

# CUET-UG Psychology Sample Paper-19

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 researcher is using a test that requires the subject to reassemble a scrambled comic strip into a logical sequence. According to the PASS Model, which specific cognitive process is being evaluated, and which functional unit is primarily responsible for this serial organization?

- (A) Simultaneous Processing; Second Functional Unit.
- (B) Successive Processing; Second Functional Unit.
- (C) Planning; Third Functional Unit.
- (D) Arousal/Attention; First Functional Unit.

**Q2.** In the context of Sternberg's Triarchic Theory, an individual who is excellent at "Street Smarts"—the ability to manipulate their environment to suit their needs or change the environment to fit their goals—is high in which sub-theory?

- (A) Componential Intelligence.
- (B) Experiential Intelligence.
- (C) Contextual Intelligence.
- (D) Fluid Intelligence.

**Q3.** Which of the following is a core difference between 'Psychometric' and 'Information-Processing' approaches to intelligence?

- (A) Psychometric models focus on the 'how' of intelligence, while Information-Processing focuses on the 'what'.



- (B) Psychometric models focus on the structure and products of intelligence, while Information-Processing focuses on the mental processes used in problem-solving.
- (C) Psychometric models are always non-verbal, whereas Information-Processing models are always verbal.
- (D) There is no functional difference; they are two names for the same approach.

**Q4.** In J.P. Guilford's SOI model, 'Divergent Production' belongs to which dimension?

- (A) Contents.
- (B) Products.
- (C) Operations.
- (D) Schemas.

**Q5.** Which type of intelligence test is specifically designed to eliminate the 'linguistic bias' often found in standardized IQ tests like the Wechsler scales?

- (A) Verbal Individual Test.
- (B) Culture-Fair Test (e.g., Raven's Progressive Matrices).
- (C) Aptitude Test.
- (D) Achievement Test.

**Q6.** An individual consistently demonstrates the ability to monitor their own and others' feelings, to discriminate among them, and to use this information to guide their thinking and actions. According to the Salovey and Mayer model, which specific component is being exercised when this individual uses their emotions to facilitate cognitive tasks like problem-solving?

- (A) Emotional Regulation
- (B) Emotional Perception
- (C) Emotional Integration (Facilitation)
- (D) Emotional Understanding



- Q7.** A person describes themselves by saying, "I am a helpful neighbor and a dedicated club member." According to the distinction between 'Personal' and 'Social' identities, this person is emphasizing their:
- (A) Personal Identity.
  - (B) Social Identity.
  - (C) Ideal Self.
  - (D) Self-Efficacy.
- Q8.** In the 'Indian Perspective' of personality, the layer of the self that corresponds to vital life-energy and the breath is known as:
- (A) Annamaya Kosh.
  - (B) Pranamaya Kosh.
  - (C) Manomaya Kosh.
  - (D) Anandamaya Kosh.
- Q9.** According to Freud, the 'Libido' is the energy of the life instinct, but when an individual exhibits self-destructive or aggressive behavior, they are driven by the death instinct known as:
- (A) Eros.
  - (B) Thanatos.
  - (C) Ego-Ideal.
  - (D) Displacement.
- Q10.** A subject is shown a picture of a young boy sitting at a desk with a violin. They are asked to tell a story about what led to this situation and what the outcome will be. This assessment tool is the:
- (A) Rorschach Inkblot Test.
  - (B) Thematic Apperception Test (TAT).
  - (C) Rosenzweig P-F Study.
  - (D) Minnesota Multiphasic Personality Inventory (MMPI).



- Q11.** In Karen Horney's theory, 'Basic Hostility' is often repressed by a child and turned into 'Basic Anxiety' because of:
- (A) Fear of punishment or loss of parental love.
  - (B) Resolution of the Electra Complex.
  - (C) High levels of self-efficacy.
  - (D) An overactive Superego.
- Q12.** According to Karen Horney, a child who experiences 'basic anxiety' due to indifferent or hostile parental behavior may develop a 'neurotic need' for power and prestige. This style of relating to others is categorized as:
- (A) Moving toward people (Compliance)
  - (B) Moving against people (Aggression)
  - (C) Moving away from people (Detachment)
  - (D) Self-actualizing tendency
- Q13.** According to the 'Trait' approach of Gordon Allport, which traits are so dominant that nearly every act of a person can be traced back to them (e.g., Mother Teresa's altruism)?
- (A) Central Traits.
  - (B) Secondary Traits.
  - (C) Cardinal Traits.
  - (D) Surface Traits.
- Q14.** In the 'Big Five' model (OCEAN), a person who is suspicious, uncooperative, and irritable would score low on:
- (A) Conscientiousness.
  - (B) Agreeableness.
  - (C) Neuroticism.
  - (D) Openness to Experience.



- Q15.** Lazarus' Transactional Model posits that 'Primary Appraisal' is the evaluation of a stressor as:
- (A) Positive, Negative, or Neutral.
  - (B) Harmful, Threatening, or Challenging.
  - (C) Solvable or Unsolvable.
  - (D) Internal or External.
- Q16.** A person who experiences 'Burnout' often feels a sense of 'Depersonalization'. In this context, depersonalization means:
- (A) Feeling like they have multiple personalities.
  - (B) Developing a cynical, detached attitude toward the people they work with.
  - (C) Forgetting their own name and identity.
  - (D) Experiencing hallucinations about their workplace.
- Q17.** Which coping strategy involves 'Cognitive Restructuring', where a person changes the way they think about a stressful situation?
- (A) Avoidance-oriented coping.
  - (B) Task-oriented coping.
  - (C) Emotion-focused coping.
  - (D) Biofeedback.
- Q18.** In the context of the General Adaptation Syndrome (GAS) proposed by Hans Selye, if a person is exposed to a prolonged stressor where the body's parasympathetic system takes over to conserve resources while the adrenal glands continue to secrete cortisol, they are in the stage of:
- (A) Alarm Reaction
  - (B) Primary Appraisal
  - (C) Resistance
  - (D) Exhaustion



- Q19.** The study of how the immune system's functioning is influenced by psychological stressors is known as:
- (A) Psychosomatics.
  - (B) Psychoneuroimmunology.
  - (C) Cognitive Neuroscience.
  - (D) Behavioral Medicine.
- Q20.** A patient believes that the news anchor on television is sending secret, personalized messages specifically to them. This is an example of:
- (A) Delusion of Grandeur.
  - (B) Delusion of Reference.
  - (C) Delusion of Persecution.
  - (D) Hallucination of Influence.
- Q21.** In 'Panic Disorder', the person often develops a fear of being in places where help might not be available, leading to a secondary condition known as:
- (A) Social Phobia.
  - (B) Agoraphobia.
  - (C) Claustrophobia.
  - (D) Separation Anxiety.
- Q22.** A person feels a constant, "free-floating" anxiety about everything in their life—health, money, family, and work—even when there is no specific threat. This is diagnostic of:
- (A) Panic Disorder.
  - (B) Obsessive-Compulsive Disorder.
  - (C) Generalized Anxiety Disorder (GAD).
  - (D) Specific Phobia.
- Q23.** What distinguishes 'Somatization Disorder' from 'Conversion Disorder'?



- (A) Somatization involves a loss of motor function, while Conversion involves pain.
- (B) Conversion involves a specific loss of sensory or motor function (e.g., blindness), whereas Somatization involves multiple, vague physical complaints.
- (C) Somatization is faked, whereas Conversion is real.
- (D) There is no clinical difference.

**Q24.** A 'Negative Symptom' of Schizophrenia where the individual shows a total lack of interest or drive to engage in goal-directed activities is:

- (A) Alogia.
- (B) Avolition.
- (C) Anhedonia.
- (D) Flat Affect.

**Q25.** A child who displays 'Echolalia', avoids eye contact, and shows a strong preference for routines likely has:

- (A) ADHD.
- (B) Conduct Disorder.
- (C) Autism Spectrum Disorder.
- (D) Oppositional Defiant Disorder.

**Q26.** A patient presents with a persistent belief that their thoughts are being broadcasted to the public, despite clear evidence to the contrary. However, they do not exhibit any significant motor abnormalities or disorganized speech. This specific symptom is a 'positive symptom' of Schizophrenia known as:

- (A) Somatic Delusion
- (B) Thought Broadcasting
- (C) Delusion of Grandeur
- (D) Alogia



- Q27.** According to the 'Dopamine Hypothesis', Schizophrenia is caused by:
- (A) Too little dopamine in the brain.
  - (B) Overactivity or excessive receptors for dopamine.
  - (C) High levels of serotonin in the limbic system.
  - (D) A lack of GABA in the prefrontal cortex.
- Q28.** Which eating disorder is characterized by 'Bingeing' followed by 'Purging' (e.g., self-induced vomiting) to prevent weight gain?
- (A) Anorexia Nervosa.
  - (B) Bulimia Nervosa.
  - (C) Binge Eating Disorder.
  - (D) Pica.
- Q29.** In 'Rational Emotive Behavior Therapy' (REBT), the therapist uses 'Functional Disputation' to challenge a client's irrational beliefs. What is the primary focus of this specific type of disputation?
- (A) Questioning the logical consistency of the belief.
  - (B) Asking for empirical evidence that supports the belief.
  - (C) Examining whether holding the belief helps or hinders the client in reaching their life goals.
  - (D) Replacing the belief with a more socially acceptable one.
- Q30.** Which of the following describes the 'Technical Eclecticism' approach to therapy?
- (A) Using a single theoretical model to explain all psychological disorders.
  - (B) Combining techniques from different therapies without necessarily subscribing to their theoretical positions.
  - (C) Integrating only biological and chemical treatments for mental illness.
  - (D) Focusing exclusively on the unconscious mind while ignoring behavior.



- Q31.** In 'Logotherapy', the concept of 'Dereflection' is used to treat clients who are overly self-conscious. This technique works by:
- (A) Forcing the client to face their deepest fears directly.
  - (B) Shifting the client's attention away from themselves toward a meaningful goal or others.
  - (C) Analyzing the client's early childhood relationships with parents.
  - (D) Using relaxation techniques to lower physiological arousal.
- Q32.** In Rational Emotive Behavior Therapy (REBT), Albert Ellis emphasizes the 'ABC' model. When a therapist helps a client identify the irrational beliefs (*B*) that link an activating event (*A*) to its emotional consequence (*C*), the subsequent process of challenging these beliefs is known as:
- (A) Cognitive Restructuring
  - (B) Disputing (D)
  - (C) Empathetic Responding
  - (D) Counter-conditioning
- Q33.** According to Aaron Beck, 'Cognitive Restructuring' involves identifying 'Automatic Thoughts'. Which of the following is an example of 'Selective Abstraction'?
- (A) Focusing on one negative detail of a situation while ignoring the overall positive context.
  - (B) Blaming oneself for an external event that was out of one's control.
  - (C) Drawing a sweeping conclusion based on a single, minor incident.
  - (D) Predicting a disastrous outcome without any factual basis.
- Q34.** In 'Humanistic Therapy', what is the difference between 'Empathy' and 'Sympathy'?
- (A) Empathy is feeling sorry for the client; sympathy is understanding them.
  - (B) Empathy involves experiencing the client's world as if it were your own without losing the 'as if' quality; sympathy involves emotional merging.



- (C) There is no difference; they are interchangeable terms in Carl Rogers' theory.
- (D) Empathy is used in behavioral therapy, while sympathy is used in psychoanalysis.

**Q35.** The 'Aversive Conditioning' technique in Behavior Therapy is based on which learning principle, and what is its primary risk?

- (A) Operant Conditioning; it might lead to positive reinforcement of bad habits.
- (B) Classical Conditioning; the learned response may generalize to neutral stimuli.
- (C) Observational Learning; the client might imitate the therapist's aggression.
- (D) Vicarious Conditioning; it only works if the client watches others.

**Q36.** In 'Psychodynamic Therapy', 'Working Through' is a process where:

- (A) The therapist gives the client a list of tasks to complete at home.
- (B) The client repeatedly explores the same conflicts and resistances to gain deep emotional insight.
- (C) The client is cured after a single session of free association.
- (D) The therapist uses hypnosis to recover lost memories.

**Q37.** According to Fritz Heider's Balance Theory, if 'P' (the person) likes 'O' (another person), but 'P' hates 'X' (an object/issue) while 'O' loves 'X', the state of the triad is \_\_\_\_\_ and the individual will feel \_\_\_\_\_.

- (A) Balanced; Comfortable
- (B) Unbalanced; Psychologically uncomfortable
- (C) Balanced; Cognitive dissonance
- (D) Unbalanced; Evaluative ease

**Q38.** A researcher finds that when a student succeeds in an exam, they attribute it to their high intelligence, but when they fail, they attribute it to a "badly designed question paper." This illustrates the:



- (A) Fundamental Attribution Error.
- (B) Halo Effect.
- (C) Self-Serving Bias.
- (D) Actor-Observer Effect.

**Q39.** In the 'Balance Theory' (P-O-X), if P (Person) dislikes O (Other), and O likes X (Object/Issue), what must be P's relationship with X to maintain a 'Balanced' state?

- (A) P must like X.
- (B) P must dislike X.
- (C) P must be neutral toward X.
- (D) A balanced state is impossible if P dislikes O.

**Q40.** According to the 'Elaboration Likelihood Model' (ELM), which factor determines whether an individual will process a message via the 'Central Route'?

- (A) The physical attractiveness of the communicator.
- (B) The number of times the message is repeated.
- (C) The individual's motivation and ability to think about the message.
- (D) The background music used in the advertisement.

**Q41.** Which of the following is a 'Cognitive' component of an attitude?

- (A) Feeling angry when seeing a specific political symbol.
- (B) Avoiding a particular restaurant because you dislike the food.
- (C) Believing that "education is the only way to reduce poverty."
- (D) Feeling joy while listening to nationalistic music.

**Q42.** 'Groupthink' is characterized by a "deterioration of mental efficiency, reality testing, and moral judgment." This is most likely to happen in a group that is:

- (A) Highly diverse and fragmented.



- (B) Led by a leader who encourages dissent.
- (C) Highly cohesive and isolated from outside expert opinions.
- (D) Newly formed and still in the 'Forming' stage.

**Q43.** In Leon Festinger's theory, 'Cognitive Dissonance' is most likely to occur when:

- (A) An individual holds two beliefs that are logically consistent.
- (B) An individual is forced to behave in a way that is consistent with their attitude.
- (C) An individual performs an action that contradicts their deeply held attitude with 'Insufficient Justification'.
- (D) An individual has no opinion on a topic.

**Q44.** The 'Halo Effect' occurs when:

- (A) A person's negative trait leads us to believe they are bad in all areas.
- (B) A person's single positive characteristic leads us to assume they possess other positive qualities.
- (C) We attribute success to luck and failure to effort.
- (D) We follow the majority opinion to fit in.

**Q45.** In the 'Storming' stage of group development, what is the primary source of conflict?

- (A) Disagreement over the group's final output.
- (B) Competition for leadership roles and disagreement over how to achieve goals.
- (C) Sadness over the group's upcoming dissolution.
- (D) Lack of communication between members.

**Q46.** 'Social Facilitation' is the improvement in performance in the presence of others. According to the 'Evaluation Apprehension' theory, this happens because:

- (A) We are distracted by the audience.



- (B) We are concerned about how the audience is judging us.
- (C) We feel a sense of 'Deindividuation'.
- (D) We are trying to help the group achieve a goal.

**Q47.** Which of the following is the most effective way to reduce 'Social Loafing' in a group task?

- (A) Increasing the group size.
- (B) Making the task easier.
- (C) Making individual efforts identifiable and providing individual feedback.
- (D) Allowing members to remain anonymous.

**Q48.** In the phenomenon of 'Group Polarization', if a group of people who are slightly in favor of 'strict environmental laws' discuss the topic, their final opinion is likely to become:

- (A) More moderate and neutral.
- (B) Significantly more in favor of strict environmental laws.
- (C) Divided, with half the group changing their minds.
- (D) Identical to the initial individual opinions.

**Q49.** 'Groupthink' is characterized by a "deterioration of mental efficiency, reality testing, and moral judgment." This is most likely to happen in a group that is:

- (A) Highly diverse and fragmented.
- (B) Led by a leader who encourages dissent.
- (C) Highly cohesive and isolated from outside expert opinions.
- (D) Newly formed and still in the 'Forming' stage.

**Q50.** What is the core difference between a 'Group' and a 'Crowd'?

- (A) A group has a larger number of people than a crowd.
- (B) A group has a common goal, interdependent roles, and stable structure; a crowd is a collection of people in one place by chance.



- (C) A crowd is always violent, whereas a group is always peaceful.
- (D) There is no psychological difference between the two.



**Detailed Solutions****Q1.****Solution**

**Concept:** The PASS model of intelligence proposed by Das, Naglieri, and Kirby describes cognitive functioning in three functional units: Arousal/Attention, Coding (Simultaneous and Successive Processing), and Planning. Successive processing refers to the ability to integrate information in a specific serial or sequential order. This is essential for tasks that require step-by-step arrangement, such as language decoding, recalling sequences, or organizing events in a logical timeline. The second functional unit is primarily responsible for processing and organizing such sequential information.

**Solution:** In the given task, the subject is required to reassemble a scrambled comic strip into a meaningful chronological sequence. This clearly involves understanding the correct order of events rather than perceiving the whole structure at once. According to the PASS model, such serial organization of information is a hallmark of successive processing. It requires the individual to analyze each frame step-by-step and place it in correct temporal order, which depends on linear cognitive sequencing. This function is located in the second functional unit of the PASS model, which deals with coding processes. Simultaneous processing is more related to spatial or holistic integration, while planning is involved in strategy formation and problem-solving regulation. Therefore, the correct identification is successive processing under the second functional unit.

**Final Answer:** Successive Processing; Second Functional Unit

**Answer: (B)**



Q2.

**Solution**

**Concept:** Sternberg's Triarchic Theory of Intelligence divides intelligence into three main types: analytical (componential), creative (experiential), and practical (contextual). Contextual intelligence refers to the ability to adapt to, shape, or select environments to achieve personal goals. It is commonly associated with real-life problem solving or "street smarts." This type of intelligence emphasizes effective functioning in everyday situations rather than academic or theoretical problem solving.

**Solution:** The description "street smarts" refers to an individual's ability to deal effectively with real-world situations, often by adjusting their environment or themselves to meet practical demands. In Sternberg's model, this ability is classified as contextual intelligence. It involves adaptation (adjusting oneself to the environment), shaping (changing the environment), and selection (choosing a better environment). Componential intelligence is related to academic problem-solving, while experiential intelligence deals with creativity and novelty. Fluid intelligence refers to abstract reasoning ability independent of experience and is not part of Sternberg's triarchic classification. Since the focus here is on practical adaptation and environmental manipulation, the correct sub-theory is contextual intelligence.

**Final Answer:** Contextual Intelligence

**Answer: (C)**

Q3.

**Solution**

**Concept:** Psychometric approaches to intelligence focus on measuring intelligence through standardized tests and emphasize the structure and outcomes (products) of intelligence, such as IQ scores and factor models. In contrast, information-processing approaches focus on the cognitive mechanisms underlying intelligence, such as attention, memory, encoding, and problem-solving strategies. This approach explains intelligence in terms of mental processes rather than just test performance.

**Solution:** The key distinction lies in what each approach emphasizes. Psychometric models, such as those based on IQ testing, aim to measure intelligence as a quantifiable trait and study its structure through statistical techniques like factor analysis. They focus on outcomes or products of cognitive ability. On the other hand, information-processing approaches examine how the mind works during problem-solving, focusing on processes like encoding, storage, retrieval, and decision-making. These models are concerned with the "how" of thinking rather than just the "what." Therefore, the correct distinction is that psychometric models focus on structure and products, while information-processing models focus on cognitive processes.

**Final Answer:** Psychometric: structure products; Information processing: mental processes

**Answer: (B)**



Q4.

**Solution**

**Concept:** J.P. Guilford's Structure of Intellect (SOI) model describes intelligence through three dimensions: operations, contents, and products. Operations refer to the mental processes involved in thinking, such as cognition, memory, divergent production, and convergent production. Divergent production specifically involves generating multiple possible solutions or ideas, which is closely associated with creativity.

**Solution:** In Guilford's SOI model, divergent production is classified under the operations dimension because it represents a type of mental activity or cognitive process. Operations describe how the mind works on information, and divergent production specifically involves generating multiple responses to a single problem. This is different from contents, which refer to types of information (figural, symbolic, semantic, behavioral), and products, which refer to the form in which information is processed (units, classes, relations). Schemas is not a part of Guilford's model. Therefore, divergent production belongs to the operations dimension.

**Final Answer:** Operations

**Answer:** (C)

Q5.

**Solution**

**Concept:** Culture-fair intelligence tests are designed to minimize the influence of language, education, and cultural background on test performance. These tests aim to measure innate reasoning ability rather than learned knowledge. Raven's Progressive Matrices is a widely used example, focusing on pattern recognition and abstract reasoning using non-verbal visual stimuli.

**Solution:** Traditional intelligence tests, such as the Wechsler scales, often include verbal components that may disadvantage individuals from different linguistic or cultural backgrounds. To overcome this bias, culture-fair tests were developed. Raven's Progressive Matrices is one of the most well-known examples, as it uses abstract patterns and logical relationships instead of language-based questions. This allows assessment of fluid reasoning ability with minimal cultural or linguistic interference. Verbal tests, aptitude tests, and achievement tests do not eliminate linguistic bias to the same extent. Therefore, the correct answer is culture-fair tests like Raven's Progressive Matrices.

**Final Answer:** Culture-Fair Test (e.g., Raven's Progressive Matrices)

**Answer:** (B)



Q6.

**Solution**

**Concept:** The Salovey and Mayer model of emotional intelligence includes four branches: emotional perception, emotional facilitation of thought, emotional understanding, and emotional regulation. Emotional facilitation refers to the ability to use emotions to enhance cognitive processes such as reasoning, problem-solving, and decision-making.

**Solution:** The individual in the question not only perceives and understands emotions but also uses emotional information to guide thinking and problem-solving. This specifically corresponds to the emotional facilitation branch of emotional intelligence. It involves leveraging mood states to prioritize attention, enhance creativity, and improve cognitive performance. Emotional perception deals with recognizing emotions, emotional understanding involves interpreting emotional meanings, and emotional regulation focuses on managing emotions. Since the emphasis here is on using emotions to support cognitive tasks, the correct component is emotional integration or facilitation.

**Final Answer:** Emotional Integration (Facilitation)

**Answer:** (C)

Q7.

**Solution**

**Concept:** Self-concept consists of multiple identities, including personal identity and social identity. Personal identity refers to individual traits, beliefs, and characteristics that define a person as unique. Social identity refers to the aspects of self that are derived from group memberships, such as roles in family, community, or organizations.

**Solution:** In the given statement, the individual describes themselves in terms of roles within social groups, such as being a helpful neighbor and a dedicated club member. These descriptions are based on social roles and group memberships rather than personal traits. According to identity theory, this reflects social identity, as it emphasizes how individuals define themselves in relation to social groups. Personal identity would focus on traits like intelligence or personality. Ideal self refers to aspirational self-image, and self-efficacy refers to belief in one's abilities. Therefore, the correct classification is social identity.

**Final Answer:** Social Identity

**Answer:** (B)



Q8.

**Solution**

**Concept:** Indian personality theory describes human self in terms of five koshas (sheaths) surrounding the Atman. These are Annamaya (physical body), Pranamaya (vital energy or life force), Manomaya (mind and emotions), Vijnanamaya (intellect), and Anandamaya (bliss). Each kosha represents a progressive layer of existence from gross to subtle. Pranamaya kosha is specifically associated with prana, the vital life energy that sustains physiological processes such as breathing and circulation.

**Solution:** In the Indian perspective of personality, the concept of koshas explains the multilayered structure of the self. The Annamaya kosha represents the physical body made of food, while Manomaya kosha relates to thoughts and emotions. Anandamaya kosha represents the innermost blissful state of consciousness. The Pranamaya kosha is the second layer and is directly associated with prana, which means life force or vital energy that flows through breath and sustains bodily functions. It acts as a bridge between the physical body and the mental layers. Since the question specifically refers to vital life-energy and breath, it clearly corresponds to Pranamaya kosha. Therefore, it is the correct answer as it governs physiological vitality and energetic processes essential for life.

**Final Answer:** Pranamaya Kosh

**Answer: (B)**

Q9.

**Solution**

**Concept:** Freud's psychoanalytic theory explains human behavior in terms of instinctual drives. The life instinct (Eros) is associated with survival, reproduction, and pleasure, and is fueled by libido. In contrast, the death instinct (Thanatos) represents an unconscious drive toward aggression, destruction, and self-destruction. These two opposing forces are central to Freud's understanding of personality dynamics.

**Solution:** According to Freud, behavior is influenced by two fundamental instincts: Eros and Thanatos. Eros represents life-preserving instincts driven by libido, promoting growth, bonding, and survival. However, when destructive or aggressive behavior is observed, it is attributed to the death instinct, known as Thanatos. This instinct operates unconsciously and may be directed inward as self-destructive behavior or outward as aggression toward others. Ego-ideal is a component of the superego representing moral standards, while displacement is a defense mechanism. Since the question specifically refers to self-destructive or aggressive tendencies, the correct concept is Thanatos, which embodies the death instinct in Freud's theory.

**Final Answer:** Thanatos

**Answer: (B)**



Q10.

**Solution**

**Concept:** Projective techniques are personality assessment tools that present ambiguous stimuli to elicit unconscious thoughts, feelings, and motives. The Thematic Apperception Test (TAT), developed by Henry Murray and Christiana Morgan, uses pictures of ambiguous social situations and asks individuals to create stories. It reveals underlying needs, conflicts, and personality dynamics through narrative interpretation.

**Solution:** In the given situation, the subject is shown an ambiguous picture of a boy with a violin and asked to construct a story about past events and future outcomes. This directly matches the structure of the Thematic Apperception Test (TAT), where individuals project their unconscious motives into stories about ambiguous scenes. The Rorschach Inkblot Test uses inkblots instead of structured scenes. The Rosenzweig P-F Study focuses on frustration responses, and the MMPI is a structured objective personality inventory. Since the task involves storytelling based on an ambiguous picture, it is clearly the TAT.

**Final Answer:** Thematic Apperception Test (TAT)

**Answer: (B)**

Q11.

**Solution**

**Concept:** Karen Horney emphasized the role of interpersonal relationships and early childhood experiences in personality development. She proposed that basic hostility arises when children feel neglected or rejected by caregivers. Since expressing hostility toward parents is threatening, it gets repressed and transformed into basic anxiety, which is a feeling of helplessness and insecurity in a potentially hostile world.

**Solution:** According to Horney, children who experience inconsistent, indifferent, or hostile parenting develop feelings of basic hostility. However, because directly expressing anger toward parents may lead to fear of punishment or loss of love, this hostility is repressed. It is then converted into basic anxiety, which reflects a deep sense of insecurity and helplessness. This mechanism is rooted in the child's fear of losing parental affection or facing punishment. The Electra complex is a Freudian concept, self-efficacy refers to belief in ability, and the superego is a moral structure in Freud's theory. Therefore, the correct reason is fear of punishment or loss of parental love.

**Final Answer:** Fear of punishment or loss of parental love

**Answer: (A)**



Q12.

**Solution**

**Concept:** Karen Horney described three neurotic interpersonal trends: moving toward people (compliance), moving against people (aggression), and moving away from people (detachment). These coping styles develop in response to basic anxiety caused by disturbed parent-child relationships. The “moving against people” style is characterized by hostility, dominance, and a strong need for power, prestige, and control over others.

**Solution:** When a child experiences basic anxiety due to indifferent or hostile parenting, they may develop neurotic needs as coping mechanisms. One such coping style is moving against people, where the individual deals with anxiety by asserting dominance, seeking power, and striving for prestige. This aggressive orientation reflects a competitive and controlling attitude toward others. Moving toward people reflects dependency and compliance, while moving away represents emotional detachment. Self-actualization is not part of Horney’s neurotic trends. Since the question highlights power and prestige, it clearly corresponds to the aggressive “moving against people” style.

**Final Answer:** Moving against people (Aggression)

**Answer: (B)**

Q13.

**Solution**

**Concept:** Gordon Allport’s trait theory classifies personality traits into cardinal, central, and secondary traits. Cardinal traits are the most dominant traits that define a person’s entire life and behavior. They are so pervasive that almost every action of the individual can be traced back to them. Such traits are rare and usually associated with historical or iconic personalities.

**Solution:** According to Allport, cardinal traits are the most powerful and pervasive personality traits. They dominate an individual’s entire life and strongly influence all behaviors, attitudes, and decisions. For example, Mother Teresa’s altruism or Hitler’s authoritarianism can be seen as cardinal traits that shaped their entire existence. Central traits are general characteristics that form the basic foundation of personality, while secondary traits are situation-specific. Surface traits are not part of Allport’s classification. Since the question refers to traits that define nearly every act of a person, the correct answer is cardinal traits.

**Final Answer:** Cardinal Traits

**Answer: (C)**



Q14.

**Solution**

**Concept:** The Big Five personality model (OCEAN) describes five broad dimensions of personality: Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Agreeableness reflects traits like kindness, cooperation, trust, and empathy. Individuals low in agreeableness tend to be suspicious, antagonistic, uncooperative, and irritable. It is a key dimension for understanding interpersonal behavior and social harmony.

**Solution:** In the Big Five model, Agreeableness represents the tendency to be compassionate, cooperative, and trusting in social interactions. People high in agreeableness are friendly and helpful, while those low in this trait tend to be suspicious, competitive, and less cooperative. The description in the question—suspicious, uncooperative, and irritable—clearly indicates low agreeableness. Conscientiousness relates to organization and discipline, neuroticism refers to emotional instability, and openness refers to creativity and curiosity. Since the traits mentioned are directly linked to poor interpersonal cooperation and trust, the correct dimension affected is agreeableness. Therefore, a person showing such characteristics would score low on agreeableness in the OCEAN model.

**Final Answer:** Agreeableness

**Answer: (B)**

Q15.

**Solution**

**Concept:** Lazarus and Folkman's Transactional Model of stress explains stress as a dynamic interaction between the individual and the environment. Primary appraisal is the first stage, where an individual evaluates whether an event is relevant to well-being and whether it is harmful, threatening, or challenging. This appraisal determines whether a situation is stressful or not.

**Solution:** According to Lazarus' model, when a person encounters a potential stressor, they first engage in primary appraisal. In this stage, the individual evaluates the significance of the event in terms of its impact on well-being. The event may be appraised as harmful (damage already done), threatening (potential future harm), or challenging (opportunity for growth or mastery). This evaluation determines the emotional response and subsequent coping strategy. Secondary appraisal, in contrast, involves assessing coping resources. Since the question specifically refers to the initial evaluation of a stressor, the correct classification is harmful, threatening, or challenging.

**Final Answer:** Harmful, Threatening, or Challenging

**Answer: (B)**



Q16.

**Solution**

**Concept:** Burnout is a psychological syndrome resulting from chronic workplace stress. It includes three main components: emotional exhaustion, reduced personal accomplishment, and depersonalization. Depersonalization refers to a coping mechanism where individuals develop a detached, impersonal, or cynical attitude toward clients, coworkers, or recipients of their services.

**Solution:** In burnout, depersonalization occurs when an individual begins to emotionally distance themselves from their work environment and the people they interact with. This leads to treating others in a mechanical, indifferent, or cynical manner as a defense against emotional exhaustion. It is not related to identity confusion, hallucinations, or multiple personality states. Instead, it reflects emotional withdrawal and reduced empathy toward others in the workplace. Emotional exhaustion is the feeling of being drained, while reduced personal accomplishment relates to feelings of inefficacy. Since the question focuses on depersonalization, the correct interpretation is the development of a cynical and detached attitude toward coworkers or clients.

**Final Answer:** Developing a cynical, detached attitude toward the people they work with

**Answer: (B)**

Q17.

**Solution**

**Concept:** Coping strategies are broadly classified into problem-focused, emotion-focused, and avoidance-oriented coping. Cognitive restructuring is a form of adaptive coping where an individual changes the way they interpret or think about a stressful situation. It is a key component of cognitive-behavioral approaches and is primarily aimed at altering appraisal of stressors.

**Solution:** Cognitive restructuring involves reframing or modifying one's thoughts about a stressful situation to reduce its emotional impact. This process is central to emotion-focused coping, which aims to regulate emotional responses rather than directly solving the problem. Task-oriented coping focuses on actively solving the problem, while avoidance-oriented coping involves ignoring or escaping the stressor. Biofeedback is a physiological self-regulation technique and not a coping category. Since cognitive restructuring deals with changing emotional interpretation of stress rather than directly solving the problem, it falls under emotion-focused coping.

**Final Answer:** Emotion-focused coping

**Answer: (C)**



Q18.

**Solution**

**Concept:** Hans Selye's General Adaptation Syndrome (GAS) describes the body's response to prolonged stress in three stages: alarm reaction, resistance, and exhaustion. In the resistance stage, the body attempts to adapt to stress by sustaining physiological arousal, often involving continued secretion of stress hormones like cortisol while conserving energy through parasympathetic regulation.

**Solution:** In the resistance stage of GAS, the body tries to cope with a prolonged stressor by maintaining a heightened state of readiness. The adrenal glands continue to release cortisol to sustain energy availability, while the parasympathetic system helps conserve resources to prevent immediate breakdown. This stage reflects adaptation and coping with ongoing stress. The alarm stage is the initial fight-or-flight response, while the exhaustion stage occurs when resources are depleted, leading to breakdown. Since the question describes sustained stress with continued hormonal activity and conservation of resources, it corresponds to the resistance stage.

**Final Answer:** Resistance

**Answer:** (C)

Q19.

**Solution**

**Concept:** Psychoneuroimmunology is an interdisciplinary field that studies the interaction between psychological processes, the nervous system, and the immune system. It examines how stress, emotions, and behavior influence immune functioning and susceptibility to diseases through neuroendocrine pathways.

**Solution:** The immune system does not function independently of psychological factors. Stressful experiences can alter immune responses through hormonal and neural mechanisms, particularly involving the hypothalamic-pituitary-adrenal (HPA) axis. Psychoneuroimmunology integrates psychology, neurology, and immunology to understand these interactions. Psychosomatics is a broader term related to mind-body interactions, cognitive neuroscience focuses on brain processes underlying cognition, and behavioral medicine is an applied field. However, the specific study of immune functioning influenced by psychological stressors is called psychoneuroimmunology.

**Final Answer:** Psychoneuroimmunology

**Answer:** (B)



Q20.

**Solution**

**Concept:** Delusions are false beliefs held with strong conviction despite evidence to the contrary. Delusion of reference is a type of delusion in which a person believes that neutral external events, such as media or public communications, are directly related to or intended for them personally.

**Solution:** In the given case, the patient believes that the television news anchor is sending secret, personalized messages specifically directed at them. This reflects a misinterpretation of external stimuli as having personal significance. Such a belief is characteristic of delusion of reference. Delusion of grandeur involves inflated self-importance, delusion of persecution involves belief of being targeted or harmed, and hallucinations involve false sensory perceptions rather than fixed beliefs. Since the belief involves interpreting media messages as personally directed, the correct diagnosis is delusion of reference.

**Final Answer:**

**Answer: (B)**

Q21.

**Solution**

**Concept:** Panic Disorder is characterized by sudden, intense episodes of fear accompanied by physical symptoms. A common secondary development is agoraphobia, which involves fear of situations where escape might be difficult or help may not be available during a panic attack. It often leads to avoidance of public places, crowds, or open spaces, significantly restricting daily functioning.

**Solution:** In Panic Disorder, individuals experience recurrent panic attacks that are unexpected and severe. Due to the fear of experiencing another attack in situations where help may not be readily available or escape may be difficult, many individuals develop an associated condition called agoraphobia. This involves avoidance of places such as crowded areas, public transport, or open spaces. Social phobia, in contrast, involves fear of social evaluation, while claustrophobia is fear of enclosed spaces, and separation anxiety involves fear of being away from attachment figures. Since the question specifically refers to fear of being in places where help might not be available following panic attacks, the correct condition is agoraphobia.

**Final Answer:**

**Answer: (B)**



Q22.

**Solution**

**Concept:** Generalized Anxiety Disorder (GAD) is characterized by excessive, persistent, and uncontrollable worry about multiple aspects of daily life. This anxiety is often described as “free-floating” because it is not linked to any specific object or situation, unlike phobias or panic disorder. It leads to chronic tension, restlessness, and difficulty concentrating.

**Solution:** In Generalized Anxiety Disorder, individuals experience persistent and excessive anxiety that is not limited to a single trigger. Instead, the worry spreads across various domains such as health, finances, family, and work. This is termed free-floating anxiety because it persists even in the absence of immediate threats. Panic disorder involves sudden intense attacks, OCD involves intrusive thoughts and compulsions, and specific phobias involve fear of particular objects or situations. Since the question describes generalized and continuous worry across multiple life areas without a specific cause, the correct diagnosis is Generalized Anxiety Disorder (GAD).

**Final Answer:** Generalized Anxiety Disorder (GAD)

**Answer: (C)**

Q23.

**Solution**

**Concept:** Somatization Disorder and Conversion Disorder are both somatoform disorders but differ in symptom presentation. Somatization Disorder involves multiple, recurrent, and medically unexplained physical complaints affecting various body systems. Conversion Disorder involves a specific neurological symptom such as paralysis, blindness, or loss of sensation without a medical cause.

**Solution:** Somatization Disorder is characterized by a long history of multiple physical complaints that are vague and affect different organ systems, such as pain, gastrointestinal issues, and fatigue. These symptoms are not intentionally produced and lack a medical explanation. In contrast, Conversion Disorder involves a sudden onset of specific neurological symptoms like paralysis, blindness, or speech loss that cannot be explained medically. It typically affects motor or sensory function. The key distinction is that somatization involves multiple, diffuse symptoms, whereas conversion involves a single, specific functional loss. Therefore, the correct distinction is that conversion involves specific loss of sensory or motor function, while somatization involves multiple vague complaints.

**Final Answer:** Conversion: specific loss of function; somatization: multiple vague symptoms

**Answer: (B)**



Q24.

**Solution**

**Concept:** Schizophrenia includes positive and negative symptoms. Negative symptoms refer to the absence or reduction of normal functions. Avolition is a key negative symptom characterized by a lack of motivation or inability to initiate and persist in goal-directed activities. It significantly affects daily functioning and productivity.

**Solution:** In schizophrenia, negative symptoms reflect a reduction or absence of normal emotional and behavioral functions. Avolition specifically refers to a severe lack of motivation, where the individual shows little interest in initiating purposeful or goal-directed activities. This is different from alogia, which is reduced speech output, anhedonia, which is inability to experience pleasure, and flat affect, which is reduced emotional expression. Since the question emphasizes a total lack of interest or drive toward goal-directed behavior, the correct symptom is avolition, which is a core negative symptom of schizophrenia.

**Final Answer:** Avolition

**Answer: (B)**

Q25.

**Solution**

**Concept:** Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder characterized by deficits in social communication, restricted interests, repetitive behaviors, and strong adherence to routines. Symptoms may include echolalia (repetition of words), poor eye contact, and resistance to change.

**Solution:** A child showing echolalia, avoiding eye contact, and preferring strict routines displays classic features of Autism Spectrum Disorder. Echolalia reflects repetitive language behavior, while poor eye contact indicates social communication deficits. Strong preference for routines and resistance to change are part of restricted and repetitive behavior patterns. ADHD involves attention and hyperactivity issues, conduct disorder involves rule-breaking behavior, and oppositional defiant disorder involves argumentative behavior toward authority figures. Since the symptoms align with social communication deficits and repetitive behaviors, the correct diagnosis is Autism Spectrum Disorder.

**Final Answer:** Autism Spectrum Disorder

**Answer: (C)**



Q26.

**Solution**

**Concept:** Schizophrenia includes positive symptoms such as delusions, hallucinations, and thought disorders. Thought broadcasting is a specific delusion in which an individual believes their thoughts are being transmitted or accessible to others without any external mechanism. It reflects a disturbance in thought content while other functions like speech and motor behavior may remain intact.

**Solution:** In the given case, the patient strongly believes that their thoughts are being broadcast to the public despite clear evidence against it. This is a classic example of thought broadcasting, which is a type of delusion of control and a positive symptom of schizophrenia. Somatic delusions involve false beliefs about bodily functions, delusions of grandeur involve exaggerated self-importance, and alogia is a negative symptom involving reduced speech. Since the symptom specifically involves perceived transmission of thoughts, the correct answer is thought broadcasting.

**Final Answer:** Thought Broadcasting

**Answer: (B)**

Q27.

**Solution**

**Concept:** The dopamine hypothesis of schizophrenia suggests that dysregulation of dopamine neurotransmission, especially hyperactivity in dopaminergic pathways, is responsible for psychotic symptoms. Overactivity in mesolimbic pathways leads to positive symptoms like hallucinations and delusions. This theory is supported by the effectiveness of dopamine-blocking antipsychotic drugs, which reduce symptoms by lowering dopamine activity.

**Solution:** According to the dopamine hypothesis, schizophrenia is primarily associated with excessive dopaminergic activity in certain brain regions, particularly the mesolimbic pathway. This overactivity leads to the manifestation of positive symptoms such as hallucinations, delusions, and disorganized thinking. It is not simply a deficiency of dopamine but rather an imbalance involving overactivity or increased sensitivity of dopamine receptors. Serotonin and GABA systems may also play roles in psychiatric conditions, but they are not central to this hypothesis. Antipsychotic medications that block dopamine receptors are effective in reducing symptoms, further supporting this explanation. Therefore, schizophrenia is best explained by overactivity or increased dopamine receptor functioning in relevant neural circuits.

**Final Answer:** Overactivity or excessive receptors for dopamine

**Answer: (B)**



Q28.

**Solution**

**Concept:** Bulimia Nervosa is an eating disorder characterized by recurrent episodes of binge eating followed by compensatory behaviors such as vomiting, fasting, or excessive exercise to prevent weight gain. Unlike Anorexia Nervosa, individuals with bulimia often maintain a near-normal body weight but have intense concerns about body image and control over eating.

**Solution:** Bulimia Nervosa involves a cyclical pattern of uncontrolled overeating (bingeing) followed by inappropriate compensatory behaviors (purging) such as self-induced vomiting, misuse of laxatives, or excessive exercise. These behaviors are driven by an intense fear of weight gain and dissatisfaction with body image. In contrast, Anorexia Nervosa is characterized by extreme food restriction and significantly low body weight. Binge Eating Disorder involves bingeing without purging, and Pica involves eating non-nutritive substances. Since the question specifically describes bingeing followed by purging, the correct diagnosis is Bulimia Nervosa.

**Final Answer:** Bulimia Nervosa

**Answer: (B)**

Q29.

**Solution**

**Concept:** Rational Emotive Behavior Therapy (REBT), developed by Albert Ellis, focuses on identifying and changing irrational beliefs that lead to emotional distress. Functional disputation is a type of cognitive challenge where the therapist evaluates whether holding a belief is useful or harmful for achieving life goals, rather than focusing only on logic or evidence.

**Solution:** In REBT, irrational beliefs are identified and actively disputed using different forms of questioning. Functional disputation specifically focuses on the practical consequences of holding a belief. Instead of asking whether the belief is logically correct or empirically supported, the therapist explores whether maintaining the belief helps or hinders the client in achieving their goals and living effectively. This makes it a goal-oriented approach to cognitive change. Logical disputation focuses on consistency, empirical disputation focuses on evidence, and replacement with socially acceptable beliefs is not the core REBT strategy. Therefore, functional disputation is best defined as examining whether a belief is helpful or harmful for life functioning.

**Final Answer:** Examining whether holding the belief helps or hinders achieving life goals

**Answer: (C)**



Q30.

**Solution**

**Concept:** Technical eclecticism is an approach in psychotherapy that selects techniques from various therapeutic models based on their effectiveness for specific problems, without necessarily adopting the theoretical framework of those therapies. It is different from theoretical integration, which attempts to combine underlying theories into a unified system.

**Solution:** In technical eclecticism, the therapist does not commit to a single theoretical orientation. Instead, they draw practical techniques from different schools of therapy such as cognitive-behavioral, psychodynamic, or humanistic approaches, depending on what works best for the client's specific issue. The focus is on effectiveness rather than theoretical consistency. This is different from using only one model, integrating only biological treatments, or focusing solely on unconscious processes. Therefore, technical eclecticism is best described as combining techniques from different therapies without adhering strictly to their underlying theories.

**Final Answer:** Using techniques from different therapies without following one theory

**Answer: (B)**

Q31.

**Solution**

**Concept:** Logotherapy, developed by Viktor Frankl, emphasizes finding meaning in life as the central motivational force. Dereflection is a therapeutic technique used in logotherapy to reduce excessive self-focus by redirecting attention toward meaningful goals, activities, or relationships, thereby reducing anxiety and self-consciousness.

**Solution:** Dereflection is used when clients become overly self-focused, often leading to anxiety, performance issues, or heightened self-awareness. The technique helps by shifting attention away from the self and toward meaningful external goals, values, or relationships. This reduces excessive introspection and allows natural functioning to return. It is not based on confronting fears directly, analyzing childhood experiences, or physiological relaxation methods. Instead, it is rooted in meaning-centered therapy. Therefore, dereflection works by redirecting attention from self-preoccupation to purposeful and meaningful engagement with life.

**Final Answer:** Shifting attention away from self toward meaningful goals or others

**Answer: (B)**



Q32.

**Solution**

**Concept:** Rational Emotive Behavior Therapy (REBT) is based on the ABC model: Activating event (A), Belief (B), and Consequence (C). The core therapeutic process involves disputing irrational beliefs (D) that link events to emotional consequences. This disputation helps replace irrational thinking with rational beliefs, leading to healthier emotional outcomes.

**Solution:** In REBT, after identifying the activating event (A), irrational beliefs (B), and emotional consequences (C), the therapist helps the client challenge and dispute these irrational beliefs. This stage is known as disputing (D). It involves questioning the logic, evidence, and usefulness of beliefs and replacing them with rational alternatives. Cognitive restructuring is a broader cognitive therapy concept, while empathetic responding is a therapeutic skill, and counter-conditioning is used in behavior therapy. Since the question specifically refers to challenging irrational beliefs in the ABC model, the correct term is disputing.

**Final Answer:** Disputing (D)

**Answer: (B)**

Q33.

**Solution**

**Concept:** Aaron Beck's cognitive theory identifies systematic errors in thinking called cognitive distortions. Selective abstraction is a distortion in which an individual focuses only on a single negative detail while ignoring other relevant positive aspects of a situation. It contributes to negative automatic thoughts and maintains depression by reinforcing biased interpretations of events.

**Solution:** Selective abstraction is a cognitive distortion described by Beck in which an individual selectively focuses on one negative aspect of an experience while ignoring the broader positive context. For example, a student may receive mostly positive feedback but fixate on one minor criticism and conclude failure. This differs from overgeneralization, where a single event leads to a broad conclusion, and from personalization, where one blames oneself for external events. Catastrophizing involves expecting extreme negative outcomes without evidence. Since the question emphasizes focusing on one negative detail while ignoring the overall positive situation, it clearly corresponds to selective abstraction. This distortion plays a key role in maintaining negative automatic thoughts in cognitive therapy.

**Final Answer:** Focusing on one negative detail while ignoring overall positive context

**Answer: (A)**



Q34.

**Solution**

**Concept:** Humanistic therapy, especially Carl Rogers' person-centered approach, emphasizes empathy and unconditional positive regard. Empathy involves deeply understanding the client's internal frame of reference while maintaining the "as if" quality, meaning the therapist experiences the client's feelings without losing objectivity. Sympathy, in contrast, involves emotional concern or pity without fully entering the client's experiential world.

**Solution:** In humanistic therapy, empathy is a core therapeutic condition that involves accurately understanding the client's feelings and experiences from their perspective while maintaining psychological separation. The therapist experiences the client's world "as if" it were their own but does not lose their own identity. Sympathy, on the other hand, involves feeling pity or sorrow for the client without fully understanding their subjective experience. It often creates emotional distance rather than deep understanding. Therefore, empathy is about shared understanding without emotional fusion, whereas sympathy is more about emotional response from an external viewpoint. This distinction is essential in Carl Rogers' client-centered therapy, where empathy facilitates personal growth and self-acceptance.

**Final Answer:** Empathy: understanding with "as if"; sympathy: emotional pity/merging

**Answer: (B)**

Q35.

**Solution**

**Concept:** Aversive conditioning is a behavior therapy technique based on classical conditioning. It involves pairing an undesirable behavior with an unpleasant stimulus so that the behavior becomes less likely to occur. A key limitation is stimulus generalization, where the learned aversion may extend to similar but neutral stimuli.

**Solution:** Aversive conditioning uses the principles of classical conditioning, where an unwanted behavior is paired with an aversive stimulus such as nausea-inducing drugs or unpleasant sensations. Over time, the individual associates the behavior with discomfort, reducing its occurrence. However, one major risk is generalization, where the conditioned aversion may spread to stimuli that are similar but not intended targets, potentially affecting normal behaviors. Operant conditioning involves reinforcement and punishment, observational learning involves modeling, and vicarious conditioning involves learning through observation of others' experiences. Since aversive conditioning is based on stimulus association, the correct principle is classical conditioning, and the main risk is generalization of the learned response.

**Final Answer:** Classical Conditioning; generalization of learned response

**Answer: (B)**



Q36.

**Solution**

**Concept:** Psychodynamic therapy focuses on unconscious conflicts and past experiences. “Working through” refers to a repetitive therapeutic process in which the client repeatedly examines and re-experiences unresolved conflicts and defense mechanisms, leading to gradual insight and emotional resolution.

**Solution:** Working through is a key concept in psychodynamic therapy where the client does not achieve insight in a single session but gradually processes deep-seated conflicts over time. It involves repeatedly exploring the same emotional conflicts, resistances, and unconscious patterns until meaningful change occurs. This repetition helps integrate insights into personality structure. It is different from behavioral homework tasks, single-session cures, or hypnosis-based memory recovery. Free association may initiate exploration, but working through is the extended process of elaboration and resolution. Therefore, working through is best described as repeated exploration of conflicts and resistances to achieve deep emotional understanding and therapeutic change.

**Final Answer:** Repeated exploration of conflicts and resistances for insight

**Answer: (B)**

Q37.

**Solution**

**Concept:** Heider’s Balance Theory explains attitudes in triadic relationships involving a person (P), another person (O), and an object or issue (X). A balanced state exists when the relationship structure is psychologically consistent, leading to comfort. An unbalanced state creates cognitive tension or discomfort, motivating change to restore balance.

**Solution:** In the given scenario, P likes O, but P dislikes X while O likes X. This creates inconsistency in the triadic relationship because P’s attitude toward O aligns positively, but their attitudes toward X conflict with O’s positive attitude toward X. According to Heider’s Balance Theory, this results in an unbalanced state, which produces psychological discomfort. Individuals are motivated to change one of the attitudes to restore balance. Balanced states are associated with psychological comfort, while unbalanced states create tension. Cognitive dissonance is a related concept but not the exact terminology used in Balance Theory classification. Therefore, the triad is unbalanced and leads to psychological discomfort.

**Final Answer:** Unbalanced; Psychological discomfort

**Answer: (B)**



Q38.

**Solution**

**Concept:** Attribution biases describe how individuals explain successes and failures. The self-serving bias is a tendency to attribute successes to internal factors like ability and failures to external factors like luck or task difficulty. This bias helps maintain self-esteem and positive self-concept.

**Solution:** In the given example, the student attributes success in exams to internal factors such as intelligence but attributes failure to external factors like a poorly designed question paper. This pattern reflects the self-serving bias, where individuals protect their self-esteem by taking credit for successes and blaming external circumstances for failures. The fundamental attribution error involves overemphasizing dispositional factors in others' behavior, while the halo effect refers to generalizing one positive trait across others. The actor-observer effect explains differences in attribution between self and others. Since the scenario clearly shows attribution of success internally and failure externally, it is a classic example of self-serving bias.

**Final Answer:** Self-Serving Bias

**Answer:** (C)

Q39.

**Solution**

**Concept:** Heider's Balance Theory states that a triad is balanced when the product of relationships among P (person), O (other), and X (object) is positive and psychologically consistent. If P dislikes O, balance can still be achieved by aligning attitudes toward X in a way that reduces inconsistency between P and O's evaluations.

**Solution:** In this scenario, P dislikes O, while O likes X. To maintain psychological balance, P must align their attitude toward X in a way that restores consistency. Since P has a negative relationship with O, and O has a positive relationship with X, balance is achieved when P also dislikes X, creating consistent negative alignment between P and O regarding X. This restores equilibrium in the triadic relationship. If P liked X, inconsistency would increase, leading to imbalance. Neutrality would not resolve the structural tension effectively. Therefore, for a balanced state, P must also dislike X to maintain consistent evaluative relationships.

**Final Answer:** P must dislike X

**Answer:** (B)



Q40.

**Solution**

**Concept:** The Elaboration Likelihood Model (ELM) of persuasion explains two routes of processing persuasive messages: central and peripheral. The central route involves deep, thoughtful consideration of message content and is used when individuals are both motivated and able to process information. Motivation refers to personal relevance, while ability includes knowledge, attention, and cognitive capacity to evaluate the message.

**Solution:** According to the Elaboration Likelihood Model, persuasion occurs through the central route when individuals carefully evaluate the content of a message. This happens only when two key conditions are met: the person must be motivated to think about the message and must also have the ability to process it. Motivation is influenced by personal relevance or importance of the issue, while ability depends on factors such as knowledge, distraction levels, and cognitive capacity. If either motivation or ability is low, individuals are more likely to use the peripheral route, relying on superficial cues like attractiveness or repetition. Therefore, the determining factor for central route processing is the combination of motivation and ability to think deeply about the message.

**Final Answer:** The individual's motivation and ability to think about the message

**Answer: (C)**

Q41.

**Solution**

**Concept:** Attitudes consist of three components: cognitive, affective, and behavioral. The cognitive component involves beliefs, thoughts, and opinions about an object or issue. The affective component involves emotions or feelings, while the behavioral component involves actions or intentions toward the attitude object.

**Solution:** The cognitive component of attitude refers to the beliefs and thoughts that an individual holds about an object or concept. For example, believing that education is essential for reducing poverty reflects an evaluative thought or belief system. Feeling anger or joy represents the affective component, while avoidance behavior represents the behavioral component. Since the statement "education is the only way to reduce poverty" reflects a belief or thought about a social issue, it clearly falls under the cognitive component of attitude. Therefore, the correct answer is the belief-based statement.

**Final Answer:** Believing that "education is the only way to reduce poverty"

**Answer: (C)**



Q42.

**Solution**

**Concept:** Groupthink is a psychological phenomenon in highly cohesive groups where the desire for harmony and conformity leads to irrational or dysfunctional decision-making. It often occurs when groups are isolated from outside opinions and lack critical evaluation of alternatives, resulting in poor judgment and distorted reality testing.

**Solution:** Groupthink is most likely to occur in situations where group members are highly cohesive and insulated from external perspectives. In such groups, the pressure to maintain unanimity overrides critical thinking, leading to suppression of dissent and poor decision-making. The absence of outside expert opinions further strengthens this effect. Highly diverse or fragmented groups are less prone to groupthink because they encourage debate. Leaders who encourage dissent reduce groupthink risk, and newly formed groups are still developing norms. Therefore, groupthink is most associated with highly cohesive and isolated groups.

**Final Answer:** Highly cohesive and isolated from outside expert opinions

**Answer:** (C)

Q43.

**Solution**

**Concept:** Cognitive dissonance theory by Leon Festinger explains the psychological discomfort experienced when a person holds conflicting beliefs or behaves in a way that contradicts their attitudes. This discomfort is strongest when the behavior is performed with insufficient justification, meaning there is no strong external reason to explain the inconsistency.

**Solution:** Cognitive dissonance arises when there is inconsistency between attitudes, beliefs, and behaviors. It is most intense when an individual engages in behavior that contradicts their deeply held attitudes but lacks sufficient external justification, making the inconsistency psychologically uncomfortable. In such cases, individuals are motivated to change either their attitude or perception to reduce discomfort. If beliefs are consistent or behavior aligns with attitudes, dissonance does not occur. Lack of opinion does not create conflict. Therefore, the correct condition for cognitive dissonance is when an individual acts against their attitude with insufficient justification.

**Final Answer:** An action contradicting attitude with insufficient justification

**Answer:** (C)



Q44.

**Solution**

**Concept:** The Halo Effect is a cognitive bias where the perception of one positive trait influences the overall impression of a person. It leads to generalized positive evaluations based on a single favorable characteristic, often distorting objective judgment.

**Solution:** The Halo Effect occurs when an individual's single positive trait, such as attractiveness, intelligence, or kindness, leads observers to assume that they possess other positive qualities as well. This results in an overly favorable overall impression that may not be accurate. In contrast, the reverse halo effect (horn effect) involves negative traits influencing overall judgment negatively. Attribution biases and conformity are different social psychological processes. Since the question describes generalizing positive qualities from one characteristic, the correct answer is the Halo Effect.

**Final Answer:** One positive trait leads to assuming other positive traits

**Answer: (B)**

Q45.

**Solution**

**Concept:** Tuckman's stages of group development include forming, storming, norming, performing, and adjourning. The storming stage is characterized by conflict, competition, and disagreement as group members establish roles, power structures, and methods of achieving goals.

**Solution:** During the storming stage, group members begin to assert their opinions and compete for leadership roles. Conflicts often arise due to differences in working styles, goal interpretation, and task execution methods. This stage is essential for resolving power struggles and clarifying group structure. The forming stage involves initial orientation, norming involves agreement and cohesion, performing involves effective task completion, and adjourning involves dissolution. Since storming is defined by interpersonal conflict and competition over leadership and methods, the correct answer is disagreement over how to achieve goals and leadership roles.

**Final Answer:** Competition for leadership and disagreement over goal achievement methods

**Answer: (B)**



Q46.

**Solution**

**Concept:** Social facilitation refers to improved performance on tasks in the presence of others. The evaluation apprehension theory explains this by suggesting that performance changes occur because individuals are concerned about being evaluated by others, which increases physiological arousal and enhances performance on simple tasks.

**Solution:** According to the evaluation apprehension theory, the presence of others enhances performance because individuals are motivated by concern over how they are being judged. This concern increases arousal, which improves performance on well-learned or simple tasks but may impair complex tasks. Distraction theory focuses on divided attention, deindividuation involves loss of self-awareness in groups, and group goal pursuit relates to collective motivation. Since the question specifically highlights concern about audience judgment, the correct explanation is evaluation apprehension.

**Final Answer:** Concern about how the audience is judging us

**Answer: (B)**

Q47.

**Solution**

**Concept:** Social loafing refers to the reduction in individual effort when working in a group compared to working alone. It occurs because individual contributions become less identifiable, leading to diffusion of responsibility. Research shows that accountability and evaluation of individual performance are key factors in reducing social loafing.

**Solution:** Social loafing is most likely to occur when individual contributions within a group are not identifiable, leading members to exert less effort due to diffusion of responsibility. To reduce this phenomenon, it is important to increase accountability by making each member's contribution visible and by providing individual feedback on performance. When individuals know that their efforts will be evaluated separately, they are more likely to remain motivated and engaged. Increasing group size or allowing anonymity typically increases social loafing, while task difficulty alone does not address the issue of accountability. Therefore, the most effective strategy is to ensure that individual efforts are identifiable and evaluated separately, which enhances personal responsibility and reduces free-riding behavior within the group.

**Final Answer:** Making individual efforts identifiable and providing individual feedback

**Answer: (C)**



Q48.

**Solution**

**Concept:** Group polarization is a social psychological phenomenon in which discussion within a group leads members to adopt a more extreme position in the direction of their initial inclination. This occurs due to persuasive arguments and social comparison processes, strengthening pre-existing attitudes.

**Solution:** In group polarization, individuals begin with a moderately held opinion, and after group discussion, their views become more extreme in the same direction. This happens because group members are exposed to supportive arguments that reinforce their initial beliefs and because individuals often compare themselves with others and shift toward a more extreme position to align with perceived group norms. Therefore, if a group initially leans slightly in favor of strict environmental laws, discussion will lead them to become significantly more supportive of such laws. The group does not become neutral or divided, nor do members retain identical initial views. Instead, their attitudes intensify in the original direction of preference.

**Final Answer:** Significantly more in favor of strict environmental laws

**Answer: (B)**

Q49.

**Solution**

**Concept:** Groupthink is a psychological phenomenon where highly cohesive groups prioritize unanimity over critical thinking, leading to poor decision-making. It is most likely to occur when groups are isolated from external opinions and dominated by strong pressure for conformity, suppressing dissenting viewpoints.

**Solution:** Groupthink occurs when group cohesion becomes so strong that members suppress dissenting opinions to maintain harmony. This leads to a deterioration in critical thinking, reality testing, and moral judgment. It is most likely in groups that are highly cohesive and insulated from outside expert opinions, as they lack external feedback and alternative perspectives. Leaders who discourage dissent or highly diverse groups reduce the likelihood of groupthink. Newly formed groups are still developing norms and are less prone initially. Therefore, the correct condition for groupthink is a highly cohesive and isolated group environment.

**Final Answer:** Highly cohesive and isolated from outside expert opinions

**Answer: (C)**



Q50.

**Solution**

**Concept:** A group is defined as a collection of individuals who interact, share common goals, and have interdependent roles within a structured system. In contrast, a crowd is a temporary gathering of individuals who are physically present in the same place but lack structured interaction, shared goals, or role interdependence.

**Solution:** The fundamental difference between a group and a crowd lies in structure, purpose, and interdependence. A group is characterized by stable relationships, shared objectives, and coordinated roles, meaning members influence and depend on each other to achieve common goals. Examples include teams, families, or work groups. A crowd, however, is a temporary assembly of people who may be in the same location but do not necessarily interact or share a common purpose, such as people in a market or at a concert. Crowds lack structure and role differentiation, whereas groups are organized and goal-oriented. Therefore, the key psychological distinction is that groups are structured and goal-driven, while crowds are unstructured and incidental gatherings.

**Final Answer:** A group has common goals and structure; a crowd is temporary and unstructured

**Answer: (B)**



**Answer Key**

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

