she is high in-

- Musical Intelligence
- Spatial Relations
- Naturalistic intelligence
- Bodily-kinesthetic Intelligence

Ans. Option (4) is correct

Explanation: Bodily – Kinaesthetic Intelligence: This consists of the use of the whole body or portions of it for display or construction of products and problem solving. Athletes, dancers, actors, sportspersons, gymnasts, and surgeons are likely to have such kind of intelligence.

- 49.** Read the passage and answer the following questions:

Somika is a wonderful dancer. Everyone appreciates her flexible body movements. She moves her body so gracefully that every dance step depicts a meaning. She is very good at making friends. She takes care of others feelings and at the same time she knows her interest. Her sound decisions help her in organising and prioritizing things. However she avoids attending Maths and Science classes because she gets scolded for not completing her work, not understanding the concept and scoring less marks.

Match List I with List II

LIST I Characteristic		LIST II Intelligence	
A.	She is good at making friends	I.	Logical-Mathematical
B.	Somika is a wonderful dancer	II.	Interpersonal Intelligence
C.	She gets scolding for not understanding Maths concept	III.	Intrapersonal Intelligence
D.	She knows her interest and desires	IV.	Bodily kinesthetic

Choose the correct answer from the options given below:

1. A-I, B-III, C-IV, D-II
2. A-III, B-II, C-I, D-IV
3. A-IV, B-II, C-I, D-III
4. A-II, B-IV, C-I, D-III

Ans. Option (4) is correct

Explanation: 1. Interpersonal Intelligence – People high on this intelligence are very social, extroverts, makes friends easily and are good at maintaining social relationships. 2. Bodily Kinaesthetic Intelligence : Involves use of whole body or portions of it for display or construction of products and problem solving. Dancers, athletes, gymnasts score high in this intelligence. 3. Logical- Mathematical : Persons high on this type of intelligence can think logically and critically. They engage in abstract reasoning, and can manipulate symbols to solve mathematical problems. Scientists and Noble prize winners are likely to score high on this intelligence. 4. Intrapersonal Intelligence : People high on this intelligence have a good relationship with their own selves, they out self confident, have knowledge about their personality, behavioral patterns.

50. Read the passage and answer the following questions:

Somika is a wonderful dancer. Everyone appreciates her flexible body movements. She moves her body so gracefully that every dance step depicts a meaning. She is very good at making friends. She takes care of others feelings and at the same time she knows her interest. Her sound decisions help her in organising and prioritizing things. However she avoids attending Maths and Science classes because she gets scolded for not completing her work, not understanding the concept and scoring less marks.

Identify which of these is a type of intelligence, described by Howard Gardner in his theory of multiple intelligence

1. Experiential Intelligence
2. Emotional Intelligence
3. Verbal comprehension
4. Linguistic Intelligence

Ans. Option (4) is correct

Explanation: Linguistic Intelligence : It is the capacity to use language fluently and flexibly to express one's thinking and understand others. Persons high on this intelligence are "word-smart", i.e. they are sensitive to different shades of word meanings, are articulate and can create linguistic images in their mind. Poets and writers are very strong in this component of intelligence.

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