

CUET-UG Psychology Sample Paper-11

Duration: 1 Hour

Maximum Marks: 250

Instructions

- This paper contains a total of 50 Multiple Choice Questions.
- Each correct answer carries **+5 marks**.
- Each incorrect answer carries **-1 mark**.
- No negative marking for unattempted questions.

Q1. A psychologist observes that a student performs exceptionally well on tasks requiring the integration of separate elements into a visual pattern (Simultaneous Processing) but struggles with serial recall. According to the PASS model, this deficit is most likely linked to which functional unit?

- (A) The first functional unit responsible for Arousal.
- (B) The second functional unit responsible for Successive processing.
- (C) The third functional unit responsible for Planning.
- (D) The lateral hypothalamus regulating cognitive energy.

Q2. In Sternberg's Triarchic Theory, an individual who is "street smart" and can effectively manipulate their environment to suit their needs, even without high academic scores, is demonstrating:

- (A) High Componential intelligence.
- (B) High Experiential intelligence.
- (C) High Contextual intelligence.
- (D) High Intrapersonal intelligence.

Q3. Arthur Jensen proposed a hierarchical model of abilities. Which of the following is an accurate distinction between Level I and Level II associative learning?

- (A) Level I involves cognitive elaboration, while Level II is rote memory.



- (B) Level I is common to all humans, while Level II involves abstract reasoning and transformational thought.
- (C) Level II is the primary focus of the Culture-Fair tests, while Level I is focus of the Binet scales.
- (D) Level I involves 'g' while Level II involves 's' factors.

Q4. Which of the following statements regarding the 'Deviation IQ' is TRUE?

- (A) It is calculated as $\frac{MA}{CA} \times 100$.
- (B) It compares an individual's performance with the average performance of their own age group.
- (C) It was first introduced by Alfred Binet in the 1905 scale.
- (D) It assumes that mental age continues to increase indefinitely with chronological age.

Q5. In the 'ABC' framework of Rational Emotive Behavior Therapy (REBT), a therapist identifies that a client's emotional distress (C) is not caused by the losing of a job (A), but by the irrational belief (B) that "I must be successful at everything or I am worthless." The process of the therapist actively challenging this 'must' to help the client develop a new, effective philosophy is known as:

- (A) Cognitive Restructuring through Socratic questioning.
- (B) Disputation (D) of irrational beliefs.
- (C) Transference interpretation.
- (D) Aversive Counter-conditioning.

Q6. In Howard Gardner's theory, the ability to "detect and respond appropriately to the moods, motivations, and desires of others" is distinct from self-awareness because it specifically represents:

- (A) Intrapersonal Intelligence.
- (B) Interpersonal Intelligence.
- (C) Existential Intelligence.



(D) Naturalistic Intelligence.

Q7. According to Karen Horney, 'Basic Anxiety' stems from social relationships during childhood. Which of the following is NOT one of the ways she suggested individuals cope with this anxiety?

- (A) Moving toward people (seeking affection).
- (B) Moving against people (seeking power).
- (C) Moving away from people (seeking detachment).
- (D) Moving above people (seeking moral superiority).

Q8. In the context of Indian psychology, the 'Atman' or the true self is considered distinct from the 'Jiva' because the Jiva is:

- (A) Eternal and unchanging.
- (B) The biological and psychological self bound by Karma.
- (C) Pure consciousness without attributes.
- (D) Equivalent to the Freudian Superego.

Q9. A person who uses 'Reaction Formation' as a defense mechanism would most likely:

- (A) Redirect their anger from a boss to a family member.
- (B) Act excessively friendly toward someone they secretly dislike.
- (C) Refuse to acknowledge a painful reality.
- (D) Attribute their own selfish motives to others.

Q10. Which of the following is a critique of the 'Type' approach to personality compared to the 'Trait' approach?

- (A) Types are too specific and ignore general patterns.
- (B) Types pigeonhole individuals into rigid categories, ignoring within-group variations.
- (C) Types rely too heavily on objective psychometric testing.



(D) Types focus exclusively on the 'Big Five' dimensions.

Q11. According to Carl Rogers, 'Incongruence' occurs when there is a significant discrepancy between:

(A) The Id and the Superego.

(B) The Real Self and the Ideal Self.

(C) Internalized values and social norms.

(D) The Collective Unconscious and the Personal Unconscious.

Q12. Which of the following assessment methods is least susceptible to 'Social Desirability' bias?

(A) Self-report Inventories (e.g., MMPI).

(B) Projective Techniques (e.g., Rorschach).

(C) Structured Interviews.

(D) Observation by peers.

Q13. In Post-Freudian theories, Erik Erikson's focus shifted from 'Psychosexual' to 'Psychosocial' development, emphasizing the role of:

(A) The Ego as an active, problem-solving agent.

(B) The Libido as the primary driver of behavior throughout life.

(C) Archetypes inherited from ancestors.

(D) Biological determinism.

Q14. The 'Eysenck Personality Questionnaire' (EPQ) posits that the biological basis for 'Extraversion' is related to:

(A) Low levels of cortical arousal.

(B) High levels of dopamine in the limbic system.

(C) An overactive sympathetic nervous system.

(D) The size of the frontal lobe.



- Q15.** According to Lazarus' Cognitive Theory of Stress, if a situation is perceived as a 'Challenge' rather than a 'Threat', the individual is likely to:
- (A) Experience more intense physiological exhaustion.
 - (B) Use more effective, problem-focused coping strategies.
 - (C) Experience 'Distress' rather than 'Eustress'.
 - (D) Skip the primary appraisal phase entirely.
- Q16.** Hans Selye's research on GAS was criticized primarily because it:
- (A) Ignored the role of the pituitary gland.
 - (B) Failed to account for the psychological appraisal of the stressor.
 - (C) Overemphasized the exhaustion stage.
 - (D) Only used human subjects, ignoring animal models.
- Q17.** When a person experiences 'Burnout' due to chronic stress, the dimension of 'Depersonalization' refers to:
- (A) A complete loss of memory and identity.
 - (B) Developing a cynical, detached attitude toward one's work or clients.
 - (C) Feeling physically paralyzed by fear.
 - (D) A decrease in one's sense of personal accomplishment.
- Q18.** Which of the following is an example of 'Biofeedback' as a stress management technique?
- (A) Taking herbal supplements to lower cortisol.
 - (B) Using electronic instruments to gain voluntary control over involuntary functions like heart rate.
 - (C) Writing in a journal to express suppressed emotions.
 - (D) Participating in high-intensity interval training.
- Q19.** The 'Resistance Stage' of the General Adaptation Syndrome is characterized by:



- (A) The initial 'shock' and activation of the adrenal glands.
- (B) The parasympathetic nervous system attempting to conserve energy while the body remains on alert.
- (C) The total depletion of resources leading to illness.
- (D) The immediate cessation of all stress hormone production.

Q20. A patient presents with a persistent belief that their internal organs are rotting and that they have "died" inside, despite medical evidence to the contrary. This specific type of somatic delusion is most closely associated with which of the following?

- (A) Cotard's Syndrome in Schizophrenia.
- (B) Illness Anxiety Disorder.
- (C) Dissociative Fugue.
- (D) Depersonalization/Derealization Disorder.

Q21. Which of the following neuro-biological findings is most commonly associated with the 'Negative Symptoms' (such as alogia and avolition) of Schizophrenia?

- (A) Overactivity of dopamine in the mesolimbic pathway.
- (B) Enlarged ventricles and structural shrinkage in the prefrontal cortex.
- (C) Increased density of serotonin receptors in the occipital lobe.
- (D) Excessive glutamate production in the basal ganglia.

Q22. A child consistently fails to speak in specific social situations (like school) where there is an expectation for speaking, despite speaking in other situations (like home). This is diagnosed as:

- (A) Autism Spectrum Disorder.
- (B) Social Anxiety Disorder.
- (C) Selective Mutism.
- (D) Separation Anxiety Disorder.



- Q23.** In the context of Mood Disorders, 'Rapid Cycling' is a specifier applied when an individual experiences:
- (A) At least four episodes of mood disturbance within a 12-month period.
 - (B) A switch from depression to mania within a single week.
 - (C) Chronic low-grade depression lasting for more than two years.
 - (D) Simultaneous symptoms of both mania and depression (Mixed Features).
- Q24.** How does 'Illness Anxiety Disorder' primarily differ from 'Somatic Symptom Disorder'?
- (A) Illness Anxiety involves actual physical pain, while Somatic Symptom does not.
 - (B) Somatic Symptom Disorder requires the presence of significant physical symptoms, while Illness Anxiety focuses on the fear of having a disease with minimal symptoms.
 - (C) Illness Anxiety is a dissociative disorder, whereas Somatic Symptom is an anxiety disorder.
 - (D) There is no clinical difference; the terms are used interchangeably in DSM-5.
- Q25.** The 'Triple Vulnerability Model' of anxiety suggests that disorders develop through the interaction of biological vulnerability, generalized psychological vulnerability, and:
- (A) Specific psychological vulnerability (learned focus on specific stimuli).
 - (B) Cultural predisposition.
 - (C) Socio-economic status.
 - (D) Immediate reinforcement of avoidant behavior.
- Q26.** Which of the following is a key diagnostic requirement for 'Post-Traumatic Stress Disorder' (PTSD) that distinguishes it from 'Acute Stress Disorder'?
- (A) The presence of "flashbacks."
 - (B) Symptoms must persist for more than one month.



- (C) The trauma must involve a near-death experience.
- (D) The individual must show signs of emotional numbing.

Q27. Oppositional Defiant Disorder (ODD) is distinguished from Conduct Disorder (CD) primarily by the fact that ODD does NOT typically involve:

- (A) Irritability and anger.
- (B) Defiance of authority figures.
- (C) Serious violations of the basic rights of others or major societal norms.
- (D) Verbal arguments with parents.

Q28. According to the 'Cognitive Triad' proposed by Aaron Beck, individuals with depression hold negative views about themselves, their world, and:

- (A) Their past.
- (B) Their family.
- (C) Their future.
- (D) Their genetic makeup.

Q29. Catatonic behavior in Schizophrenia can manifest as 'Waxy Flexibility,' which is described as:

- (A) Constant, purposeless movement and agitation.
- (B) The ability for a person to be molded into a posture and then holding that posture for long periods.
- (C) Total lack of verbal response (mutism).
- (D) Mimicking the speech of others (echolalia).

Q30. In 'Logotherapy', the concept of 'Paradoxical Intention' involves:

- (A) Asking the patient to perform or imagine the very thing they fear.
- (B) Using rewards to reinforce positive behavior.
- (C) Exploring the patient's unconscious childhood traumas.



(D) Confronting the patient's irrational "Musts" and "Shoulds."

Q31. While both focus on thoughts, what is the primary procedural difference between Beck's 'Cognitive Therapy' and Ellis's 'REBT'?

(A) Beck is more confrontational and directive than Ellis.

(B) Beck uses gentle "Socratic Questioning" to help clients discover dysfunctions, while Ellis directly challenges irrational beliefs.

(C) Ellis focuses only on childhood, while Beck focuses only on the present.

(D) Beck's therapy is only for Schizophrenia, while REBT is for Depression.

Q32. In Gestalt Therapy, the 'Empty Chair' technique is primarily used to:

(A) Facilitate a dialogue between different aspects of the patient's personality or with a significant other.

(B) Punish the patient for non-compliance.

(C) Relax the patient before starting deep hypnosis.

(D) Test the patient's spatial intelligence.

Q33. Which form of therapy is based on the principle of 'Reciprocal Inhibition', where an incompatible response (like relaxation) is used to inhibit a maladaptive response (like anxiety)?

(A) Client-Centered Therapy.

(B) Systematic Desensitization.

(C) Flooding.

(D) Token Economy.

Q34. The 'Aversive Conditioning' technique is most likely to be criticized on ethical grounds because:

(A) It takes too long to show results.

(B) It involves pairing an undesirable behavior with an unpleasant or painful stimulus.



- (C) It relies too heavily on the therapist's interpretation of dreams.
- (D) It does not address the biological roots of a disorder.

Q35. In 'Client-Centered Therapy', the therapist's ability to sense the client's private world 'as if' it were their own, without losing the 'as if' quality, is known as:

- (A) Sympathy.
- (B) Accurate Empathy.
- (C) Transference.
- (D) Congruence.

Q36. Behavior Modification through 'Negative Reinforcement' occurs when:

- (A) A desirable stimulus is added to increase behavior.
- (B) An unpleasant stimulus is removed to increase a desired behavior.
- (C) A person is punished for a wrong action.
- (D) A person observes someone else being rewarded.

Q37. A person believes that "all environmentalists are impulsive." When they meet an environmentalist who is actually very patient, they dismiss this as a "special case" or "exception" rather than changing their original belief. This is an example of:

- (A) The Fundamental Attribution Error.
- (B) Subtyping (maintaining stereotypes despite disconfirming evidence).
- (C) The Primacy Effect.
- (D) Self-serving Bias.

Q38. In the 'Balance Theory' proposed by Fritz Heider, a state of imbalance occurs within the P-O-X triad when:

- (A) The product of the three relationships (signs) is positive.
- (B) The product of the three relationships (signs) is negative.
- (C) All three individuals in the triad dislike each other.



(D) The 'P' and 'O' have a positive relationship regardless of 'X'.

Q39. Which of the following best describes the 'Self-Serving Bias' in attribution?

(A) Attributing others' failures to their personality traits.

(B) Attributing one's own successes to internal factors and failures to situational factors.

(C) Believing that the world is a fair place where people get what they deserve.

(D) Overestimating the degree to which others agree with our own opinions.

Q40. According to the 'Dual-Process Model' of persuasion (Elaboration Likelihood Model), when an individual is highly motivated and has the cognitive resources to think about an argument, they take the:

(A) Peripheral route.

(B) Central route.

(C) Heuristic route.

(D) Affective route.

Q41. The 'Actor-Observer Effect' suggests that when explaining behavior:

(A) We emphasize situational causes for others and dispositional causes for ourselves.

(B) We emphasize dispositional causes for others and situational causes for ourselves.

(C) We treat ourselves and others exactly the same way.

(D) We always blame the environment regardless of who the actor is.

Q42. A teacher is told that a group of students are "late bloomers" with high potential. Consequently, the teacher gives them more attention, and the students' IQ scores actually improve. This phenomenon is known as:

(A) Social Facilitation.

(B) The Self-Fulfilling Prophecy (Rosenthal Effect).



- (C) The Halo Effect.
- (D) Cognitive Dissonance.

Q43. In the context of 'Attitude Change', the 'Source Characteristic' involving the perceived expertise and trustworthiness of the communicator is called:

- (A) Attractiveness.
- (B) Credibility.
- (C) Likeability.
- (D) Similarity.

Q44. A person experiences 'Cognitive Dissonance' when they smoke despite knowing it causes cancer. To reduce this dissonance, they might say, "My grandfather smoked and lived to be 90." This is an example of:

- (A) Changing the behavior.
- (B) Reducing the importance of the dissonant cognition.
- (C) Adding new consonant cognitions to justify the behavior.
- (D) Increasing the 'Actor-Observer' bias.

Q45. According to the 'Social Identity Theory' (Tajfel and Turner), the primary reason individuals show 'In-group Bias' is to:

- (A) Increase their material wealth.
- (B) Enhance their own self-esteem through the status of the group.
- (C) Avoid social loafing in large crowds.
- (D) Follow the explicit orders of a legitimate authority.

Q46. The 'Minimum Group Paradigm' experiments demonstrated that:

- (A) Group conflict only happens when resources are scarce.
- (B) Even meaningless, arbitrary categorization is enough to trigger in-group favoritism.
- (C) Social loafing is inevitable in groups of more than five people.



(D) Leaders are born, not made.

Q47. In Irving Janis's theory of 'Groupthink', which of the following is a symptom of a group that has lost its capacity for critical thinking?

(A) Encouragement of dissenting opinions.

(B) An illusion of invulnerability.

(C) Low group cohesiveness.

(D) High levels of internal debate and conflict.

Q48. When an individual is in a large, anonymous crowd and loses their sense of personal responsibility and self-awareness, leading to impulsive behavior, they are experiencing:

(A) Group Polarization.

(B) Deindividuation.

(C) Social Inhibition.

(D) Compliance.

Q49. Which of the following 'Social Influence' processes involves changing behavior in response to a direct request from someone who does not necessarily have authority over you?

(A) Conformity.

(B) Obedience.

(C) Compliance.

(D) Identification.

Q50. The 'Robbers Cave Experiment' by Muzafer Sherif showed that inter-group conflict could be reduced effectively through:

(A) Mere contact and communication between groups.

(B) Introducing 'Superordinate Goals' that required mutual cooperation.

(C) Rewarding the winning group more fairly.



(D) Punishing the leaders of the aggressive groups.

Detailed Solutions

Q1.

Solution

Concept: The PASS model of intelligence proposed by Das, Naglieri, and Kirby explains cognitive functioning through four processes: Planning, Attention-Arousal, Simultaneous Processing, and Successive Processing. Simultaneous processing involves integrating separate pieces of information into a coherent whole, while successive processing involves the sequential arrangement and recall of information. These processes are part of the second functional unit responsible for coding and processing information in a stepwise or holistic manner depending on task demands.

Solution: In the given case, the student excels in simultaneous processing, meaning they are strong in integrating visual or spatial information into meaningful patterns. However, they struggle with serial recall, which is a hallmark of successive processing difficulties. Successive processing is responsible for organizing stimuli in a specific sequential order, such as remembering digits or words in order. According to the PASS model, both simultaneous and successive processing belong to the second functional unit of cognitive processing. The first unit is responsible for arousal and attention regulation, while the third unit is responsible for planning and self-regulation of behavior. Since the deficit is in sequential recall, it clearly indicates an issue in successive processing, placing the function in the second unit. Therefore, the correct answer is option B.

Final Answer: The second functional unit responsible for Successive processing

Answer: (B)

Q2.

Solution

Concept: Sternberg's Triarchic Theory of Intelligence divides intelligence into three components: analytical (componential), creative (experiential), and practical (contextual). Contextual intelligence refers to the ability to adapt to, shape, or select environments to meet personal goals. It is often described as "street smartness" and reflects real-world problem-solving skills rather than academic performance. This form of intelligence emphasizes successful functioning in everyday life situations.

Solution: In Sternberg's theory, an individual who is described as "street smart" demonstrates the ability to effectively manage real-world situations, adapt to changing environments, and manipulate circumstances to achieve desired outcomes. This aligns directly with contextual intelligence, which focuses on environmental adaptation and practical problem-solving. Analytical intelligence is related to academic reasoning and problem-solving, experiential intelligence deals with creativity and novelty, and intrapersonal intelligence is part of Gardner's theory, not Sternberg's. Therefore, the correct classification of "street smartness" is contextual intelligence, as it reflects real-world adaptive competence rather than theoretical or creative performance. Hence, option C is correct.

Final Answer: High Contextual intelligence

Answer: (C)



Q3.

Solution

Concept: Arthur Jensen proposed a hierarchical model of intelligence distinguishing between Level I and Level II abilities. Level I refers to associative learning, which involves rote memorization and simple recall of learned material without transformation. Level II, also called cognitive or conceptual learning, involves higher-order processes such as abstract reasoning, problem solving, and transformation of learned information. This distinction reflects differences in complexity of cognitive processing.

Solution: According to Jensen's model, Level I abilities are universal across humans and involve basic associative learning such as memorization and repetition. These processes do not require deep understanding or manipulation of information. In contrast, Level II abilities involve complex cognitive operations like abstract thinking, reasoning, and transforming information into new forms, which are essential for higher intellectual functioning. Therefore, Level I is associated with basic learning mechanisms common to all individuals, while Level II reflects advanced reasoning and conceptual processing. Options suggesting reversal or incorrect associations between IQ tests or factors are inaccurate. Hence, the correct distinction is that Level I is common to all humans, while Level II involves abstract reasoning and transformational thought, making option B correct.

Final Answer: Level I is universal; Level II involves abstract, higher reasoning.

Answer: (B)

Q4.

Solution

Concept: IQ can be measured using two main methods: ratio IQ and deviation IQ. Deviation IQ is based on comparing an individual's score with the average performance of people in the same age group. Unlike ratio IQ, it does not use mental age calculations. It assumes intelligence is normally distributed and uses statistical norms to determine relative standing within a population of similar age.

Solution: Deviation IQ is designed to overcome limitations of the earlier ratio IQ method. Instead of comparing mental age to chronological age, it compares an individual's performance to the average performance of their age peers. This makes it more statistically valid and applicable across different age groups. Option A describes ratio IQ, not deviation IQ. Option C is incorrect because Alfred Binet did not introduce deviation IQ. Option D is also incorrect because deviation IQ does not assume unlimited mental age growth. Therefore, the correct statement is that deviation IQ compares an individual's performance with the average performance of their own age group, making option B correct.

Final Answer: Compares a person's performance with their age group average

Answer: (B)



Q5.

Solution

Concept: Rational Emotive Behavior Therapy (REBT) developed by Albert Ellis is based on the ABC model: Activating event (A), Beliefs (B), and Consequences (C). Psychological distress arises not from events themselves but from irrational beliefs. The therapeutic process involves disputing these irrational beliefs and replacing them with rational, adaptive thoughts. This cognitive restructuring helps individuals develop healthier emotional responses.

Solution: In REBT, when a client believes "I must be successful at everything or I am worthless," the therapist identifies this as an irrational belief causing emotional distress. The process of directly challenging, questioning, and restructuring such rigid "must" or "should" beliefs is known as disputation (D). Through disputation, the therapist helps the client evaluate the logic, evidence, and usefulness of their belief system. Cognitive restructuring through Socratic questioning is related but more general, while transference interpretation belongs to psychoanalysis, and aversive conditioning is behavioral. Therefore, the specific REBT technique used here is disputation of irrational beliefs, making option B correct.

Final Answer: Disputation (D) of irrational beliefs

Answer: (B)

Q6.

Solution

Concept: Howard Gardner's theory of Multiple Intelligences proposes that intelligence is not a single general ability but a combination of distinct types. Interpersonal intelligence refers to the ability to understand and interact effectively with others, including recognizing emotions, motivations, and intentions. It is different from intrapersonal intelligence, which focuses on self-awareness and internal understanding.

Solution: The ability to accurately detect and respond to the moods, motivations, and desires of others reflects interpersonal intelligence. This form of intelligence is crucial for social interaction, empathy, leadership, and communication. It is distinct from intrapersonal intelligence, which involves understanding one's own emotions and thoughts. Existential intelligence relates to philosophical thinking about existence, while naturalistic intelligence involves understanding nature and living organisms. Since the question specifically emphasizes understanding others' emotional and motivational states, it clearly corresponds to interpersonal intelligence. Therefore, option B is correct.

Final Answer: Interpersonal Intelligence

Answer: (B)



Q7.

Solution

Concept: Karen Horney proposed that neurosis arises from basic anxiety developed in childhood due to disturbed interpersonal relationships. She identified three coping strategies: moving toward people (compliance), moving against people (aggression), and moving away from people (detachment). These represent interpersonal orientations rather than moral or superiority-based coping mechanisms.

Solution: According to Horney, individuals cope with basic anxiety by adopting one of three neurotic trends. Moving toward people involves seeking affection and approval, moving against people involves dominance and control, and moving away from people involves emotional withdrawal and independence. However, "moving above people" is not part of her theoretical framework. It is not recognized as a coping mechanism in Horney's model. Therefore, the option that does NOT belong is moving above people, which is not a valid category in her theory. Hence, option D is correct.

Final Answer: Moving above people (seeking moral superiority)

Answer: (D)

Q8.

Solution

Concept: In Indian psychology, the concept of Atman refers to the true self or pure consciousness, which is eternal and unchanging. In contrast, Jiva represents the individual self that is embodied, conditioned by experiences, and influenced by karma. Jiva is associated with biological and psychological identity, while Atman represents universal consciousness beyond material existence.

Solution: The distinction between Atman and Jiva is fundamental in Indian philosophical systems such as Vedanta. Atman is considered pure, infinite, and identical with universal consciousness. Jiva, however, refers to the individual soul that experiences life through a body-mind complex and is bound by karma, leading to cycles of birth and rebirth. It is not equivalent to Western psychological constructs like the superego. Therefore, Jiva is best defined as the biological and psychological self bound by karma. Hence, option B is correct.

Final Answer: The biological and psychological self bound by Karma

Answer: (B)



Q9.

Solution

Concept: Defense mechanisms are unconscious psychological strategies proposed in psychoanalytic theory to reduce anxiety caused by internal conflicts. Reaction formation is a specific defense mechanism in which an individual transforms an unacceptable impulse or feeling into its opposite behavior. Personality theories also include critiques of type and trait approaches, Rogers' self-concept theory, assessment biases, Erikson's psychosocial stages, biological bases of personality in Eysenck's model, and Lazarus' cognitive appraisal theory of stress.

Solution: Reaction formation is a defense mechanism where an individual behaves in a way that is directly opposite to their unacceptable thoughts or feelings. For example, if a person harbors unconscious dislike or hostility toward someone, they may express exaggerated friendliness or affection toward that person to conceal the unacceptable emotion. Redirecting anger to another person is displacement, refusing reality is denial, and attributing one's own motives to others is projection. Therefore, the correct example of reaction formation is acting excessively friendly toward someone they secretly dislike. Hence, option B is correct.

Regarding personality theories, the type approach classifies individuals into distinct categories, which is criticized for ignoring individual differences within groups. Rogers defined incongruence as a mismatch between real and ideal self. Social desirability bias is least in projective techniques due to ambiguous stimuli. Erikson emphasized ego development and psychosocial growth. Eysenck linked extraversion to low cortical arousal, and Lazarus proposed that perceiving stress as a challenge leads to problem-focused coping strategies. Therefore, option B remains the correct answer.

Final Answer: Act excessively friendly toward someone they secretly dislike

Answer: (B)



Q10.

Solution

Concept: Personality can be studied through different approaches, mainly the type approach and the trait approach. The type approach categorizes individuals into distinct, discrete categories, while the trait approach describes personality in terms of continuous dimensions. Type theories are often criticized for being overly simplistic and not accounting for individual differences within the same category.

Solution: The type approach to personality, such as introvert-extrovert classification, assigns individuals to fixed categories. A major criticism is that it ignores the variability and subtle differences among people within the same category. In contrast, the trait approach views personality traits as dimensions that vary along a continuum, allowing for more precise individual assessment. Option A is incorrect because types are not too specific but rather too broad. Option C is incorrect as type theories are not primarily based on psychometric testing. Option D is incorrect because Big Five belongs to trait theory, not type theory. Therefore, the correct critique is that type theories pigeonhole individuals into rigid categories, ignoring within-group variations. Hence, option B is correct.

Final Answer: Types put people into fixed categories, ignoring individual differences

Answer: (B)

Q11.

Solution

Concept: Carl Rogers' Humanistic Theory emphasizes the concept of self and the need for congruence between an individual's perceived self and ideal self. Incongruence occurs when there is a mismatch between these two self-structures, leading to psychological distress and maladjustment. The greater the gap between real and ideal self, the higher the incongruence.

Solution: According to Rogers, personality development depends on achieving congruence between the real self (how a person actually perceives themselves) and the ideal self (how a person wishes to be). When there is a significant discrepancy between these two, the individual experiences incongruence, which can lead to anxiety, dissatisfaction, and maladjustment. The options involving Id, Superego, collective unconscious, or internalized social norms belong to other psychological theories such as Freud, Jung, or sociocultural perspectives. Therefore, the correct definition of incongruence in Rogers' theory is the mismatch between real self and ideal self. Hence, option B is correct.

Final Answer: The Real Self and the Ideal Self

Answer: (B)



Q12.

Solution

Concept: Psychological assessment methods vary in their susceptibility to response biases such as social desirability, where individuals respond in a way that is viewed favorably by others. Structured self-reports, interviews, and peer observations can be influenced by conscious impression management, whereas projective techniques use ambiguous stimuli to reduce conscious control over responses.

Solution: Social desirability bias occurs when individuals alter their responses to appear more socially acceptable. Self-report inventories like MMPI, structured interviews, and peer observations are all vulnerable because respondents are aware they are being evaluated. Projective techniques, such as the Rorschach Inkblot Test, use ambiguous stimuli that reduce the ability to consciously manipulate responses, making them relatively less susceptible to social desirability bias. Although not completely free from subjectivity, they minimize deliberate impression management. Therefore, among the given options, projective techniques are least affected by social desirability bias. Hence, option B is correct.

Final Answer: Projective Techniques (e.g., Rorschach)

Answer: (B)

Q13.

Solution

Concept: Erik Erikson's psychosocial theory of development expands Freud's psychosexual stages by emphasizing the role of social relationships and ego development across the lifespan. He viewed the ego as an active, adaptive force that helps individuals navigate psychosocial conflicts at different stages of life.

Solution: Erikson shifted focus from biological drives to social and cultural influences on personality development. Unlike Freud, who emphasized libido, Erikson highlighted the ego as a central organizing agent that actively solves life crises such as trust vs mistrust and identity vs role confusion. This reflects a dynamic and adaptive view of personality development. Archetypes belong to Jung, libido to Freud, and biological determinism is not central to Erikson's theory. Therefore, Erikson's key contribution was emphasizing the ego as an active problem-solving agent in psychosocial development. Hence, option A is correct.

Final Answer: The Ego as an active, problem-solving agent

Answer: (A)



Q14.

Solution

Concept: Eysenck's biological theory of personality proposes that extraversion and introversion are linked to levels of cortical arousal in the brain. According to this theory, extraverts tend to have lower baseline cortical arousal, leading them to seek external stimulation, while introverts have higher arousal and avoid excessive stimulation.

Solution: The Eysenck Personality Questionnaire (EPQ) is based on a biological model of personality. It suggests that extraversion is associated with low cortical arousal in the brain's reticular activating system. Because extraverts are under-aroused, they seek external stimulation to reach an optimal level of arousal. Introverts, in contrast, are already highly aroused and therefore avoid stimulation. Other options such as dopamine levels, sympathetic nervous system overactivity, or frontal lobe size are not central explanations in Eysenck's original theory. Therefore, the correct biological basis of extraversion is low cortical arousal, making option A correct.

Final Answer:

Answer: (A)

Q15.

Solution

Concept: Lazarus' Cognitive Theory of Stress emphasizes cognitive appraisal, where individuals evaluate situations in terms of their significance to well-being. Primary appraisal determines whether a situation is a threat or challenge. If a situation is appraised as a challenge, it is perceived as manageable and potentially beneficial, leading to adaptive coping strategies.

Solution: According to Lazarus, stress response depends on how an individual interprets a situation. When a situation is perceived as a challenge rather than a threat, the individual believes they have the resources to cope effectively. This leads to problem-focused coping strategies, such as planning, problem-solving, and seeking solutions, rather than emotional distress or avoidance. Perceiving situations as threats typically leads to emotional-focused coping and higher distress. Skipping appraisal phases is incorrect because cognitive appraisal is central to the theory. Therefore, perceiving a situation as a challenge results in more effective problem-focused coping strategies. Hence, option B is correct.

Final Answer:

Answer: (B)



Q16.

Solution

Concept: Hans Selye's General Adaptation Syndrome (GAS) describes a universal physiological response to stress in three stages: alarm, resistance, and exhaustion. It focuses primarily on biological reactions of the body rather than cognitive interpretation. However, later psychological theories emphasized the importance of cognitive appraisal in determining stress responses, highlighting that perception plays a crucial role in whether an event is experienced as stressful.

Solution: Hans Selye's GAS model was groundbreaking in explaining how the body responds to stress through a predictable physiological pattern involving hormonal and autonomic changes. However, a major criticism of this model is that it ignores the psychological interpretation or cognitive appraisal of stressors. Selye assumed that all stressors produce a similar physiological response, regardless of how the individual perceives them. Later research, especially Lazarus' Cognitive Theory of Stress, showed that perception and appraisal significantly influence stress reactions. The omission of psychological factors makes GAS incomplete in explaining real-life stress experiences. Other options are incorrect because Selye did not ignore the pituitary gland, did not overemphasize exhaustion as a flaw, and did not restrict his research to humans alone. Therefore, the correct criticism is the failure to account for psychological appraisal of the stressor, making option B correct.

Final Answer: Failed to account for the psychological appraisal of the stressor

Answer: (B)

Q17.

Solution

Concept: Burnout is a psychological syndrome resulting from chronic workplace stress and is characterized by three dimensions: emotional exhaustion, depersonalization, and reduced personal accomplishment. Depersonalization refers specifically to a negative, detached, and cynical attitude toward clients, colleagues, or one's work, often as a coping mechanism for emotional overload.

Solution: Burnout develops when individuals are exposed to prolonged stress without adequate recovery. The depersonalization component involves treating others in an impersonal, detached, or cynical manner. This is often seen in professionals such as healthcare workers or teachers who become emotionally numb and develop a negative attitude toward those they serve. It does not involve memory loss, physical paralysis, or reduced personal accomplishment, which is a separate dimension of burnout. Emotional exhaustion refers to fatigue, while reduced personal accomplishment refers to feelings of inefficacy. Therefore, depersonalization is best defined as developing a cynical and detached attitude toward one's work or clients, making option B correct.

Final Answer: Developing a cynical, detached attitude toward one's work or clients

Answer: (B)



Q18.

Solution

Concept: Biofeedback is a stress management technique that helps individuals gain voluntary control over involuntary physiological processes by providing real-time information about bodily functions such as heart rate, blood pressure, and muscle tension. It is based on operant conditioning principles where individuals learn to regulate physiological responses through feedback.

Solution: Biofeedback involves the use of electronic monitoring devices that measure physiological activities such as heart rate, skin temperature, or muscle tension. The individual receives immediate feedback and learns to consciously regulate these otherwise involuntary functions. This technique is widely used in managing stress, anxiety, and psychosomatic disorders. Taking herbal supplements or exercising may reduce stress but are not biofeedback methods. Journaling is expressive therapy, not physiological feedback-based training. High-intensity exercise is also not biofeedback. Therefore, the correct example of biofeedback is using electronic instruments to gain voluntary control over involuntary bodily functions, making option B correct.

Final Answer: Using devices to control involuntary functions like heart rate.

Answer: (B)

Q19.

Solution

Concept: The General Adaptation Syndrome (GAS) proposed by Hans Selye describes stress response in three stages: alarm, resistance, and exhaustion. The resistance stage occurs after the initial alarm reaction and represents a period where the body attempts to adapt to the stressor while maintaining heightened physiological arousal.

Solution: In the resistance stage of GAS, the body has already responded to the initial shock of the stressor and is now attempting to cope with it. Physiological arousal remains elevated, but the body tries to conserve energy and maintain functioning through continued activation of stress hormones like cortisol. The parasympathetic system does not dominate; rather, the body stays in a state of alertness. Exhaustion represents resource depletion, not resistance. Immediate cessation of stress hormones does not occur in this stage. The alarm stage involves initial shock and adrenal activation. Therefore, the resistance stage is best characterized by the body remaining on alert while attempting to conserve energy, making option B correct.

Final Answer: Parasympathetic system tries to conserve energy while body stays alert.

Answer: (B)



Q20.

Solution

Concept: Cotard's Syndrome is a rare neuropsychiatric condition often associated with schizophrenia or severe depression, characterized by nihilistic delusions in which individuals believe they are dead, do not exist, or have lost internal organs. It reflects extreme distortion of self-perception and reality testing.

Solution: The belief that internal organs are rotting or that one has died inside despite clear medical evidence is a hallmark of Cotard's Syndrome. This condition is typically seen in severe psychiatric disorders, particularly schizophrenia or psychotic depression. Illness anxiety disorder involves excessive worry about having a disease without delusion of death. Dissociative fugue involves sudden travel and amnesia, while depersonalization involves feeling detached from oneself but not holding fixed delusional beliefs. Therefore, the presence of nihilistic delusions about being dead strongly indicates Cotard's Syndrome in schizophrenia, making option A correct.

Final Answer: Cotard's Syndrome in Schizophrenia

Answer: (A)

Q21.

Solution

Concept: Schizophrenia includes positive symptoms (such as hallucinations and delusions) and negative symptoms (such as alogia, avolition, and flat affect). Neurobiological studies suggest that negative symptoms are associated with structural brain abnormalities, particularly in the prefrontal cortex, and ventricular enlargement, reflecting reduced brain tissue volume and impaired executive functioning.

Solution: Negative symptoms of schizophrenia are linked to deficits in motivation, speech, and emotional expression. Research indicates that these symptoms are associated with structural abnormalities in the brain, especially enlarged ventricles and reduced activity or shrinkage in the prefrontal cortex, which is responsible for executive functions and decision-making. In contrast, positive symptoms are more closely linked to dopamine overactivity in the mesolimbic pathway. Other neurotransmitters and brain regions mentioned in the options are not primary findings for negative symptoms. Therefore, the correct neurobiological association is enlarged ventricles and prefrontal cortex shrinkage, making option B correct.

Final Answer: Enlarged ventricles and structural shrinkage in the prefrontal cortex

Answer: (B)



Q22.

Solution

Concept: Selective Mutism is an anxiety-related disorder in childhood characterized by a consistent failure to speak in specific social situations where speaking is expected, despite speaking normally in other settings. It is not due to lack of language ability but is linked to social anxiety and fear of evaluation.

Solution: In selective mutism, children are fully capable of speech but choose not to speak in certain social environments such as school, due to intense anxiety or fear. However, they may speak freely in comfortable settings like home. This distinguishes it from autism spectrum disorder, which involves broader social and communication deficits. Social anxiety disorder may involve fear of speaking but does not necessarily include complete mutism in specific contexts. Separation anxiety disorder involves distress when separated from caregivers. Therefore, the condition described is selective mutism, making option C correct.

Final Answer: Selective Mutism

Answer: (C)

Q23.

Solution

Concept: Mood disorders such as bipolar disorder are characterized by episodes of mania, hypomania, and depression. A specifier helps describe the pattern of these episodes. Rapid cycling is a clinically significant pattern where mood episodes occur frequently within a short period, indicating greater severity and treatment complexity compared to typical episodic mood changes.

Solution: Rapid cycling is a specifier used in bipolar and related mood disorders when an individual experiences multiple distinct mood episodes within a 12-month period. According to diagnostic criteria, this typically means at least four mood episodes such as mania, hypomania, or major depression occurring in one year. It does not refer to quick switching within a single week, which would describe mood instability but not the formal specifier. Chronic low-grade depression is dysthymia, now called persistent depressive disorder. Mixed features involve simultaneous manic and depressive symptoms but are not the same as rapid cycling. Therefore, the correct definition of rapid cycling is the occurrence of at least four mood episodes within a year, making option A correct.

Final Answer: At least four episodes of mood disturbance within a 12-month period

Answer: (A)



Q24.

Solution

Concept: Somatic Symptom Disorder and Illness Anxiety Disorder are both classified under somatic symptom and related disorders in DSM-5. The key distinction lies in the presence and intensity of physical symptoms versus the level of health-related anxiety and preoccupation with illness.

Solution: Somatic Symptom Disorder involves one or more significant physical symptoms such as pain or fatigue that are distressing and accompanied by excessive thoughts or behaviors related to the symptoms. In contrast, Illness Anxiety Disorder is characterized primarily by a preoccupation with having or acquiring a serious illness, with minimal or no actual somatic symptoms present. Option A is incorrect because illness anxiety does not require actual physical pain. Option C is incorrect because Illness Anxiety is not a dissociative disorder. Option D is incorrect because DSM-5 clearly distinguishes them. Therefore, the correct difference is that Somatic Symptom Disorder includes significant physical symptoms, whereas Illness Anxiety Disorder focuses on fear of illness with minimal symptoms, making option B correct.

Final Answer: SSD = physical symptoms; Illness Anxiety = fear without symptoms

Answer: (B)

Q25.

Solution

Concept: The Triple Vulnerability Model explains the development of anxiety disorders as the interaction of three factors: biological vulnerability, generalized psychological vulnerability (belief that the world is uncontrollable), and specific psychological vulnerability (learning to fear specific situations or cues).

Solution: According to the Triple Vulnerability Model, anxiety disorders arise when an individual has a biological predisposition, a generalized belief that they have little control over stress, and a learned or specific psychological vulnerability that focuses fear on particular objects or situations. This specific vulnerability is usually acquired through learning experiences such as conditioning or observation. Cultural or socio-economic factors may influence stress but are not core components of the model. Immediate reinforcement is also not part of the foundational structure. Therefore, the missing third component is specific psychological vulnerability involving learned focus on specific stimuli, making option A correct.

Final Answer: Specific psychological vulnerability (learned focus on specific stimuli)

Answer: (A)



Q26.

Solution

Concept: Post-Traumatic Stress Disorder (PTSD) and Acute Stress Disorder (ASD) are trauma-related disorders that share similar symptoms such as intrusion, avoidance, and hyperarousal. The key distinction between them is the duration of symptoms following exposure to a traumatic event.

Solution: Both PTSD and Acute Stress Disorder involve exposure to traumatic events and symptoms like flashbacks, anxiety, and emotional distress. However, the primary diagnostic difference is temporal. In PTSD, symptoms must persist for more than one month after the traumatic event. In Acute Stress Disorder, symptoms occur within three days to one month after trauma. Option A is not unique to PTSD as flashbacks can occur in both conditions. Option C is not required for diagnosis. Option D may occur in both disorders but is not a defining criterion. Therefore, the key distinguishing feature is symptom duration exceeding one month, making option B correct.

Final Answer: Symptoms must persist for more than one month

Answer: (B)

Q27.

Solution

Concept: Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD) are disruptive behavior disorders in childhood and adolescence. ODD involves a pattern of angry, irritable mood and defiant behavior, while Conduct Disorder involves more severe violations of social norms and the rights of others.

Solution: ODD is characterized by frequent temper loss, argumentativeness, and defiance toward authority figures but does not include severe antisocial behaviors. Conduct Disorder, in contrast, involves serious violations such as aggression toward people or animals, destruction of property, deceitfulness, and theft. Option A, B, and D are typical features of ODD. The key distinguishing feature is that Conduct Disorder includes serious violations of societal norms and rights of others, which ODD does not. Therefore, the correct answer is option C.

Final Answer: Serious violations of the basic rights of others or major societal norms

Answer: (C)



Q28.

Solution

Concept: Aaron Beck's Cognitive Triad explains depression as being maintained by negative beliefs about three domains: the self, the world, and the future. These distorted cognitions contribute to feelings of hopelessness and helplessness.

Solution: According to Beck, individuals with depression tend to interpret experiences through a negative cognitive framework. They view themselves as inadequate or worthless, the world as hostile or unfair, and the future as hopeless or bleak. This triad reinforces depressive thinking patterns and emotional distress. Options such as past, family, or genetic makeup are not part of Beck's original model. Therefore, the third component of the cognitive triad, along with self and world, is the future. Hence, option C is correct.

Final Answer: Their future

Answer: (C)

Q29.

Solution

Concept: Catatonia is a psychomotor disturbance associated with schizophrenia and other mental disorders. It includes a range of motor abnormalities such as stupor, rigidity, mutism, and waxy flexibility. Waxy flexibility is a specific sign where a person maintains postures imposed by others.

Solution: Waxy flexibility refers to a catatonic symptom in which a patient's limbs can be moved into positions by another person, and the patient will maintain those positions for extended periods, as if the body has a wax-like resistance. This reflects impaired voluntary motor control and is commonly seen in catatonic schizophrenia. Option A describes agitation, not waxy flexibility. Option C refers to mutism, and option D refers to echolalia. Therefore, the correct description is the ability to be molded into a posture and maintain it for a long time, making option B correct.

Final Answer: Ability to be molded into a posture and holding it for long periods

Answer: (B)



Q30.

Solution

Concept: Logotherapy, developed by Viktor Frankl, is a meaning-centered psychotherapy. One of its key techniques is paradoxical intention, where clients are encouraged to intentionally engage in or exaggerate the very symptom or fear they are trying to avoid. This helps break the cycle of anticipatory anxiety and reduces symptom severity.

Solution: Paradoxical intention is based on the idea that fear of a symptom often increases its occurrence. By instructing the patient to deliberately attempt or imagine the feared behavior or symptom, the anxiety associated with it is reduced, thereby weakening the maladaptive cycle. This technique is especially useful in anxiety and phobic disorders. It does not involve reinforcement, psychoanalysis of childhood trauma, or challenging irrational beliefs directly. Therefore, the correct description is asking the patient to perform or imagine the very thing they fear, making option A correct.

Final Answer: Asking the patient to perform or imagine the very thing they fear

Answer: (A)

Q31.

Solution

Concept: Beck's Cognitive Therapy and Ellis's Rational Emotive Behavior Therapy (REBT) both focus on modifying dysfunctional thinking patterns. However, they differ in their therapeutic style and procedure. Beck emphasizes collaborative discovery through gentle questioning, while Ellis uses a more direct and confrontational approach to dispute irrational beliefs.

Solution: In Beck's Cognitive Therapy, the therapist uses Socratic questioning to help clients identify and evaluate their automatic thoughts in a collaborative and guided manner. The aim is self-discovery of cognitive distortions. In contrast, Ellis's REBT is more active and directive, where the therapist directly challenges irrational beliefs such as "musts" and "shoulds." Option A reverses their roles and is incorrect. Option C and D are factually incorrect regarding focus and applicability. Therefore, the correct procedural difference is that Beck uses gentle Socratic questioning, while Ellis directly challenges irrational beliefs, making option B correct.

Final Answer: Beck uses Socratic questioning; Ellis directly challenges irrational beliefs

Answer: (B)



Q32.

Solution

Concept: Gestalt Therapy emphasizes awareness, experience in the present moment, and integration of fragmented aspects of the self. The 'Empty Chair' technique is a role-playing method used to facilitate dialogue between conflicting parts of the self or between the client and significant others to resolve unfinished emotional issues.

Solution: In Gestalt Therapy, the Empty Chair technique allows the client to speak to an imagined person or different aspect of themselves placed in an empty chair. This helps bring unresolved emotions, internal conflicts, and interpersonal issues into awareness, promoting emotional integration. It is not used for punishment, hypnosis, or intelligence testing. Its primary goal is emotional expression and integration through experiential dialogue. Therefore, the correct use of the Empty Chair technique is facilitating dialogue between different aspects of the personality or significant others, making option A correct.

Final Answer: Facilitate dialogue between patient's parts or a significant other.

Answer: (A)

Q33.

Solution

Concept: Reciprocal inhibition is a behavioral therapy principle developed by Joseph Wolpe. It states that two incompatible responses cannot occur simultaneously. In systematic desensitization, relaxation is taught and then gradually paired with anxiety-provoking stimuli to reduce phobic responses.

Solution: Systematic desensitization is based on the principle of reciprocal inhibition, where a response such as relaxation is conditioned to replace anxiety. The client is gradually exposed to feared stimuli while maintaining a relaxed state, weakening the anxiety response. Client-centered therapy is humanistic and not behavior-based. Flooding involves immediate exposure without gradual relaxation, and token economy is based on reinforcement, not inhibition. Therefore, the therapy that uses reciprocal inhibition is systematic desensitization, making option B correct.

Final Answer: Systematic Desensitization

Answer: (B)



Q34.

Solution

Concept: Aversive conditioning is a behavioral therapy technique in which an undesirable behavior is paired with an unpleasant stimulus to reduce or eliminate that behavior. While it can be effective, it raises ethical concerns due to the use of discomfort or pain in modifying behavior.

Solution: Aversive conditioning works by associating unwanted behaviors, such as addiction or harmful habits, with unpleasant stimuli like electric shocks, nausea-inducing drugs, or other discomforting experiences. The ethical criticism arises because it deliberately exposes individuals to unpleasant or potentially painful experiences, raising concerns about harm, consent, and psychological distress. Option A refers to effectiveness, not ethics. Option C relates to psychoanalysis, and option D is irrelevant. Therefore, the main ethical concern is that it involves pairing undesirable behavior with unpleasant or painful stimuli, making option B correct.

Final Answer: It involves pairing behavior with an unpleasant or painful stimulus

Answer: (B)

Q35.

Solution

Concept: Client-Centered Therapy, developed by Carl Rogers, emphasizes empathy, unconditional positive regard, and congruence. Empathy in this context refers to the therapist's ability to deeply understand the client's subjective experience while maintaining an objective awareness of it as the therapist's understanding, not the client's reality.

Solution: Accurate empathy involves the therapist entering the client's subjective world and understanding their feelings and thoughts "as if" they were their own, without losing the distinction between the therapist's and client's perspectives. Sympathy is emotional sharing rather than understanding, transference is a psychoanalytic concept, and congruence refers to therapist genuineness. Therefore, the correct term describing this therapeutic skill in client-centered therapy is accurate empathy, making option B correct.

Final Answer: Accurate Empathy

Answer: (B)



Q36.

Solution

Concept: Operant conditioning, proposed by B.F. Skinner, explains behavior modification through reinforcement and punishment. Negative reinforcement increases the likelihood of a behavior by removing an aversive stimulus. In social cognition, biases such as subtyping and attribution errors influence how individuals interpret and maintain beliefs about social groups and behaviors.

Solution: Negative reinforcement is a behavioral principle where a behavior increases because an unpleasant stimulus is removed. For example, taking medication removes pain, increasing the likelihood of taking the medication again. It is not punishment, which decreases behavior, nor observational learning, which involves modeling others. Therefore, the correct definition is removal of an unpleasant stimulus to increase desired behavior, making option B correct.

In cognitive psychology, stereotype maintenance often occurs through subtyping, where individuals preserve existing beliefs by treating contradictory evidence as exceptions rather than revising the stereotype. This differs from fundamental attribution error, which is overemphasis on dispositional causes, primacy effect, which relates to first impressions, and self-serving bias, which relates to personal success and failure attribution. Hence, the correct answer is option B.

Final Answer: An unpleasant stimulus is removed to increase a desired behavior; Subtyping

Answer: (B)

Q37.

Solution

Concept: Social cognition involves how individuals process, store, and apply information about others. Stereotypes are cognitive schemas about groups, and when faced with disconfirming evidence, individuals may preserve stereotypes through a process called subtyping. Attribution biases like fundamental attribution error and self-serving bias explain different patterns of causal reasoning.

Solution: In the given scenario, the person holds a stereotype that environmentalists are impulsive. When encountering an example that contradicts this belief, they classify it as a special case rather than modifying the stereotype. This is known as subtyping, a cognitive strategy used to preserve existing stereotypes by creating exceptions. It differs from the fundamental attribution error, which involves attributing behavior to personality over situation, primacy effect which relates to memory of first impressions, and self-serving bias which involves self-related attributions. Therefore, the correct explanation is subtyping, making option B correct.

Final Answer: Subtyping (maintaining stereotypes despite disconfirming evidence)

Answer: (B)



Q38.

Solution

Concept: Fritz Heider's Balance Theory explains attitudes and relationships in a triadic system involving a person (P), another person (O), and an object or idea (X). A balanced state exists when the product of the signs of relationships is positive, while imbalance occurs when this product is negative, leading to psychological tension.

Solution: In the P-O-X triad, relationships can be positive or negative. When the product of the three relationship signs is positive, the system is balanced and psychologically stable. When the product is negative, the system is imbalanced, creating tension that motivates change to restore balance. Therefore, imbalance occurs when the product of the three relationships is negative. Options involving all positive dislike or fixed relationships are incorrect interpretations. Hence, the correct answer is option B.

Final Answer: The product of the three relationships (signs) is negative

Answer: (B)

Q39.

Solution

Concept: Attribution theory explains how people interpret causes of behavior. The self-serving bias is a cognitive tendency where individuals attribute their successes to internal factors like ability and effort, while attributing failures to external situational factors, thereby protecting self-esteem.

Solution: Self-serving bias helps individuals maintain a positive self-image by interpreting outcomes in a favorable way. Successes are credited to internal factors such as intelligence or effort, while failures are blamed on external circumstances such as difficulty or luck. Option A describes attribution of others' behavior, option C reflects just-world belief, and option D refers to false consensus effect. Therefore, the correct description of self-serving bias is attributing success internally and failure externally, making option B correct.

Final Answer: Attributing success to internal factors and failure to situational factors

Answer: (B)



Q40.

Solution

Concept: The Elaboration Likelihood Model (ELM) by Petty and Cacioppo explains persuasion through two routes: central and peripheral. The central route involves careful and thoughtful consideration of arguments and is used when motivation and ability to process information are high.

Solution: According to the ELM, when individuals are motivated and have sufficient cognitive resources, they process persuasive messages through the central route. This involves deep analysis of arguments and leads to more durable attitude change. The peripheral route relies on superficial cues like attractiveness or authority. Heuristic and affective routes are related concepts but not the core ELM pathways. Therefore, the correct answer is central route, making option B correct.

Final Answer: Central route

Answer: (B)

Q41.

Solution

Concept: The Actor-Observer Effect is a social attribution bias where individuals explain their own behavior and others' behavior differently. Typically, people attribute their own actions to situational factors but attribute others' actions to dispositional factors.

Solution: When explaining behavior, individuals tend to emphasize external circumstances for their own actions while attributing others' behavior to personality traits or internal causes. This asymmetry in attribution is known as the actor-observer effect. Option A reverses this pattern and is incorrect. Option C ignores the bias, and option D is unrelated. Therefore, the correct explanation is that we emphasize situational causes for ourselves and dispositional causes for others, making option B correct.

Final Answer: We emphasize dispositional causes for others and situational causes for ourselves

Answer: (B)



Q42.

Solution

Concept: The Self-Fulfilling Prophecy, also known as the Rosenthal or Pygmalion effect, occurs when an initially false belief about a person leads to behaviors that cause the belief to become true. In social cognition, attitude change and cognitive consistency theories explain how individuals reduce psychological discomfort through rationalization or belief adjustment.

Solution: A self-fulfilling prophecy occurs when expectations about a person influence behavior toward that person, which in turn causes the expected outcome to occur. In this case, the teacher believes the students are high-potential "late bloomers," so they provide more attention, encouragement, and opportunities. This enhanced support improves student performance and IQ scores, thereby confirming the initial belief. This phenomenon is known as the Rosenthal effect. Social facilitation refers to performance changes in the presence of others, the halo effect involves general impression bias, and cognitive dissonance involves internal psychological conflict. Therefore, the correct answer is the self-fulfilling prophecy, making option B correct.

Final Answer: The Self-Fulfilling Prophecy (Rosenthal Effect)

Answer: (B)

Q43.

Solution

Concept: Attitude change depends on source, message, and audience characteristics. Source characteristics refer to the qualities of the communicator that influence persuasion, particularly expertise and trustworthiness. These two components together define the credibility of the source, which strongly affects attitude change.

Solution: In persuasion, the effectiveness of a message is strongly influenced by how credible the source is perceived to be. Credibility is determined by two key factors: expertise (knowledge and competence in the subject) and trustworthiness (perceived honesty and reliability). A communicator who is both knowledgeable and trustworthy is more persuasive. Attractiveness and likeability influence persuasion but are separate constructs, while similarity relates to perceived shared characteristics with the audience. Therefore, the correct term for perceived expertise and trustworthiness is credibility, making option B correct.

Final Answer: Credibility

Answer: (B)



Q44.

Solution

Concept: Cognitive Dissonance Theory, proposed by Leon Festinger, states that psychological discomfort arises when there is inconsistency between beliefs and behaviors. Individuals are motivated to reduce this discomfort by changing behavior, changing cognitions, or adding new justifying cognitions.

Solution: In cognitive dissonance, individuals experience mental discomfort when their actions contradict their beliefs, such as smoking despite knowing its harmful effects. One common way to reduce this discomfort is by adding new consonant cognitions that justify the behavior. In the given example, the person reduces dissonance by citing that their grandfather smoked and lived a long life, thereby justifying continued smoking. This does not change behavior or reduce importance of the belief but adds supportive justification. Therefore, this is an example of adding new consonant cognitions to reduce dissonance, making option C correct.

Final Answer: Adding new consonant cognitions to justify the behavior

Answer: (C)

Q45.

Solution

Concept: Social Identity Theory, proposed by Tajfel and Turner, explains intergroup behavior based on group membership. Individuals derive part of their self-concept and self-esteem from the social groups they belong to, leading to in-group favoritism and out-group discrimination.

Solution: According to Social Identity Theory, individuals strive to maintain or enhance their self-esteem through their group memberships. When their in-group is positively evaluated, their own self-worth is enhanced. This leads to in-group bias, where members favor their own group over others to maintain a positive social identity. It is not primarily about material gain, social loafing, or authority obedience. Therefore, the main reason for in-group bias is the enhancement of self-esteem through group status, making option B correct.

Final Answer: Enhance their own self-esteem through the status of the group

Answer: (B)



Q46.

Solution

Concept: The Minimum Group Paradigm, developed by Henri Tajfel, demonstrates that even arbitrary and meaningless group distinctions can lead to in-group favoritism. This experiment highlights the minimal conditions required for discrimination and bias to emerge.

Solution: In the Minimum Group Paradigm, participants were randomly assigned to groups based on trivial criteria such as preference for paintings or coin tosses. Despite the lack of meaningful differences, individuals still favored their own group when allocating rewards. This shows that even minimal and arbitrary categorization is sufficient to trigger in-group bias. The findings contradict assumptions that competition or scarcity is necessary for intergroup bias. It also shows that social loafing and leadership theories are unrelated. Therefore, the correct conclusion is that even meaningless categorization can produce in-group favoritism, making option B correct.

Final Answer: Even meaningless, arbitrary categorization triggers in-group favoritism

Answer: (B)

Q47.

Solution

Concept: Groupthink, a concept introduced by Irving Janis, refers to a mode of thinking in highly cohesive groups where the desire for harmony leads to poor decision-making. Symptoms include illusion of invulnerability, suppression of dissent, and pressure toward conformity, resulting in reduced critical evaluation of alternatives.

Solution: Groupthink occurs when group members prioritize unanimity over critical thinking. One of its key symptoms is the illusion of invulnerability, where the group believes it cannot fail, leading to overconfidence and risky decisions. Other symptoms include self-censorship, pressure on dissenters, and belief in inherent morality of the group. Encouragement of dissent and high debate reduce groupthink, while low cohesiveness is not typical of it. Therefore, the correct symptom indicating loss of critical thinking is the illusion of invulnerability, making option B correct.

Final Answer: An illusion of invulnerability

Answer: (B)



Q48.

Solution

Concept: Social behavior in groups is strongly influenced by anonymity, self-awareness, and perceived accountability. When individuals are part of a large, anonymous crowd, they often experience a reduced sense of personal identity and responsibility. This psychological state can lead to impulsive, unrestrained, or norm-violating behavior. In social psychology, this phenomenon is specifically explained by the concept of deindividuation, which occurs when situational factors weaken self-regulation and personal accountability.

Solution: Deindividuation refers to a psychological state in which individuals lose self-awareness and personal responsibility when immersed in large groups or crowds. This loss of individuality is often due to anonymity, diffusion of responsibility, and reduced self-evaluation. As a result, people may behave in ways they would normally avoid, including impulsive or antisocial actions. Group polarization involves strengthening of group opinions after discussion, social inhibition refers to reduced performance due to presence of others, and compliance refers to behavior change due to direct requests. Therefore, the correct phenomenon described in the question is deindividuation, as it best explains loss of self-awareness and impulsive crowd behavior.

Final Answer: Deindividuation

Answer: (B)

Q49.

Solution

Concept: Social influence refers to the ways in which individuals change their thoughts, feelings, or behaviors due to real or imagined pressure from others. The three major forms are conformity, obedience, and compliance. Conformity involves adjusting behavior to match group norms, obedience involves following orders from an authority figure, and compliance involves changing behavior in response to a direct request from another person without necessarily having authority.

Solution: Compliance is the social influence process in which an individual changes their behavior because of a direct request made by another person who does not have formal authority over them. It often involves subtle persuasion techniques such as foot-in-the-door or door-in-the-face strategies. Conformity occurs due to group pressure or norms rather than direct requests. Obedience specifically involves authority figures issuing commands. Identification involves adopting behaviors or beliefs to maintain a desired relationship with a person or group. Therefore, the correct answer is compliance, as it best describes behavior change due to a direct request without authority.

Final Answer: Compliance

Answer: (C)



Q50.

Solution

Concept: Intergroup conflict arises when groups compete for resources, status, or identity, leading to hostility and prejudice. Muzafer Sherif's Robbers Cave Experiment demonstrated that such conflict cannot be effectively reduced by simple contact alone. Instead, lasting reduction of intergroup hostility requires cooperation toward shared, meaningful goals that can only be achieved through interdependence between groups.

Solution: The Robbers Cave Experiment involved two groups of boys who developed strong intergroup hostility due to competitive activities. Sherif tested different methods to reduce this conflict. Mere contact and communication between groups was insufficient, as competition continued to maintain hostility. Reward redistribution or punishing leaders also does not address the underlying interdependence issue. The most effective strategy was introducing superordinate goals, which are goals that are important to both groups but can only be achieved through cooperation between them. This forced collaboration, reduced prejudice, and improved intergroup relations. Therefore, the correct answer is introducing superordinate goals that require mutual cooperation, making option B correct.

Final Answer: Introducing Superordinate Goals that required mutual cooperation

Answer: (B)



Answer Key

Q	Ans	Q	Ans	Q	Ans	Q	Ans	Q	Ans
1	B	2	C	3	B	4	B	5	B
6	B	7	D	8	B	9	B	10	B
11	B	12	B	13	A	14	A	15	B
16	B	17	B	18	B	19	B	20	A
21	B	22	C	23	A	24	B	25	A
26	B	27	C	28	C	29	B	30	A
31	B	32	A	33	B	34	B	35	B
36	B	37	B	38	B	39	B	40	B
41	B	42	B	43	B	44	C	45	B
46	B	47	B	48	B	49	C	50	B

