

# CUET-UG Psychology Sample Paper-3

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 can easily solve complex logical problems but struggles to adapt to new environments or learn from past mistakes. According to Sternberg's Triarchic Theory, this student is likely high in \_\_\_\_\_ intelligence but low in \_\_\_\_\_ intelligence.

- (A) Contextual; Componential
- (B) Componential; Experiential
- (C) Experiential; Contextual
- (D) Analytical; Componential

**Q2.** According to the PASS model, which cognitive process is most heavily involved when a student is required to focus on a specific stimulus while ignoring distracting background noise during an exam?

- (A) Planning
- (B) Simultaneous processing
- (C) Successive processing
- (D) Arousal/Attention

**Q3.** In the context of Variations in Psychological Attributes, which of the following best describes 'Aptitude'?

- (A) An individual's current level of mastery in a specific subject.
- (B) A person's capacity to profit from training or a specific set of skills.



- (C) The global capacity of an individual to act purposefully.
- (D) The relatively enduring characteristics that make a person unique.

**Q4.** Jensen's Hierarchical Model of intelligence suggests that Level II involves higher-order skills. Which of the following is an example of Level II processing?

- (A) Rote learning of a multiplication table.
- (B) Recalling a phone number immediately after hearing it.
- (C) Solving a complex mathematical theorem using abstract logic.
- (D) Associating a visual image with a specific word.

**Q5.** Which approach to personality focuses on the 'Self' as a subjective entity and emphasizes the importance of 'Unconditional Positive Regard' in personal growth?

- (A) Psychodynamic Approach
- (B) Trait Approach
- (C) Humanistic Approach
- (D) Cultural Approach

**Q6.** A person who is highly organized, reliable, and hardworking would score high on which dimension of the Five-Factor Model (OCEAN)?

- (A) Openness to experience
- (B) Conscientiousness
- (C) Extraversion
- (D) Agreeableness

**Q7.** Freud suggested that individuals who are overly stingy, orderly, and stubborn might have experienced fixation during which psychosexual stage?

- (A) Oral Stage
- (B) Anal Stage
- (C) Phallic Stage



(D) Latency Stage

**Q8.** In the Post-Freudian approach, which theorist emphasized the concept of the 'Basic Anxiety' arising from feelings of isolation and helplessness in a hostile world?

(A) Alfred Adler

(B) Karen Horney

(C) Erik Erikson

(D) Carl Jung

**Q9.** Which projective technique requires the subject to look at a picture and tell a story about what is happening, what led up to the event, and what the outcome will be?

(A) Rorschach Inkblot Test

(B) Thematic Apperception Test (TAT)

(C) Rosenzweig Picture-Frustration Study

(D) Draw-a-Person Test

**Q10.** An individual experiences a high-stress event and perceives it as a 'Challenge' rather than a 'Threat'. According to Lazarus, this evaluation happens during:

(A) Primary Appraisal

(B) Secondary Appraisal

(C) Tertiary Appraisal

(D) Systemic Appraisal

**Q11.** The General Adaptation Syndrome (GAS) identifies three stages. During which stage does the body's parasympathetic nervous system attempt to return physiological functions to normal while the stressor persists?

(A) Alarm Reaction

(B) Resistance



- (C) Exhaustion
- (D) Burnout

**Q12.** According to Kobasa, high levels of 'Hardiness' protect against stress. Which of the following is NOT one of the three 'Cs' of hardiness?

- (A) Commitment
- (B) Control
- (C) Conscience
- (D) Challenge

**Q13.** Which type of stress is characterized by an individual feeling 'pushed' from within to achieve unrealistic goals and perfection?

- (A) Environmental Stress
- (B) Social Stress
- (C) Psychological Stress (Internal Pressure)
- (D) Imaginative Stress

**Q14.** In the classification of Psychological Disorders, the distinction between 'Positive' and 'Negative' symptoms is most commonly associated with:

- (A) Bipolar Disorder
- (B) Major Depressive Disorder
- (C) Schizophrenia
- (D) Generalized Anxiety Disorder

**Q15.** A patient presents with a persistent belief that they are a famous historical figure despite overwhelming evidence to the contrary. This is a symptom known as:

- (A) Hallucination
- (B) Delusion of Grandeur
- (C) Illusion



(D) Obsession

**Q16.** Which disorder is characterized by a child's persistent failure to follow rules, frequent temper tantrums, and deliberate attempts to annoy others, without being physically aggressive?

(A) Conduct Disorder

(B) Oppositional Defiant Disorder (ODD)

(C) ADHD

(D) Separation Anxiety Disorder

**Q17.** An individual suddenly and unexpectedly travels away from home, assumes a new identity, and has no memory of their past life. This is characteristic of:

(A) Dissociative Identity Disorder

(B) Dissociative Fugue

(C) Depersonalization Disorder

(D) Schizotypal Disorder

**Q18.** In Therapeutic Approaches, 'Free Association' and 'Dream Interpretation' are primary tools used in:

(A) Behavior Therapy

(B) Cognitive Therapy

(C) Psychoanalytic Therapy

(D) Client-Centered Therapy

**Q19.** The therapeutic technique of 'Aversive Conditioning' involves:

(A) Rewarding positive behavior with tokens.

(B) Pairing an undesirable behavior with an unpleasant stimulus.

(C) Modeling behavior after a successful peer.

(D) Gradually exposing a patient to a feared object.



- Q20.** In Albert Ellis's REBT, the 'D' in the A-B-C-D-E model stands for:
- (A) Development of symptoms
  - (B) Disputing irrational beliefs
  - (C) Depression management
  - (D) Denial of reality
- Q21.** Which therapy focuses on the concept of 'Existential Anxiety' and helping the client find meaning in their life?
- (A) Logotherapy
  - (B) Gestalt Therapy
  - (C) Rational Emotive Therapy
  - (D) Biomedical Therapy
- Q22.** Attitude change is more likely to occur when the source of the message is perceived as:
- (A) Highly intelligent but biased.
  - (B) Popular but lacking expertise.
  - (C) Credible and trustworthy.
  - (D) Similar to the audience but uninformed.
- Q23.** The 'Balance Theory' of attitude (P-O-X triangle) was proposed by:
- (A) Leon Festinger
  - (B) Fritz Heider
  - (C) S.M. Mohsin
  - (D) Carlsmith
- Q24.** When an individual's behavior is influenced by the presence of others, leading to an improvement in performance on simple tasks, it is called:
- (A) Social Loafing



- (B) Social Facilitation
- (C) Social Inhibition
- (D) Social Polarization

**Q25.** The 'Foot-in-the-Door' technique is a method of:

- (A) Persuasion
- (B) Obedience
- (C) Compliance
- (D) Conformity

**Q26.** In group dynamics, the 'Tuckman' stage where members start resolving conflicts and developing a sense of unity is known as:

- (A) Forming
- (B) Storming
- (C) Norming
- (D) Performing

**Q27.** A state of extreme suggestibility and 'group-mind' where individuals lose their sense of personal identity in a large crowd is known as:

- (A) Groupthink
- (B) Deindividuation
- (C) Social Loafing
- (D) Group Polarization

**Q28.** According to the 'Frustration-Aggression Hypothesis', aggression is most likely to occur when:

- (A) An individual is rewarded for aggressive behavior.
- (B) An individual is prevented from reaching a goal.
- (C) An individual observes a violent model.



(D) An individual is in a state of high arousal.

**Q29.** Which of the following is a 'Secondary Group'?

- (A) A family unit
- (B) A close group of friends
- (C) A political party membership
- (D) A playgroup

**Q30.** The 'Pro-social behavior' where a person helps another without any expectation of reward is motivated by:

- (A) Reciprocity
- (B) Altruism
- (C) Social Status
- (D) Fear of Punishment

**Q31.** Gardner's theory of multiple intelligences suggests that a successful architect would likely score high on:

- (A) Spatial Intelligence
- (B) Interpersonal Intelligence
- (C) Bodily-Kinesthetic Intelligence
- (D) Intrapersonal Intelligence

**Q32.** Which of the following describes a 'Type A' personality as identified by Friedman and Rosenman?

- (A) Relaxed, patient, and easy-going.
- (B) Highly competitive, impatient, and prone to hypertension.
- (C) Unassertive, cooperative, and suppresses emotions.
- (D) Prone to depression and social inhibition.



- Q33.** In Carl Jung's theory, the 'Collective Unconscious' consists of universal images or symbols known as:
- (A) Traits
  - (B) Complexes
  - (C) Archetypes
  - (D) Ego-ideals
- Q34.** Selye's GAS model was criticized for not accounting for which factor in the stress response?
- (A) Physiological changes
  - (B) Hormonal release
  - (C) Cognitive appraisal and psychological factors
  - (D) The Exhaustion stage
- Q35.** A person experiencing 'Anhedonia' in Depression is showing:
- (A) Recurrent suicidal thoughts.
  - (B) Loss of interest or pleasure in almost all activities.
  - (C) Significant weight gain.
  - (D) Psychomotor agitation.
- Q36.** Which disorder involves a persistent preoccupation with having a serious illness, despite medical reassurance and lack of physical symptoms?
- (A) Conversion Disorder
  - (B) Illness Anxiety Disorder (Hypochondriasis)
  - (C) Somatic Symptom Disorder
  - (D) Factitious Disorder
- Q37.** Behavior therapy is primarily based on the principles of:
- (A) Unconscious conflicts



- (B) Classical and Operant Conditioning
- (C) Self-actualization
- (D) Meaning-making

**Q38.** In Beck's Cognitive Therapy, the 'Cognitive Triad' of depression involves negative views about:

- (A) Self, Family, and Friends.
- (B) Past, Present, and Future.
- (C) Self, World, and Future.
- (D) Health, Wealth, and Status.
- (E)

**Q39.** The 'P-O-X' triangle is balanced if the product of the signs of the three relationships is:

- (A) Negative
- (B) Neutral
- (C) Positive
- (D) Zero

**Q40.** Which social influence process involves changing behavior in response to a direct order from an authority figure?

- (A) Compliance
- (B) Conformity
- (C) Obedience
- (D) Identification

**Q41.** A group makes a decision that is significantly more risky than the average of the individual members' initial positions. This is an example of:

- (A) Groupthink



- (B) Group Polarization
- (C) Social Loafing
- (D) Deindividuation

**Q42.** According to Bandura, which of the following is NOT a source of self-efficacy?

- (A) Mastery experiences
- (B) Vicarious experiences
- (C) Social persuasion
- (D) Unconscious motivation

**Q43.** Which type of therapy uses the 'Token Economy' system to reinforce desired behaviors?

- (A) Psychodynamic Therapy
- (B) Humanistic Therapy
- (C) Behavior Therapy
- (D) Gestalt Therapy

**Q44.** In the context of stress, 'Biofeedback' is a technique used to:

- (A) Change irrational thoughts.
- (B) Provide information about physiological functions to gain voluntary control.
- (C) Release repressed emotions through talk therapy.
- (D) Systematically desensitize a person to a phobia.

**Q45.** Which of the following is a 'Negative Symptom' of Schizophrenia?

- (A) Auditory Hallucinations
- (B) Disorganized Speech
- (C) Flat Affect (Alogia/Avolition)
- (D) Delusions of Persecution



- Q46.** A psychological test that measures what it claims to measure is said to have high:
- (A) Reliability
  - (B) Validity
  - (C) Objectivity
  - (D) Norms
- Q47.** The process of 'Cognitive Restructuring' is a key component of which therapy?
- (A) Psychoanalysis
  - (B) Client-Centered Therapy
  - (C) Cognitive Behavior Therapy (CBT)
  - (D) Biomedical Therapy
- Q48.** 'Prejudice' is the \_\_\_\_\_ component, while 'Discrimination' is the \_\_\_\_\_-component of intergroup conflict.
- (A) Behavioral; Cognitive
  - (B) Affective; Behavioral
  - (C) Cognitive; Affective
  - (D) Behavioral; Affective
- Q49.** Which level of intelligence in Jensen's theory refers to the associative learning where output is similar to input?
- (A) Level I
  - (B) Level II
  - (C) Level III
  - (D) Level IV



- Q50.** The 'Halo Effect' in personality assessment occurs when:
- (A) The rater is influenced by one prominent positive trait of the person.
  - (B) The rater gives middle-range scores to everyone.
  - (C) The subject tries to please the examiner.
  - (D) The subject gives socially desirable answers.



**Detailed Solutions****Q1.****Solution****Concept:**

According to Robert Sternberg's Triarchic Theory of Intelligence, intelligence consists of three components: Componential (Analytical), Experiential (Creative), and Contextual (Practical). Analytical intelligence involves abstract thinking and logical reasoning, while Experiential involves the ability to use past experiences creatively to solve novel problems, and Contextual involves "street smarts" or adapting to the environment.

**Solution:**

1. The student is described as being able to "solve complex logical problems," which is a hallmark of Componential (Analytical) Intelligence. 2. The student "struggles to adapt to new environments," which indicates a deficit in Contextual Intelligence. 3. The student also struggles to "learn from past mistakes" or deal with novelty, which indicates a deficit in Experiential Intelligence. 4. Looking at the options, Option B (High Componential, Low Experiential) matches the logical strength paired with the inability to handle novelty/past learning.

**Final Answer:** The student is high in Componential but low in Experiential intelligence.

**Answer: (B)**

**Q2.****Solution****Concept:**

The PASS model (Planning, Attention-Arousal, Simultaneous, and Successive) describes cognitive functioning as a result of three functional units of the brain. The first unit is responsible for Arousal and Attention.

**Solution:**

1. Arousal/Attention is the process that allows an individual to selectively focus on relevant stimuli while inhibiting irrelevant distractions. 2. An optimal level of arousal is necessary to direct attention to the task at hand (like an exam). 3. Simultaneous Processing involves perceiving relationships between items (e.g., Raven's Matrices). 4. Successive Processing involves serial recall (e.g., learning digits). 5. Planning involves goal-setting and strategy. 6. Therefore, focusing on a stimulus while ignoring noise is a function of Attention.

**Final Answer:** The process is Arousal/Attention.

**Answer: (D)**



Q3.

**Solution****Concept:**

In the study of individual differences, psychologists distinguish between Intelligence, Aptitude, and Achievement. Aptitude refers to an individual's potential for learning specific skills.

**Solution:**

1. Aptitude is a combination of characteristics indicative of an individual's capacity to acquire (with training) some specific knowledge or skill. 2. It is distinct from Achievement, which measures what a person has already learned (Option A). 3. Option C refers to a definition of Intelligence (Wechsler's definition). 4. Option D refers to the definition of Personality Traits. 5. Thus, the capacity to profit from training is the defining feature of aptitude.

**Final Answer:** Aptitude is the capacity to profit from training.

**Answer: (B)**

Q4.

**Solution****Concept:**

Arthur Jensen proposed a hierarchical model of intelligence consisting of two levels: Level I (Associative Learning) and Level II (Cognitive Competence).

**Solution:**

1. Level I involves rote learning and associative skills where the output is very similar to the input (e.g., digit span, rote memory). 2. Level II involves higher-order cognitive functions. It transforms the input to produce an effective output through abstract reasoning and logical manipulation. 3. Solving a complex theorem using abstract logic requires transforming information, making it a Level II task. 4. Options A, B, and D are examples of associative or rote memory (Level I).

**Final Answer:** Solving a complex mathematical theorem is Level II processing.

**Answer: (C)**



Q5.

**Solution****Concept:**

The Humanistic approach to personality, led by Carl Rogers and Abraham Maslow, emphasizes personal growth, free will, and the subjective experience of the self.

**Solution:**

1. Carl Rogers proposed that for a person to "grow," they need an environment that provides them with genuineness, empathy, and Unconditional Positive Regard. 2. This approach focuses on the Self-concept and the inherent potential of the individual to achieve self-actualization. 3. The Psychodynamic approach (Freud) focuses on unconscious conflicts. 4. The Trait approach focuses on identifying stable characteristics. 5. Therefore, the mention of 'Unconditional Positive Regard' identifies the Humanistic Approach.

**Final Answer:** This is the Humanistic Approach.

**Answer: (C)**

Q6.

**Solution****Concept:**

The Five-Factor Model (often abbreviated as OCEAN) is a widely accepted trait theory of personality. It includes five broad dimensions: Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism.

**Solution:**

1. Conscientiousness is the tendency to be responsible, organized, dependable, and disciplined. 2. Individuals high in this trait are typically hardworking, achievement-oriented, and reliable in their personal and professional lives. 3. Openness refers to curiosity and interest in novelty. 4. Extraversion refers to sociability and outgoing nature. 5. Agreeableness refers to being cooperative and kind. 6. Since the individual is described as "highly organized, reliable, and hardworking," they align perfectly with the Conscientiousness dimension.

**Final Answer:** The individual would score high on Conscientiousness.

**Answer: (B)**



Q7.

**Solution****Concept:**

Sigmund Freud's Psychodynamic theory proposes that personality develops through five psycho-sexual stages: Oral, Anal, Phallic, Latency, and Genital. If a child's needs are over-indulged or frustrated at a stage, "fixation" occurs, affecting adult personality.

**Solution:**

1. The Anal Stage (approx. 1–3 years) focuses on toilet training and the control of bodily wastes. 2. Freud argued that the way parents handle toilet training influences the child's sense of control and competence. 3. If the training is too strict, the child may develop an "Anal-retentive" personality, characterized by being stingy, overly orderly, perfectionistic, and stubborn. 4. The Oral Stage fixation usually leads to dependency or sarcasm. 5. The Phallic Stage involves the Oedipus/Electra complex. 6. Therefore, the traits mentioned are classic signs of fixation during the Anal stage.

**Final Answer:** These traits indicate fixation during the Anal Stage.

**Answer: (B)**

Q8.

**Solution****Concept:**

Post-Freudian theorists (Neo-Freudians) like Adler, Jung, and Horney moved away from Freud's emphasis on biological/sexual urges toward social and cultural factors in personality development.

**Solution:**

1. Karen Horney was a prominent critic of Freud's views on women and emphasized the role of social relationships. 2. She proposed the concept of Basic Anxiety, which she defined as a feeling of being small, insignificant, and helpless in a world that is potentially hostile. 3. She argued that this anxiety stems from disturbed interpersonal relationships during childhood. 4. Alfred Adler focused on the "Inferiority Complex." 5. Carl Jung focused on the "Collective Unconscious." 6. Thus, the specific concept of Basic Anxiety is attributed to Karen Horney.

**Final Answer:** The theorist is Karen Horney.

**Answer: (B)**



Q9.

**Solution****Concept:**

Projective techniques are personality assessment tools that use ambiguous stimuli to uncover an individual's unconscious motives, desires, and conflicts. The Thematic Apperception Test (TAT), developed by Morgan and Murray, is one of the most widely used projective tests.

**Solution:**

1. The Thematic Apperception Test (TAT) consists of a series of black-and-white picture cards depicting people in various ambiguous situations. 2. The subject is asked to look at the card and construct a complete story. They must describe: - What is happening in the scene? - What led up to this situation (the past)? - What the characters are thinking and feeling? - What the final outcome will be (the future)? 3. The Rorschach Inkblot Test involves interpreting symmetrical inkblots. 4. The Rosenzweig Picture-Frustration Study focuses specifically on how people react to frustrating situations using cartoon-like sketches. 5. The Draw-a-Person Test requires the subject to draw a person, which is then analyzed for psychological signs. 6. Therefore, the requirement to "tell a story" with a beginning, middle, and end is the defining feature of the TAT.

**Final Answer:** The technique is the Thematic Apperception Test (TAT).

**Answer: (B)**

Q10.

**Solution****Concept:**

Richard Lazarus proposed the Cognitive-Transactional Model of Stress, which emphasizes that stress is not just in the environment but in the individual's "appraisal" or interpretation of the situation. There are two main stages of appraisal.

**Solution:**

1. Primary Appraisal is the first step where an individual evaluates whether an event is positive, neutral, or negative. 2. If the event is negative, it is further appraised for: - Harm/Loss: Damage already done. - Threat: Possible future damage. - Challenge: Potential for growth or mastery despite the stress. 3. Secondary Appraisal occurs afterward, where the individual assesses their resources and options to cope with the situation (e.g., "Can I handle this?"). 4. Since the individual is evaluating the nature of the event itself as a 'Challenge', this falls under the primary assessment of the stimulus.

**Final Answer:** This evaluation happens during Primary Appraisal.

**Answer: (A)**



Q11.

**Solution****Concept:**

Hans Selye's General Adaptation Syndrome (GAS) explains how the body physiologically responds to prolonged stress through three distinct stages: Alarm, Resistance, and Exhaustion.

**Solution:**

1. Alarm Reaction Stage: The initial "fight or flight" response where the sympathetic nervous system is highly activated, releasing hormones like adrenaline. 2. Resistance Stage: If the stressor continues, the body enters this stage. The parasympathetic nervous system tries to return physiological functions to normal (homeostasis), but the body remains on high alert and continues to use resources to cope with the stressor. 3. Exhaustion Stage: If the stressor persists for too long, the body's resources are depleted, the immune system fails, and "diseases of adaptation" (like heart disease) may occur. 4. The attempt of the body to stabilize while the stressor is still present is the hallmark of the Resistance stage.

**Final Answer:** This occurs during the Resistance stage.

**Answer: (B)**

Q12.

**Solution****Concept:**

Psychologists like Suzanne Kobasa have studied why some people handle high levels of stress without falling ill. They identified a personality trait called 'Hardiness', which acts as a protective shield against the negative effects of stress.

**Solution:**

1. Hardiness consists of a set of beliefs about oneself and the world. It is composed of the "three Cs": - Commitment: A tendency to involve oneself in whatever one is doing (work, family, hobbies) rather than feeling alienated. - Control: A belief that one can influence the events of their life rather than feeling like a helpless victim of fate. - Challenge: A tendency to view change or new demands as an opportunity for growth and learning rather than as a threat to security. 2. Conscience (Option C) refers to an individual's moral sense of right and wrong and is a component of the Super-ego in Freudian theory or the trait of Conscientiousness, but it is NOT a component of Hardiness.

**Final Answer:** Conscience is NOT one of the three 'Cs' of hardiness.

**Answer: (C)**



Q13.

**Solution****Concept:**

Psychological stress is generated within the individual's mind and is often unique to their own perceptions and demands. One major source of psychological stress is 'Internal Pressure'.

**Solution:**

1. Internal Pressure stems from beliefs based on expectations from ourselves. It involves "musts" and "shoulds" that we impose on our own behavior. 2. This includes the drive to achieve perfectionism, set high standards for ourselves, and the feeling of being "pushed" from within to reach unrealistic goals. 3. Environmental Stress comes from the physical world (noise, heat). 4. Social Stress comes from interactions with others (conflicts, loneliness). 5. Imaginative Stress is not a standard psychological term for this specific internal drive. 6. Therefore, the feeling of being pushed from within describes Internal Pressure.

**Final Answer:** This is Psychological Stress (Internal Pressure).

**Answer:** (C)

Q14.

**Solution****Concept:**

Schizophrenia is a severe mental disorder characterized by a range of symptoms. For clinical clarity, these symptoms are often categorized into Positive, Negative, and Psychomotor symptoms.

**Solution:**

1. Positive Symptoms are "excesses" or additions to normal behavior, such as hallucinations (perceiving things that aren't there) and delusions (false beliefs). 2. Negative Symptoms are "deficits" or subtractions from normal behavior, such as Alogia (poverty of speech), Avolition (lack of motivation), and Flat Affect (lack of emotional expression). 3. While other disorders like Depression or Bipolar have specific symptom patterns, the strict classification into 'Positive' and 'Negative' categories is a fundamental framework used primarily for diagnosing and understanding Schizophrenia.

**Final Answer:** This distinction is most commonly associated with Schizophrenia.

**Answer:** (C)



Q15.

**Solution****Concept:**

Delusions are false beliefs that are firmly held despite objective, contradictory evidence. They are a hallmark symptom of psychotic disorders like Schizophrenia. Delusions are categorized based on their content (e.g., Persecution, Reference, Grandeur, or Control).

**Solution:**

1. Delusions of Grandeur occur when an individual believes they possess special powers, wealth, or are a famous person (e.g., believing they are a historical figure, a religious icon, or a celebrity).
2. Hallucination (Option A) involves sensory perceptions in the absence of external stimuli (e.g., hearing voices).
3. Illusion (Option C) is a misinterpretation of a real external stimulus.
4. Obsession (Option D) refers to persistent, intrusive, and unwanted thoughts common in OCD.
5. In this case, the persistent belief of being a "famous historical figure" is a classic example of grandiosity.

**Final Answer:** This symptom is known as Delusion of Grandeur.

**Answer: (B)**

Q16.

**Solution****Concept:**

Neurodevelopmental and behavioral disorders in children often involve patterns of disruptive behavior. The DSM-5 distinguishes between Conduct Disorder (CD) and Oppositional Defiant Disorder (ODD).

**Solution:**

1. Oppositional Defiant Disorder (ODD) is characterized by an ongoing pattern of an angry or irritable mood, defiant or argumentative behavior, and vindictiveness toward people in authority.
2. Children with ODD do not typically show the extreme aggression toward people/animals or the destruction of property seen in Conduct Disorder.
3. ADHD (Option C) focuses on inattention and hyperactivity.
4. Separation Anxiety (Option D) focuses on fear of being away from caregivers.
5. Since the child is annoying others and losing their temper without physical aggression, ODD is the most appropriate diagnosis.

**Final Answer:** This is characteristic of Oppositional Defiant Disorder (ODD).

**Answer: (B)**



Q17.

**Solution****Concept:**

Dissociative disorders involve a breakdown in the integrated functions of memory, identity, or consciousness. Dissociative Fugue is a specific and dramatic subtype of dissociative amnesia.

**Solution:**

1. Dissociative Fugue is characterized by unexpected travel away from home or work, accompanied by an inability to recall some or all of one's past. 2. A key feature is the confusion about personal identity or even the assumption of a new identity (new name, job, etc.). 3. Dissociative Identity Disorder (Option A) involves having two or more distinct personality states. 4. Depersonalization (Option C) involves feeling detached from one's own body or mental processes. 5. The combination of "traveling away" and "new identity" specifically defines a fugue state.

**Final Answer:** This is characteristic of Dissociative Fugue.

**Answer: (B)**

Q18.

**Solution****Concept:**

Psychoanalysis, developed by Sigmund Freud, focuses on uncovering unconscious conflicts and repressed memories that are believed to be the root of psychological distress. The therapist acts as an interpreter of the patient's internal world.

**Solution:**

1. Free Association is a technique where the patient is encouraged to say whatever comes to mind, no matter how trivial or embarrassing, to bypass the ego's defense mechanisms. 2. Dream Interpretation involves analyzing the "manifest content" (the literal dream) to uncover the "latent content" (the hidden, symbolic meaning) of dreams, which Freud considered the "royal road to the unconscious." 3. Behavior Therapy (Option A) focuses on observable actions and learning principles. 4. Cognitive Therapy (Option B) focuses on identifying and changing irrational thought patterns. 5. Client-Centered Therapy (Option D) focuses on providing empathy and unconditional positive regard. 6. Therefore, these specific tools are the foundation of Psychoanalytic Therapy.

**Final Answer:** These tools are used in Psychoanalytic Therapy.

**Answer: (C)**



Q19.

**Solution****Concept:**

Behavior therapy utilizes principles of classical and operant conditioning to modify maladaptive behaviors. Aversive conditioning is a form of counter-conditioning used to eliminate undesirable habits.

**Solution:**

1. Aversive Conditioning works by establishing a negative association between a target behavior and an unpleasant consequence. 2. For example, to treat alcohol addiction, a therapist might give the patient a drug that causes nausea when mixed with alcohol. Eventually, the person develops an "aversion" to alcohol. 3. Option A refers to Token Economy (Operant conditioning). 4. Option C refers to Modeling (Observational learning). 5. Option D refers to Systematic Desensitization. 6. By pairing the unwanted behavior with a painful or unpleasant stimulus, the frequency of that behavior decreases.

**Final Answer:** It involves pairing an undesirable behavior with an unpleasant stimulus.

**Answer: (B)**

Q20.

**Solution****Concept:**

Rational Emotive Behavior Therapy (REBT), developed by Albert Ellis, is a cognitive-based therapy that follows the A-B-C-D-E model to explain and treat psychological distress.

**Solution:**

1. The A-B-C-D-E model stands for: - A (Activating Event): An external event or situation. - B (Belief System): The individual's interpretation of that event (often irrational). - C (Consequence): The emotional or behavioral outcome of the belief. - D (Disputing): The therapist's role in challenging or questioning the irrational beliefs. - E (Effect): The new, more effective philosophy or emotional state that results from disputing. 2. Therefore, 'D' specifically refers to the active process of disputing or challenging irrationality.

**Final Answer:** The 'D' stands for Disputing irrational beliefs.

**Answer: (B)**



Q21.

**Solution****Concept:**

Humanistic-Existential therapies emphasize the uniqueness of the individual and the quest for meaning in existence. Logotherapy is a specific form of existential therapy developed by Viktor Frankl, a psychiatrist who survived the Holocaust.

**Solution:**

1. Logotherapy is based on the belief that the primary motivational force of an individual is to find meaning in life, even in the most miserable circumstances. 2. Frankl coined the term "Existential Anxiety" or "Existential Vacuum" to describe the feeling of emptiness and meaninglessness that leads to psychological distress. 3. The goal of the therapist is to help the client discover their own "Will to Meaning." 4. Gestalt Therapy (Option B) focuses on "here and now" and wholeness. 5. REBT (Option C) focuses on irrational beliefs. 6. Therefore, the focus on meaning and existential anxiety is the core of Logotherapy.

**Final Answer:** The therapy is Logotherapy.

**Answer:** (A)

Q22.

**Solution****Concept:**

Social psychologists have identified several factors that influence the effectiveness of persuasion and attitude change. These factors generally relate to the Source (the communicator), the Message (the content), and the Target (the audience).

**Solution:**

1. Source Characteristics: Research shows that attitude change is most effective when the source is perceived as having high Credibility and Trustworthiness. 2. Credibility is often established through expertise (knowledge about the subject) and a lack of ulterior motives (trust). 3. Similarity (Option D) and Popularity (Option B) can also influence persuasion, but they are generally less powerful than proven expertise and trustworthiness, especially for complex issues. 4. An intelligent but biased source (Option A) often triggers "reactance" or resistance in the audience. 5. Thus, credibility and trustworthiness are the most reliable predictors of successful persuasion.

**Final Answer:** Attitude change is more likely when the source is credible and trustworthy.

**Answer:** (C)



Q23.

**Solution****Concept:**

The Balance Theory of attitude formation and change focuses on the consistency between an individual's attitudes and their social environment. It is often visualized as a triangle involving three entities: P (the Person), O (Another Person), and X (the Object of the attitude).

**Solution:**

1. Fritz Heider proposed the Balance Theory in 1946. He argued that people prefer "balanced" states where their attitudes toward an object and another person are consistent. 2. Leon Festinger (Option A) is known for the "Cognitive Dissonance Theory." 3. S.M. Mohsin (Option C) is an Indian psychologist known for the "Two-step Concept" of attitude change. 4. Carlsmith (Option D) worked with Festinger on the famous *1and20* dissonance experiment. 5. Therefore, the P-O-X triangle/Balance Theory is strictly attributed to Fritz Heider.

**Final Answer:** The Balance Theory was proposed by Fritz Heider.

**Answer: (B)**

Q24.

**Solution****Concept:**

Social facilitation refers to the finding that people tend to perform differently when in the presence of others than when alone. Specifically, the presence of an audience or co-actors tends to improve performance on well-learned or simple tasks.

**Solution:**

1. Social Facilitation occurs because the presence of others increases physiological arousal. For simple or well-practiced tasks, this arousal strengthens the "dominant response," leading to better performance. 2. Social Loafing (Option A) is the opposite; it is the reduction in individual effort when working in a group on a collective task. 3. Social Inhibition (Option C) occurs when the presence of others hinders performance, usually on complex or new tasks. 4. Social Polarization (Option D) refers to the tendency of a group to make decisions that are more extreme than the initial inclination of its members. 5. Therefore, the improvement on simple tasks due to the presence of others is defined as social facilitation.

**Final Answer:** This phenomenon is called Social Facilitation.

**Answer: (B)**



Q25.

**Solution****Concept:**

Social influence takes three main forms: Conformity, Compliance, and Obedience. Compliance refers to a change in behavior in response to a direct request from another person, even if they have no formal authority.

**Solution:**

1. The Foot-in-the-Door technique is a classic compliance strategy. It involves making a small, insignificant request that a person is likely to agree to. 2. Once they agree, a larger, related request is made. Because the person has already committed to the small action, they feel a psychological need to remain consistent and are more likely to agree to the larger request. 3. Persuasion (Option A) involves changing attitudes through communication. 4. Obedience (Option B) involves following a direct order from an authority figure. 5. Conformity (Option D) involves changing behavior to match group norms without a direct request.

**Final Answer:** It is a method of Compliance.

**Answer:** (C)

Q26.

**Solution****Concept:**

Bruce Tuckman proposed a model for the stages of group development. He suggested that all groups go through a series of five stages to become productive and effective.

**Solution:**

1. Forming: Members are cautious and try to understand the group's goals. 2. Storming: Conflict arises as members compete for roles and disagree on methods. 3. Norming: This is the stage where the group establishes "norms" or rules. Conflicts are resolved, a sense of unity (cohesiveness) develops, and a group identity emerges. 4. Performing: The group is now functional and focused on achieving its task. 5. Adjourning: The group disbands after the task is completed. 6. The description of resolving conflicts and developing unity specifically matches the Norming stage.

**Final Answer:** This is known as the Norming stage.

**Answer:** (C)



Q27.

**Solution****Concept:**

Deindividuation refers to a psychological state in which individuals in a group or crowd lose their sense of self-awareness and personal identity. This often leads to a decrease in self-restraint and an increase in impulsive or deviant behavior.

**Solution:**

1. Deindividuation is often triggered by factors like anonymity (being in a large crowd or wearing a mask) and high levels of emotional arousal. 2. In this state, the individual's "personal identity" is replaced by the "group identity" or a "group-mind." 3. Groupthink (Option A) refers to a flawed decision-making process where the desire for harmony overrides realistic appraisal. 4. Social Loafing (Option C) is the reduction of individual effort in a group task. 5. Group Polarization (Option D) is the tendency of a group to move toward more extreme positions. 6. The specific loss of personal identity and suggestibility in a crowd is the hallmark of deindividuation.

**Final Answer:** This state is known as Deindividuation.

**Answer: (B)**

Q28.

**Solution****Concept:**

The Frustration-Aggression Hypothesis was originally proposed by Dollard and Miller. It suggests that aggression is not an inherent drive but a response to the thwarting of a goal-directed activity.

**Solution:**

1. The core of this hypothesis is that Frustration—the state that emerges when an individual is prevented from reaching a desired goal—creates an internal tension that must be released through aggression. 2. While not all frustration leads to aggression (and not all aggression stems from frustration), the hypothesis states that being "prevented from reaching a goal" is the primary catalyst. 3. Option A (Rewards) and Option C (Modeling) are concepts associated with Social Learning Theory (Bandura). 4. Option D (Arousal) relates more to the General Adaptation Syndrome or excitation transfer theories.

**Final Answer:** Aggression is most likely to occur when an individual is prevented from reaching a goal.

**Answer: (B)**



Q29.

**Solution****Concept:**

Sociologists and psychologists distinguish between groups based on the nature of the relationship between members. Primary groups involve intimate, face-to-face, and permanent relationships, while secondary groups are more formal and impersonal.

**Solution:**

1. Secondary Groups are those where the relationship among members is impersonal, indirect, and usually goal-oriented or task-based. 2. A Political Party is a secondary group because the members may not know each other personally; they are united by a common ideology or political goal rather than emotional bonds. 3. Family (Option A), Close friends (Option B), and Playgroups (Option D) are all Primary groups because they involve direct, personal, and emotional interactions. 4. Therefore, membership in a political party represents a secondary group structure.

**Final Answer:** A political party membership is a secondary group.

**Answer:** (C)

Q30.

**Solution****Concept:**

Altruism is a specific sub-type of pro-social behavior. While pro-social behavior refers to any action intended to benefit others, altruism is characterized by the motivational state of the helper.

**Solution:**

1. Altruism is defined as the desire to help another person even if it involves a cost to the helper and provides no benefit to them. The primary motivator is empathy and a genuine concern for the well-being of others. 2. Reciprocity (Option A) involves helping because you expect to be helped in return in the future. 3. Social Status (Option C) involves helping to improve one's image or reputation in the eyes of others. 4. Fear of Punishment (Option D) is a coercive motivation, not a pro-social one. 5. Therefore, helping without any expectation of personal reward or external pressure is driven by altruism.

**Final Answer:** The behavior is motivated by Altruism.

**Answer:** (B)



Q31.

**Solution****Concept:**

Howard Gardner's Theory of Multiple Intelligences suggests that intelligence is not a single entity but a collection of at least eight distinct types of "intelligences" that work independently.

**Solution:**

1. Spatial Intelligence involves the capacity to perceive the visual-spatial world accurately and to perform transformations on those perceptions. It includes mental imagery and the ability to navigate through space. 2. Architects, pilots, and sailors require high spatial intelligence to visualize 3D structures and manage spatial orientations. 3. Interpersonal Intelligence (Option B) is the ability to understand others. 4. Bodily-Kinesthetic Intelligence (Option C) is the ability to use one's body skillfully (e.g., athletes or dancers). 5. Intrapersonal Intelligence (Option D) is the ability to understand one's own inner feelings and motives.

**Final Answer:** An architect would score high on Spatial Intelligence.

**Answer: (A)**

Q32.

**Solution****Concept:**

Friedman and Rosenman identified two behavioral patterns, Type A and Type B, originally to study their relationship with coronary heart disease. Later, researchers added Type C and Type D.

**Solution:**

1. Type A Personality is characterized by a constant sense of time urgency, high competitiveness, hostility, and a "workaholic" nature. These individuals often feel they are under pressure and are prone to hypertension and heart issues. 2. Type B Personality (Option A) is the opposite; these individuals are relaxed, easy-going, and less likely to be stressed by deadlines. 3. Type C Personality (Option C) is associated with being unassertive and suppressing emotions, which some researchers linked to cancer. 4. Type D Personality (Option D) is characterized by "distress," involving high negative affect and social inhibition.

**Final Answer:** Type A is highly competitive, impatient, and prone to hypertension.

**Answer: (B)**



Q33.

**Solution****Concept:**

Carl Jung, a Swiss psychiatrist and former associate of Freud, broke away to develop Analytical Psychology. One of his most significant contributions was the expansion of the concept of the unconscious.

**Solution:**

1. Jung divided the unconscious into two layers: the Personal Unconscious (similar to Freud's, containing repressed individual memories) and the Collective Unconscious. 2. The Collective Unconscious is shared by all human beings and contains inherited, universal primordial images and ideas. 3. Jung called these universal symbols and thought patterns Archetypes. Examples include the Persona, the Shadow, the Anima/Animus, and the Mother. 4. Traits (Option A) are stable characteristics in trait theories. 5. Complexes (Option B) are emotionally charged groups of ideas in the personal unconscious. 6. Ego-ideals (Option D) are part of Freud's Super-ego.

**Final Answer:** These universal images are known as Archetypes.

**Answer: (C)**

Q34.

**Solution****Concept:**

Hans Selye's General Adaptation Syndrome (GAS) provided a biological framework for stress. However, later psychological research, particularly by Richard Lazarus, criticized Selye's model for its "non-specific" nature.

**Solution:**

1. Selye viewed stress as a purely physiological response that is the same regardless of the nature of the stressor. 2. Critics pointed out that Selye ignored the Cognitive Appraisal of the individual. Two people might face the same stressor (e.g., a public speaking event), but one might view it as a threat (causing high stress) while the other views it as a challenge (causing excitement/low stress). 3. Selye's model did account for physiological changes (Option A), hormonal release (Option B), and the exhaustion stage (Option D). 4. Therefore, the lack of emphasis on mental interpretation and psychological factors was the primary criticism.

**Final Answer:** Selye's model was criticized for not accounting for cognitive appraisal and psychological factors.

**Answer: (C)**



Q35.

**Solution****Concept:**

Depression (Major Depressive Disorder) is characterized by a "depressive triad" of symptoms affecting emotions, cognitions, and physical state. One of the core diagnostic criteria is the loss of interest in life.

**Solution:**

1. Anhedonia is the technical term for a markedly diminished interest or pleasure in all, or almost all, activities that the individual previously enjoyed. 2. It is a key "emotional" symptom of depression. 3. Option A refers to suicidal ideation (cognitive/behavioral). 4. Option C (Weight gain/loss) and Option D (Psychomotor agitation) are "somatic" or physical symptoms. 5. Because the question specifically asks about 'Anhedonia', the correct description is the loss of pleasure.

**Final Answer:** Anhedonia is the loss of interest or pleasure in almost all activities.

**Answer: (B)**

Q36.

**Solution****Concept:**

Somatic Symptom and Related Disorders involve physical symptoms that cause significant distress or impairment, but often lack a clear biological cause. Illness Anxiety Disorder is a specific condition within this category.

**Solution:**

1. Illness Anxiety Disorder (formerly known as Hypochondriasis) is characterized by a persistent preoccupation with having or acquiring a serious, undiagnosed medical illness. 2. The individual has very few or no actual physical symptoms, but they are extremely anxious about their health and frequently check their body for signs of illness. 3. Conversion Disorder (Option A) involves specific neurological symptoms like paralysis or blindness without a neurological cause. 4. Somatic Symptom Disorder (Option C) involves having actual, distressing physical symptoms (like pain or fatigue) that the person reacts to excessively. 5. Factitious Disorder (Option D) involves deliberately faking or inducing symptoms to gain medical attention.

**Final Answer:** This disorder is Illness Anxiety Disorder (Hypochondriasis).

**Answer: (B)**



Q37.

**Solution****Concept:**

Behavior therapy is rooted in the school of Behaviorism, which posits that all behaviors—both adaptive and maladaptive—are learned through interactions with the environment.

**Solution:**

1. The core principle of behavior therapy is that psychological disorders are a result of faulty learning. Therefore, treatment involves "unlearning" old behaviors and "learning" new ones.  
2. It relies heavily on Classical Conditioning (e.g., Systematic Desensitization) and Operant Conditioning (e.g., Token Economies or Reinforcement).  
3. Option A refers to Psychoanalysis.  
4. Option C refers to Humanistic Therapy.  
5. Option D refers to Existential Therapy.  
6. Thus, learning principles are the primary foundation of this approach.

**Final Answer:** Behavior therapy is based on Classical and Operant Conditioning.

**Answer: (B)**

Q38.

**Solution****Concept:**

Aaron Beck, a pioneer in Cognitive Therapy, proposed that individuals with depression possess "automatic negative thoughts" and "cognitive distortions" that color their perception of reality.

**Solution:**

1. Beck identified a specific pattern of negative thinking called the Cognitive Triad.  
2. This triad consists of a negative view of:  
- The Self: (e.g., "I am worthless" or "I am a failure").  
- The World/Experience: (e.g., "The world is a hostile place" or "Everything is against me").  
- The Future: (e.g., "Things will never get better" or "I will always be miserable").  
3. By identifying and challenging these three areas of thought, the therapist helps the patient break the cycle of depression.

**Final Answer:** The triad involves negative views about Self, World, and Future.

**Answer: (C)**



Q39.

**Solution****Concept:**

Fritz Heider's Balance Theory (P-O-X) explores the relationships between a person (P), another person (O), and an object or issue (X). Balance is a state where the relationships are consistent and psychologically comfortable.

**Solution:**

1. In the P-O-X triangle, the relationships are represented by positive (+) or negative (-) signs. 2. Balance is determined by the mathematical product of the three signs in the triangle. 3. If the product of the three signs is Positive, the system is in a state of Balance. - Example 1: Three positive signs (+ × + × + = +). You like a person, and both of you like the same movie. - Example 2: Two negative signs and one positive (- × - × + = +). You like a person, both of you dislike the same political candidate. 4. If the product is Negative, the system is in a state of Imbalance, which creates tension and a drive for attitude change.

**Final Answer:** The triangle is balanced if the product of the signs is Positive.

**Answer:** (C)

Q40.

**Solution****Concept:**

Social influence is the process by which our attitudes and behaviors are shaped by the presence or actions of others. The three main types are Conformity, Compliance, and Obedience.

**Solution:**

1. Obedience is a form of social influence where an individual acts in response to a direct order from another person, who is usually an authority figure (e.g., a teacher, police officer, or boss). 2. It involves a perceived power imbalance where the person giving the order has the right or status to demand the behavior. 3. Conformity (Option B) involves changing behavior to match the group norm without a direct order. 4. Compliance (Option A) involves agreeing to a request made by someone who does not necessarily have authority over you. 5. Identification (Option D) involves adopting behaviors to be like a person one admires.

**Final Answer:** This social influence process is Obedience.

**Answer:** (C)



Q41.

**Solution****Concept:**

Group Polarization refers to the tendency of group discussion to strengthen the initial inclination of the group members. This often leads the group to take a more extreme position than the members would have taken individually.

**Solution:**

1. When like-minded people discuss a topic, they share arguments that support the dominant view, leading to Group Polarization. 2. If the initial tendency was to be cautious, the group becomes even more cautious. If the initial tendency was to take a risk, the group becomes significantly more risky. 3. This "risky shift" or "cautious shift" occurs because of social comparison (wanting to be a "better" group member) and informative influence (hearing more reasons to support the view). 4. Groupthink (Option A) is a state where the desire for consensus overrides realistic decision-making, often leading to poor outcomes. 5. Social Loafing (Option C) is the reduction of effort in a group.

**Final Answer:** This is an example of Group Polarization.

**Answer: (B)**

Q42.

**Solution****Concept:**

Self-efficacy refers to an individual's belief in their capacity to execute behaviors necessary to produce specific performance attainments. Albert Bandura, who proposed the concept, identified four primary sources that influence these beliefs.

**Solution:**

1. According to Bandura, self-efficacy is developed through: - Mastery Experiences: Successes build a robust belief in one's personal efficacy (Option A). - Vicarious Experiences: Seeing people similar to oneself succeed through sustained effort (Option B). - Social Persuasion: Being persuaded that one possesses the capabilities to master certain activities (Option C). - Somatic and Emotional States: Judging capabilities based on physiological arousal or stress levels. 2. Unconscious motivation (Option D) is a cornerstone of Freudian Psychoanalysis, not Bandura's Social Cognitive Theory. It does not play a role in the calculation of self-efficacy.

**Final Answer:** Unconscious motivation is NOT a source of self-efficacy.

**Answer: (D)**



Q43.

**Solution****Concept:**

A 'Token Economy' is a behavior modification program based on the principles of Operant Conditioning. It is designed to increase desirable behaviors and decrease undesirable ones through the use of secondary reinforcers.

**Solution:**

1. In a Token Economy, individuals receive "tokens" (like stars, points, or fake coins) immediately after displaying a target positive behavior. 2. These tokens can later be exchanged for meaningful rewards or privileges (primary reinforcers). 3. This technique is a fundamental tool in Behavior Therapy, often used in institutional settings like hospitals or classrooms. 4. Psychodynamic Therapy (Option A) uses talk-based exploration of the past. 5. Humanistic Therapy (Option B) focuses on empathy and self-actualization. 6. Gestalt Therapy (Option D) focuses on immediate awareness and integration of fragmented parts of the self.

**Final Answer:** This system is used in Behavior Therapy.

**Answer: (C)**

Q44.

**Solution****Concept:**

Biofeedback is a specialized stress management technique that utilizes electronic monitoring of a normally automatic bodily function in order to train someone to acquire voluntary control of that function.

**Solution:**

1. Biofeedback involves using sensors to provide real-time information (feedback) about physiological processes like heart rate, blood pressure, muscle tension, and skin temperature. 2. By seeing this data on a screen, the individual learns to recognize the physical signs of stress and uses relaxation techniques to lower those readings. 3. Over time, the person can gain voluntary control over these "involuntary" responses without the machines. 4. Option A refers to Cognitive Restructuring. 5. Option C refers to Catharsis in Psychoanalysis. 6. Option D refers to a specific technique in Behavior Therapy for phobias.

**Final Answer:** It is used to provide information about physiological functions to gain voluntary control.

**Answer: (B)**



Q45.

**Solution****Concept:**

Schizophrenia is characterized by three main categories of symptoms: Positive, Negative, and Psychomotor. Negative symptoms represent a deficit or loss of normal functions that are usually present in healthy individuals.

**Solution:**

1. Negative Symptoms include: - Alogia: Poverty of speech or content. - Avolition: Inability to initiate or persist in goal-directed activities. - Flat Affect: Showing little to no emotional expression (facial expressions, tone of voice). - Anhedonia: Loss of pleasure. 2. Positive Symptoms (Options A, B, and D) are "additions" to personality, such as Hallucinations (sensory perceptions without stimuli), Disorganized Speech, and Delusions (false beliefs). 3. Therefore, 'Flat Affect' is a subtraction from normal emotional functioning, making it a negative symptom.

**Final Answer:** A 'Negative Symptom' is Flat Affect (Alogia/Avolition).

**Answer: (C)**

Q46.

**Solution****Concept:**

Psychological testing relies on several technical criteria to ensure the results are meaningful and useful. The two most important criteria are Reliability and Validity.

**Solution:**

1. Validity refers to the extent to which a test measures what it actually claims or purports to measure. If a test is designed to measure intelligence but actually measures reading speed, it lacks validity. 2. Reliability (Option A) refers to the consistency of the test scores over time or across different parts of the test. 3. Objectivity (Option B) refers to the fact that if two different psychologists administer the test to the same person, they should arrive at the same result. 4. Norms (Option D) are standardized scores that allow for comparison between an individual and a representative group.

**Final Answer:** A test that measures what it claims to measure has high Validity.

**Answer: (B)**



Q47.

**Solution****Concept:**

Cognitive Behavior Therapy (CBT) is a popular "short-term" therapy that combines cognitive and behavioral techniques. It is based on the idea that how we think (cognition) and how we act (behavior) are closely linked.

**Solution:**

1. Cognitive Restructuring is a core technique in CBT. It involves teaching the client to: - Identify "Automatic Negative Thoughts" (ANTs). - Evaluate the evidence for and against these thoughts. - Replace irrational, distorted thoughts with more balanced, realistic ones.
2. This process directly addresses the "Cognitive" part of CBT to change the emotional outcome.
3. Option A (Psychoanalysis) focuses on the unconscious.
4. Option B (Client-Centered) focuses on empathy.
5. Option D (Biomedical) focuses on medication or ECT.

**Final Answer:** Cognitive Restructuring is a key component of Cognitive Behavior Therapy (CBT).

**Answer: (C)**

Q48.

**Solution****Concept:**

Social psychologists categorize the components of intergroup conflict and attitudes into three parts: Cognitive, Affective, and Behavioral (the ABC model of attitudes). Understanding the distinction between prejudice and discrimination is crucial for analyzing social behavior.

**Solution:**

1. Prejudice is the Affective (emotional) component. It refers to a preconceived, usually negative, feeling or attitude toward a group and its members based solely on their membership in that group.
2. Stereotypes (not in the options) represent the Cognitive component (beliefs).
3. Discrimination is the Behavioral component. It refers to the actual unjustified negative or harmful action toward the members of a group simply because of their membership in that group.
4. Therefore, Prejudice is how you feel (Affective), and Discrimination is how you act (Behavioral).

**Final Answer:** Prejudice is the Affective component, while Discrimination is the Behavioral component.

**Answer: (B)**



Q49.

**Solution****Concept:**

Arthur Jensen's hierarchical model of intelligence distinguishes between two levels of mental abilities based on the complexity of the information processing required.

**Solution:**

1. Level I (Associative Learning): In this level, the output is more or less the same as the input. It involves rote learning and simple memory where information is stored and retrieved without much transformation (e.g., short-term memory, digit span). 2. Level II (Cognitive Competence): This involves higher-order skills. Here, the input is transformed and manipulated to produce an output (e.g., abstract reasoning, problem-solving). 3. Since the question asks specifically about the level where "output is similar to input," it refers to Level I.

**Final Answer:** Level I refers to associative learning where output is similar to input.

**Answer: (A)**

Q50.

**Solution****Concept:**

The 'Halo Effect' is a cognitive bias that occurs during personality assessment or social perception. It happens when an observer's overall impression of a person influences their feelings and thoughts about that person's character in specific areas.

**Solution:**

1. The Halo Effect occurs when a single prominent positive trait (like physical attractiveness or a specific achievement) causes the rater to overlook other traits and rate the person highly on all other dimensions. 2. For example, if a student is very polite, a teacher might automatically assume they are also very intelligent and hardworking, even without evidence. 3. Option B refers to the Error of Central Tendency. 4. Option D refers to Social Desirability Bias. 5. Therefore, being influenced by one prominent positive trait is the definition of the Halo Effect.

**Final Answer:** The Halo Effect occurs when the rater is influenced by one prominent positive trait.

**Answer: (A)**



**Answer Key**

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

