

# CUET-UG Psychology Sample Paper-6

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.** According to Gardner's theory, which of the following represents interpersonal intelligence?

- (A) Solving mathematical problems
- (B) Understanding others' emotions
- (C) Musical composition
- (D) Spatial reasoning

**Q2.** Sternberg's triarchic theory of intelligence includes which of the following components?

- (A) Fluid, crystallized, emotional
- (B) Analytical, creative, practical
- (C) Verbal, numerical, spatial
- (D) Cognitive, affective, behavioral

**Q3.** Who emphasized the role of heredity in intelligence?

- (A) Lewis Terman
- (B) Arthur Jensen
- (C) Jean Piaget
- (D) Lev Vygotsky



- Q4.** Emotional intelligence primarily involves which of the following?
- (A) Logical reasoning
  - (B) Perception and management of emotions
  - (C) Motor coordination
  - (D) Memory retention
- Q5.** Creativity differs from intelligence because it focuses on:
- (A) High IQ
  - (B) Novel and original ideas
  - (C) Memory capacity
  - (D) Genetic factors only
- Q6.** Divergent thinking is most closely associated with:
- (A) Intelligence
  - (B) Creativity
  - (C) Memory
  - (D) Learning
- Q7.** Self-efficacy refers to:
- (A) Self-esteem
  - (B) Belief in one's capability
  - (C) Self-image
  - (D) Personality trait
- Q8.** Which approach to personality focuses on measurable characteristics?
- (A) Type approach
  - (B) Trait approach
  - (C) Psychoanalytic approach



(D) Humanistic approach

**Q9.** According to Freud, the ego operates on which principle?

(A) Pleasure principle

(B) Reality principle

(C) Moral principle

(D) Instinct principle

**Q10.** The latency stage in Freud's psychosexual development occurs during:

(A) Infancy

(B) Early childhood

(C) Middle childhood

(D) Adolescence

**Q11.** The Rorschach Inkblot Test is classified as which type of psychological test?

(A) Objective test

(B) Projective test

(C) Aptitude test

(D) Intelligence test

**Q12.** What does TAT stand for?

(A) Thematic Apperception Test

(B) Trait Analysis Test

(C) Theoretical Aptitude Test

(D) Temporal Assessment Test

**Q13.** Which of the following is included in the Big Five personality traits?

(A) Intelligence

(B) Neuroticism



- (C) Creativity
- (D) Memory

**Q14.** Self-regulation primarily involves:

- (A) Emotional control and goal setting
- (B) Intelligence
- (C) Memory
- (D) Perception

**Q15.** General Adaptation Syndrome was proposed by:

- (A) Hans Selye
- (B) Albert Bandura
- (C) Carl Rogers
- (D) Ivan Pavlov

**Q16.** The first stage of General Adaptation Syndrome is:

- (A) Resistance
- (B) Alarm
- (C) Exhaustion
- (D) Recovery

**Q17.** Task-oriented coping includes which of the following?

- (A) Avoidance
- (B) Problem solving
- (C) Denial
- (D) Emotional venting

**Q18.** Chronic stress is most likely to result in:

- (A) Improved performance



- (B) Health issues
- (C) Better memory
- (D) Increased intelligence

**Q19.** Emotion-focused coping is most useful when:

- (A) The problem is controllable
- (B) The problem is uncontrollable
- (C) Time is limited
- (D) Intelligence is high

**Q20.** DSM-5 is published by which organization?

- (A) WHO
- (B) APA
- (C) UNESCO
- (D) UNICEF

**Q21.** ICD is published by which organization?

- (A) APA
- (B) WHO
- (C) UN
- (D) NIH

**Q22.** Hallucinations are most commonly associated with:

- (A) Anxiety
- (B) Schizophrenia
- (C) Depression
- (D) OCD



**Q23.** Delusions refer to:

- (A) False beliefs
- (B) Emotional instability
- (C) Fear responses
- (D) Memory loss

**Q24.** ADHD is classified under which category of disorders?

- (A) Mood disorders
- (B) Neurodevelopmental disorders
- (C) Anxiety disorders
- (D) Somatic disorders

**Q25.** Autism spectrum disorder primarily involves:

- (A) Mood swings
- (B) Social communication deficits
- (C) Delusions
- (D) Hallucinations

**Q26.** Panic disorder is categorized under:

- (A) Mood disorders
- (B) Anxiety disorders
- (C) Psychotic disorders
- (D) Personality disorders

**Q27.** Somatic symptom disorder involves:

- (A) Physical symptoms without medical cause
- (B) Hallucinations
- (C) Delusions



(D) Mood instability

**Q28.** Negative symptoms of schizophrenia include:

(A) Hallucinations

(B) Delusions

(C) Lack of emotion

(D) Anxiety

**Q29.** Obsessive-Compulsive Disorder is characterized by:

(A) Delusions

(B) Obsessions and compulsions

(C) Hallucinations

(D) Memory loss

**Q30.** Systematic desensitization is used in:

(A) Cognitive therapy

(B) Behaviour therapy

(C) Psychoanalysis

(D) Humanistic therapy

**Q31.** Rational Emotive Therapy was developed by:

(A) Albert Ellis

(B) Aaron Beck

(C) Carl Rogers

(D) B.F. Skinner

**Q32.** Beck's cognitive therapy primarily focuses on:

(A) Behavior

(B) Thoughts



- (C) Emotions only
- (D) Memory

**Q33.** Client-centered therapy emphasizes:

- (A) Authority
- (B) Empathy
- (C) Punishment
- (D) Conditioning

**Q34.** Free association is a technique used in:

- (A) Behavior therapy
- (B) Psychoanalysis
- (C) Cognitive therapy
- (D) Humanistic therapy

**Q35.** Ethical practice in therapy includes:

- (A) Confidentiality
- (B) Manipulation
- (C) Bias
- (D) Exploitation

**Q36.** Token economy is a technique used in:

- (A) Psychoanalysis
- (B) Behavior therapy
- (C) Cognitive therapy
- (D) Humanistic therapy

**Q37.** The P-O-X model explains:

- (A) Personality



- (B) Attitude balance
- (C) Intelligence
- (D) Learning

**Q38.** Prejudice refers to:

- (A) Behavior
- (B) Attitude
- (C) Action
- (D) Learning

**Q39.** Discrimination refers to:

- (A) Thought
- (B) Behavior
- (C) Emotion
- (D) Perception

**Q40.** Social loafing occurs when:

- (A) Individual effort increases
- (B) Effort decreases in group
- (C) Motivation increases
- (D) Learning improves

**Q41.** Group polarization leads to:

- (A) Moderate views
- (B) Extreme views
- (C) Neutral thinking
- (D) No change



- Q42.** Stereotypes are:
- (A) Accurate beliefs
  - (B) Generalized beliefs
  - (C) Scientific facts
  - (D) Emotions
- Q43.** Attitude change is influenced by:
- (A) Source credibility
  - (B) Intelligence only
  - (C) Memory
  - (D) Perception
- Q44.** Cognitive dissonance occurs when:
- (A) Beliefs align
  - (B) Conflict between beliefs
  - (C) Memory loss
  - (D) Emotional stability
- Q45.** A group is defined as:
- (A) Random individuals
  - (B) Individuals with shared goals
  - (C) Crowds
  - (D) Audience
- Q46.** Primary groups are characterized by:
- (A) Formal relations
  - (B) Close relationships
  - (C) Temporary interaction



(D) Large size

**Q47.** Conformity refers to:

- (A) Independence
- (B) Following group norms
- (C) Leadership
- (D) Creativity

**Q48.** Groupthink often results in:

- (A) Better decisions
- (B) Poor decision-making
- (C) Independence
- (D) Innovation

**Q49.** Leadership primarily influences:

- (A) Only individuals
- (B) Group behavior
- (C) Memory
- (D) Intelligence

**Q50.** Group cohesiveness leads to:

- (A) Conflict
- (B) Unity
- (C) Isolation
- (D) Weak bonds



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

**Concept:** Howard Gardner's Theory of Multiple Intelligences.

**Solution:** Howard Gardner's theory posits that intelligence is not a single, general ability, but a constellation of at least eight distinct types of intelligence. Interpersonal intelligence is one of these types and is defined as the ability to understand and interact effectively with other people. It involves being sensitive to others' moods, feelings, temperaments, and motivations, and the capacity to cooperate in a group. Therefore, understanding others' emotions is a core component of interpersonal intelligence. The other options correspond to different intelligences in Gardner's theory: (A) Solving mathematical problems relates to Logical-Mathematical Intelligence, (C) Musical composition relates to Musical Intelligence, and (D) Spatial reasoning relates to Spatial Intelligence.

**Final Answer :** Understanding others' emotions

**Answer: (B)**

**Q2.****Solution**

**Concept:** Robert Sternberg's Triarchic Theory of Intelligence.

**Solution:** Robert Sternberg proposed a "triarchic" (three-part) theory of successful intelligence. He argued that traditional IQ tests only measure a limited aspect of intelligence. His theory includes three components:

**Analytical Intelligence:** This is similar to what is measured by traditional IQ tests. It involves the ability to analyze, evaluate, judge, compare, and contrast information.

**Creative Intelligence:** This is the ability to deal with novel situations by generating new ideas and solutions. It involves insight, synthesis, and the ability to react in unique ways.

**Practical Intelligence:** This is the ability to adapt to, shape, or select everyday environments. It is often referred to as "street smarts" and involves applying knowledge to real-world problems. The other options list components from different theories: (A) Fluid and crystallized intelligence are from Cattell's theory, (C) Verbal, numerical, and spatial are factors from Thurstone's theory, and (D) Cognitive, affective, and behavioral are domains of learning.

**Final Answer :** Analytical, creative, practical

**Answer: (B)**



Q3.

**Solution**

**Concept:** The heritability of intelligence and the nature vs. nurture debate.

**Solution:** Arthur Jensen was a prominent and controversial figure in psychology known for his strong stance on the role of heredity in intelligence. In a famous 1969 article, he argued that genetic factors are the primary cause of individual differences in intelligence, and controversially, suggested they also played a role in group differences in IQ scores. While Lewis Terman also conducted research on giftedness and believed in the importance of heredity, Jensen is most famously associated with a strong hereditarian viewpoint. In contrast, Jean Piaget focused on cognitive development through stages, and Lev Vygotsky emphasized the critical role of social and cultural factors (nurture) in cognitive development.

**Final Answer :** Arthur Jensen

**Answer: (B)**

Q4.

**Solution**

**Concept:** The components of Emotional Intelligence (EI).

**Solution:** Emotional Intelligence (EI) refers to the ability to identify, assess, and control the emotions of oneself, of others, and of groups. The concept is generally said to include at least four main skills:

Perceiving emotions: The ability to accurately recognize emotions in faces, voices, and other cues.

Using emotions: The ability to harness emotions to facilitate various cognitive activities, such as thinking and problem-solving.

Understanding emotions: The ability to comprehend emotional language and appreciate complex relationships among emotions.

Managing emotions: The ability to regulate one's own emotions and influence the emotions of others. Thus, the core of emotional intelligence is the perception and management of emotions.

The other options relate to different cognitive abilities: logical reasoning (IQ), motor coordination (physical ability), and memory retention (cognitive function).

**Final Answer :** Perception and management of emotions

**Answer: (B)**



Q5.

**Solution**

**Concept:** The distinction between intelligence and creativity.

**Solution:** While intelligence and creativity are related, they are distinct constructs. Intelligence is typically associated with convergent thinking—the ability to apply logic and knowledge to arrive at a single correct answer. Creativity, in contrast, is fundamentally defined by its focus on divergent thinking—the ability to generate multiple, varied, and unique solutions to a problem. The output of creativity must be both novel (original, new) and appropriate (useful, valuable). A high IQ is not a guarantee of high creativity, and vice versa. Therefore, the key differentiator of creativity is its emphasis on novel and original ideas.

**Final Answer :** Novel and original ideas

**Answer: (B)**

Q6.

**Solution**

**Concept:** Divergent thinking.

**Solution:** Divergent thinking is a thought process or method used to generate creative ideas by exploring many possible solutions. It is often spontaneous and free-flowing, moving in multiple directions from a single starting point. For example, a test of divergent thinking might ask, "How many uses can you think of for a paperclip?" This process is considered a key cognitive component of creativity, as it allows for fluency, flexibility, and originality of thought. Intelligence tests, on the other hand, typically measure convergent thinking, which involves finding a single, correct solution to a well-defined problem.

**Final Answer :** Creativity

**Answer: (B)**

Q7.

**Solution**

**Concept:** Albert Bandura's concept of self-efficacy.

**Solution:** Self-efficacy, a central concept in Albert Bandura's social cognitive theory, is an individual's belief in their own capability to successfully perform a specific task or achieve a particular goal. It is not a general sense of self-worth (which is self-esteem) but rather a task-specific judgment of one's abilities. For instance, a person can have high self-efficacy for academic tasks but low self-efficacy for social interactions. This belief in one's capability strongly influences motivation, effort, and persistence in the face of adversity.

**Final Answer :** Belief in one's capability

**Answer: (B)**



Q8.

**Solution**

**Concept:** Major approaches to studying personality.

**Solution:** The trait approach to personality is focused on identifying, describing, and measuring the stable and enduring individual differences in behavior, thoughts, and feelings. Trait theorists believe that personality is composed of a set of fundamental traits, such as extraversion or conscientiousness, which can be measured along a continuum. This approach is highly empirical and uses statistical methods, particularly factor analysis, and psychological tests (inventories) to quantify personality characteristics. In contrast, the type approach places individuals in discrete categories, while the psychoanalytic and humanistic approaches are more qualitative and interpretive.

**Final Answer :** Trait approach

**Answer: (B)**

Q9.

**Solution**

**Concept:** Sigmund Freud's structural model of personality.

**Solution:** In Freud's psychoanalytic theory, the personality is composed of three interacting systems: the id, the ego, and the superego.

The id is the primitive, instinctual part that operates on the pleasure principle, seeking immediate gratification of all desires and urges.

The superego is the moral component, representing internalized societal and parental standards of right and wrong, operating on the moral principle.

The ego develops to mediate between the unrealistic id and the external real world. It operates on the reality principle, which works to satisfy the id's desires in ways that are realistic and socially appropriate, often delaying gratification to avoid negative consequences.

**Final Answer :** Reality principle

**Answer: (B)**



Q10.

**Solution**

**Concept:** Freud's stages of psychosexual development.

**Solution:** Freud proposed a theory of personality development that unfolds in a series of psychosexual stages. The latency stage is the fourth stage, occurring after the phallic stage. This stage typically takes place from around age 6 until puberty, which corresponds to the period of middle childhood. During latency, Freud believed that the sexual urges of the id are repressed or dormant (latent). The child's energy is redirected toward socially acceptable activities, such as schoolwork, hobbies, and developing friendships with same-sex peers.

**Final Answer :** Middle childhood

**Answer: (C)**

Q11.

**Solution**

**Concept:** Types of personality assessment tests.

**Solution:** The Rorschach Inkblot Test is a classic example of a projective test. In a projective test, an individual is presented with ambiguous stimuli (such as inkblots or vague pictures) and asked to interpret them. The underlying assumption is that the individual will "project" their unconscious thoughts, feelings, conflicts, and personality traits onto the ambiguous stimuli, revealing aspects of their inner world that they might not be able to express directly. This contrasts with objective tests, which use standardized questionnaires with restricted response options (e.g., true/false) and are scored in a predetermined way.

**Final Answer :** Projective test

**Answer: (B)**

Q12.

**Solution**

**Concept:** Acronyms for common psychological tests.

**Solution:** TAT stands for the Thematic Apperception Test. It is a well-known projective test developed by Henry Murray and Christiana Morgan. The test consists of a series of cards depicting ambiguous social situations. The individual is asked to create a story for each card, including what led up to the event, what is happening now, what the characters are thinking and feeling, and what the outcome will be. Psychologists analyze the themes and content of these stories to gain insight into the person's needs, motives, and personality conflicts.

**Final Answer :** Thematic Apperception Test

**Answer: (A)**



Q13.

**Solution**

**Concept:** The Big Five model of personality traits.

**Solution:** The Big Five, or Five-Factor Model, is the most widely accepted model of personality structure in contemporary psychology. It proposes that personality can be described along five broad dimensions. These are often remembered by the acronym OCEAN:

Openness to Experience: (inventive/curious vs. consistent/cautious).

Conscientiousness: (efficient/organized vs. easy-going/careless).

Extraversion: (outgoing/energetic vs. solitary/reserved).

Agreeableness: (friendly/compassionate vs. challenging/detached).

Neuroticism: (sensitive/nervous vs. secure/confident). Neuroticism is a fundamental trait in this model, representing the tendency to experience negative emotions such as anxiety, anger, and depression. Intelligence, creativity, and memory are considered cognitive abilities, not personality traits within this framework.

**Final Answer :** Neuroticism

**Answer: (B)**

Q14.

**Solution**

**Concept:** The psychological process of self-regulation.

**Solution:** Self-regulation is the process by which individuals monitor and control their own thoughts, feelings, and behaviors to achieve their goals. It is a crucial skill for personal success and well-being. This process involves several key components, including setting clear goals for what one wants to achieve, monitoring progress towards those goals, and exerting willpower to stay on track. A critical part of this is emotional control—the ability to manage disruptive emotions and impulses that could derail goal pursuit. Therefore, self-regulation primarily involves the interplay between emotional control and goal setting.

**Final Answer :** Emotional control and goal setting

**Answer: (A)**



Q15.

**Solution****Concept:** Theories of stress response.**Solution:** The General Adaptation Syndrome (GAS) is a three-stage model that describes the physiological changes the body goes through when under stress. This foundational concept in stress research was developed by the endocrinologist Hans Selye in the 1930s. He observed that rats exposed to various stressors showed a consistent pattern of physiological responses. Albert Bandura is known for social cognitive theory, Carl Rogers for humanistic psychology, and Ivan Pavlov for classical conditioning.**Final Answer :** Hans Selye**Answer: (A)**

Q16.

**Solution****Concept:** The stages of the General Adaptation Syndrome (GAS).**Solution:** Hans Selye's General Adaptation Syndrome outlines three sequential stages in the body's response to a persistent stressor:**Alarm:** This is the initial stage, where the body recognizes a threat and mobilizes its resources to cope, activating the "fight-or-flight" response via the sympathetic nervous system.**Resistance:** If the stressor continues, the body enters the resistance stage, where it adapts and tries to cope with the stressor over a longer period. Physiological arousal remains high but levels off.**Exhaustion:** With prolonged exposure to the stressor, the body's resources become depleted, leading to exhaustion. This stage makes an individual vulnerable to illness and collapse. Therefore, the first stage is Alarm.**Final Answer :** Alarm**Answer: (B)**

Q17.

**Solution**

**Concept:** Types of coping strategies for stress.

**Solution:** Coping strategies are broadly categorized into two types: task-oriented (or problem-focused) and emotion-focused. Task-oriented coping involves taking direct action to confront and deal with the stressor itself. It aims to solve the problem or alter the situation that is causing stress. Problem solving is a prime example of this approach. In contrast, avoidance, denial, and emotional venting are examples of emotion-focused or avoidance coping, which aim to manage the emotional distress caused by the problem rather than addressing the problem directly.

**Final Answer :** Problem solving

**Answer: (B)**

Q18.

**Solution**

**Concept:** The long-term effects of stress on the body.

**Solution:** Chronic stress involves the prolonged and repeated activation of the body's stress response system. This continuous exposure to stress hormones like cortisol can lead to wear and tear on the body, a process known as allostatic load. It can suppress the immune system, increase blood pressure, and disrupt normal bodily functions, significantly increasing the risk of various physical and mental health issues, including cardiovascular disease, diabetes, depression, and anxiety disorders. It negatively impacts cognitive functions like memory and does not improve performance in the long run.

**Final Answer :** Health issues

**Answer: (B)**

Q19.

**Solution**

**Concept:** The appropriate use of different coping strategies.

**Solution:** Emotion-focused coping aims to manage the emotional responses to a stressful situation. This strategy is most adaptive and effective when a person faces a stressor that they perceive as uncontrollable or unchangeable. In situations where one has little to no power to alter the source of stress (e.g., a terminal illness, bereavement), attempting to solve the problem (task-oriented coping) would be futile and frustrating. Instead, managing one's feelings of sadness, anger, or anxiety becomes the most constructive approach. When a problem is controllable, task-oriented coping is generally more effective.

**Final Answer :** The problem is uncontrollable

**Answer: (B)**



Q20.

**Solution**

**Concept:** Major diagnostic manuals for mental health.

**Solution:** DSM-5 stands for the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. It is the authoritative guide used by most mental health professionals in the United States and many other countries for the diagnosis of mental disorders. It is published by the American Psychiatric Association (APA). The World Health Organization (WHO) publishes the International Classification of Diseases (ICD), a different diagnostic manual. UNESCO and UNICEF are United Nations agencies focused on education/science and children's welfare, respectively.

**Final Answer :** APA

**Answer: (B)**

Q21.

**Solution**

**Concept:** Major diagnostic manuals for health and medicine.

**Solution:** ICD stands for the International Statistical Classification of Diseases and Related Health Problems. It is the global standard for diagnosing and classifying all diseases, conditions, and health-related issues, including mental and behavioral disorders. It is maintained and published by the World Health Organization (WHO), the specialized health agency of the United Nations (UN). The APA (American Psychiatric Association) publishes the DSM. NIH is the National Institutes of Health, a U.S. government agency for medical research.

**Final Answer :** WHO

**Answer: (B)**

Q22.

**Solution**

**Concept:** Symptoms of psychotic disorders.

**Solution:** Hallucinations are sensory perceptions that occur in the absence of an actual external stimulus. They can involve any of the senses (auditory, visual, tactile, etc.). Hallucinations, particularly auditory ones (hearing voices), are a hallmark positive symptom of psychotic disorders. Schizophrenia is the most prominent psychotic disorder and is frequently characterized by significant hallucinations and delusions. While hallucinations can occur in severe cases of other disorders like depression, they are most centrally and commonly associated with schizophrenia.

**Final Answer :** Schizophrenia

**Answer: (B)**



Q23.

**Solution**

**Concept:** Symptoms of psychotic disorders.

**Solution:** A delusion is a fixed, false belief that is firmly held despite being contradicted by reality and what is commonly considered true. These beliefs are not part of an individual's cultural or religious background. Delusions are a disorder of thought content and are a core positive symptom of psychosis, commonly seen in disorders like schizophrenia and delusional disorder. Examples include delusions of persecution (belief that one is being harmed or conspired against) or delusions of grandeur (belief of having exceptional abilities or importance).

**Final Answer :** False beliefs

**Answer: (A)**

Q24.

**Solution**

**Concept:** Classification of mental disorders in the DSM-5.

**Solution:** Attention-Deficit/Hyperactivity Disorder (ADHD) is characterized by persistent patterns of inattention, hyperactivity, and impulsivity that interfere with development and functioning. In the DSM-5, ADHD is classified under the category of Neurodevelopmental Disorders. This category includes disorders with an onset in the early developmental period (childhood) that are characterized by deficits affecting personal, social, academic, or occupational functioning. Other disorders in this category include Autism Spectrum Disorder and intellectual disabilities.

**Final Answer :** Neurodevelopmental disorders

**Answer: (B)**

Q25.

**Solution**

**Concept:** Core diagnostic criteria for Autism Spectrum Disorder (ASD).

**Solution:** Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder defined by two core sets of symptoms. The first and primary criterion involves persistent deficits in social communication and social interaction across various contexts. This includes difficulties with social-emotional reciprocity, nonverbal communicative behaviors used for social interaction, and developing and maintaining relationships. The second criterion involves restricted, repetitive patterns of behavior, interests, or activities. Delusions and hallucinations are psychotic symptoms, not core features of ASD.

**Final Answer :** Social communication deficits

**Answer: (B)**



Q26.

**Solution**

**Concept:** Classification of mental disorders in the DSM-5.

**Solution:** Panic disorder is defined by the presence of recurrent and unexpected panic attacks, which are abrupt surges of intense fear or discomfort. The disorder also involves persistent concern about having additional attacks or their consequences. Because the central feature of the disorder is overwhelming and dysregulated fear and anxiety, it is classified within the chapter on Anxiety Disorders in the DSM-5. This category groups together disorders that share features of excessive fear, anxiety, and related behavioral disturbances.

**Final Answer :** Anxiety disorders

**Answer: (B)**

Q27.

**Solution**

**Concept:** Definition of Somatic Symptom Disorder.

**Solution:** Somatic Symptom Disorder is a mental health condition characterized by an extreme focus on physical symptoms that causes significant emotional distress and functional impairment. The key aspect is not the physical symptom itself, but the excessive and disproportionate thoughts, feelings, and behaviors related to it. For instance, a person might have a diagnosed medical condition like irritable bowel syndrome, but their level of anxiety, worry, and time spent seeking medical care is far greater than what would typically be expected. The other options are incorrect as they describe different categories of symptoms: hallucinations (false sensory perceptions) and delusions (fixed, false beliefs) are hallmarks of psychotic disorders, while mood instability is a primary feature of mood disorders like bipolar disorder.

**Final Answer :** “Physical symptoms without medical cause”

**Answer: (A)**



Q28.

**Solution****Concept:** Positive vs. Negative Symptoms of Schizophrenia.

**Solution:** Symptoms of schizophrenia are often classified into two categories. Positive symptoms refer to an excess or distortion of normal functions, representing behaviors that are "added" to a person's experience. These include hallucinations (seeing or hearing things that aren't there) and delusions (holding firmly to false beliefs). Negative symptoms refer to a reduction or absence of normal functions, representing things that are "taken away." "Lack of emotion," also known as flat affect, is a classic negative symptom. Others include alogia (reduced speech), avolition (lack of motivation), and anhedonia (inability to experience pleasure). Therefore, lack of emotion is a negative symptom, while hallucinations and delusions are positive symptoms. Anxiety is not a core symptom of schizophrenia itself, although it can be a co-occurring issue.

**Final Answer :** "Lack of emotion"**Answer:** (C)

Q29.

**Solution****Concept:** Defining features of Obsessive-Compulsive Disorder (OCD).

**Solution:** Obsessive-Compulsive Disorder (OCD) is an anxiety disorder defined by the presence of two core components: obsessions and compulsions. Obsessions are recurrent, persistent, and intrusive thoughts, urges, or images that are unwanted and cause significant distress. Compulsions are repetitive behaviors (e.g., hand washing, checking) or mental acts (e.g., praying, counting) that an individual feels driven to perform in response to an obsession. The purpose of the compulsion is to reduce the anxiety caused by the obsession or to prevent a dreaded event from happening. Delusions and hallucinations are characteristic of psychotic disorders, and memory loss is associated with neurocognitive disorders.

**Final Answer :** "Obsessions and compulsions"**Answer:** (B)

Q30.

**Solution**

**Concept:** Therapeutic techniques and their associated schools of thought.

**Solution:** Systematic desensitization is a cornerstone technique of behaviour therapy, developed by Joseph Wolpe. It is a type of exposure therapy used to treat phobias and anxiety disorders by gradually exposing a person to their feared stimulus. The process is based on the classical conditioning principle of counterconditioning. It involves three main steps: 1) teaching the client deep muscle relaxation techniques, 2) creating a fear hierarchy, which is a ranked list of feared situations from least to most anxiety-provoking, and 3) pairing the relaxation response with gradual exposure to items on the hierarchy. The goal is to replace the learned fear response with a relaxation response. Its focus on learned behaviours and conditioning places it firmly within the school of behaviour therapy.

**Final Answer :** “Behaviour therapy”

**Answer:** (B)

Q31.

**Solution**

**Concept:** Founders of major therapeutic approaches.

**Solution:** Rational Emotive Therapy (RET), later renamed Rational Emotive Behavior Therapy (REBT), was founded by psychologist Albert Ellis in the 1950s. It is considered one of the first forms of cognitive-behavioral therapy. The core principle of REBT is that it is not the events themselves that cause emotional distress, but rather the irrational beliefs individuals hold about those events. The other individuals listed are also famous therapists, but are associated with different schools of thought: Aaron Beck developed Cognitive Therapy (CT), Carl Rogers developed Client-Centered Therapy, and B.F. Skinner was a pioneer of behaviorism, focusing on operant conditioning.

**Final Answer :** “Albert Ellis”

**Answer:** (A)



Q32.

**Solution**

**Concept:** The primary focus of Beck's Cognitive Therapy.

**Solution:** Aaron Beck's Cognitive Therapy (CT), also known as Cognitive Behavioral Therapy (CBT), is based on the idea that our thoughts, feelings, and behaviors are interconnected. However, the primary target for intervention in this therapy is the client's thought patterns. The therapy focuses on identifying, challenging, and changing maladaptive cognitions, such as "automatic negative thoughts" and dysfunctional core beliefs that underlie psychological distress. The process, known as cognitive restructuring, aims to help clients develop more balanced and realistic ways of thinking, which in turn leads to improvements in their emotions and behaviors.

**Final Answer :** "Thoughts"

**Answer: (B)**

Q33.

**Solution**

**Concept:** Core principles of Client-Centered Therapy.

**Solution:** Client-centered therapy, developed by Carl Rogers, is a humanistic approach to psychotherapy. It emphasizes the client's innate capacity for personal growth and self-healing. Rogers believed that for therapy to be effective, the therapist must provide a supportive environment characterized by three core conditions: 1) Genuineness (the therapist is authentic and transparent), 2) Unconditional Positive Regard (the therapist accepts and values the client without judgment), and 3) Empathy (the therapist accurately understands and shares the client's feelings and perspective). Empathy is crucial as it helps the client feel deeply understood, which facilitates self-exploration and personal growth. Authority, punishment, and conditioning are concepts contrary to the non-directive and accepting nature of this therapy.

**Final Answer :** "Empathy"

**Answer: (B)**



Q34.

**Solution**

**Concept:** Key techniques associated with major therapeutic schools.

**Solution:** Free association is the foundational technique of psychoanalysis, originated by Sigmund Freud. In this technique, the client is encouraged to relax and say whatever comes to mind, no matter how trivial, illogical, or embarrassing it may seem. The idea is to bypass the conscious mind's censorship (the ego's defenses) to allow unconscious thoughts, memories, and conflicts to emerge. The psychoanalyst then listens for patterns and hidden meanings in the client's stream of thought, interpreting them to help the client gain insight into their unconscious mind. This technique is unique to psychodynamic and psychoanalytic approaches.

**Final Answer :** "Psychoanalysis"

**Answer: (B)**

Q35.

**Solution**

**Concept:** Core ethical principles in psychotherapy.

**Solution:** Ethical practice is the foundation of a safe and effective therapeutic relationship. Of the options provided, confidentiality is a cornerstone ethical principle. It refers to the therapist's obligation to protect a client's privacy by not revealing the contents of therapy to any third party without the client's explicit consent. This principle is crucial for building trust, allowing the client to feel safe enough to be open and honest. There are legal limits to confidentiality, such as when a client poses an imminent danger to themselves or others. The other options—manipulation, bias, and exploitation—are severe ethical violations that harm the client and abuse the power dynamic inherent in the therapeutic relationship.

**Final Answer :** "Confidentiality"

**Answer: (A)**



Q36.

**Solution**

**Concept:** Application of operant conditioning in therapy.

**Solution:** A token economy is a behavior modification technique based on the principles of operant conditioning, a core component of behavior therapy. In this system, individuals earn "tokens" (a form of secondary reinforcer, like points or chips) for exhibiting desired behaviors. These tokens have no intrinsic value but can be exchanged for desired items, activities, or privileges (primary reinforcers). By systematically rewarding target behaviors, the token economy increases the frequency of those behaviors. This technique is often used in structured environments such as psychiatric institutions, classrooms for children with special needs, and correctional facilities to shape and manage behavior.

**Final Answer :** "Behavior therapy"

**Answer: (B)**

Q37.

**Solution**

**Concept:** Fritz Heider's Balance Theory in social psychology.

**Solution:** The P-O-X model is the framework for Fritz Heider's Balance Theory, which addresses attitude consistency and social cognition. The model describes a triad of relationships: P (the person), O (another person), and X (an impersonal entity like an object, idea, or issue). The theory posits that people prefer a state of "balance" among these three elements. A balanced state exists if the product of the signs of the three relationships (positive for liking, negative for disliking) is positive. For example, if you (P) like your friend (O) and your friend (O) likes a particular band (X), you will feel a psychological pressure to also like the band (X) to maintain balance. If you dislike the band, the triad is imbalanced, creating cognitive dissonance that motivates a change in one of the attitudes to restore balance.

**Final Answer :** "Attitude balance"

**Answer: (B)**



Q38.

**Solution**

**Concept:** The components of intergroup relations: prejudice, stereotypes, and discrimination.

**Solution:** In social psychology, prejudice is defined as a preconceived negative or positive evaluation of a social group and its members. It is fundamentally an attitude. An attitude consists of three components: an affective component (emotions), a behavioral component (tendencies to act), and a cognitive component (beliefs/stereotypes). Prejudice is the overall attitude, discrimination is the behavior/action, and stereotypes are the cognitive beliefs. Therefore, prejudice itself is best described as an attitude.

**Final Answer :** “Attitude”

**Answer: (B)**

Q39.

**Solution**

**Concept:** The behavioral component of prejudice.

**Solution:** Discrimination is the behavioral expression of prejudice. It refers to negative or harmful actions directed towards individuals on the basis of their group membership. While prejudice is an attitude and a stereotype is a belief (thought), discrimination is the actual act of treating someone unfairly. For example, believing that people from a certain country are lazy is a stereotype (thought); disliking them for it is prejudice (emotion/attitude); refusing to hire them based on this belief is discrimination (behavior).

**Final Answer :** “Behavior”

**Answer: (B)**

Q40.

**Solution**

**Concept:** The phenomenon of social loafing in groups.

**Solution:** Social loafing is the tendency for individuals to exert less effort when working collectively on a task than when they are individually accountable. This occurs because the responsibility for the outcome is diffused among all group members, reducing individual motivation and accountability. As a result, the total effort of the group is often less than the sum of the potential individual efforts. Therefore, social loafing occurs when individual effort decreases in a group setting.

**Final Answer :** “Effort decreases in group”

**Answer: (B)**



Q41.

**Solution**

**Concept:** The effect of group discussion on attitudes, known as group polarization.

**Solution:** Group polarization is a phenomenon in which the initial attitudes or inclinations of individual group members become more extreme after group discussion. If the group members initially lean towards a cautious decision, the group discussion will likely lead to an even more cautious consensus. Conversely, if the initial leaning is towards a risky decision, the group will likely end up endorsing an even riskier position. The discussion reinforces the shared perspective, leading to more extreme views, not moderate or neutral ones.

**Final Answer :** “Extreme views”

**Answer: (B)**

Q42.

**Solution**

**Concept:** The cognitive component of prejudice, known as stereotypes.

**Solution:** Stereotypes are the cognitive component of attitudes toward social groups. They are oversimplified and widely held beliefs that associate a whole group of people with certain traits or characteristics. These are generalized beliefs because they are applied to all members of a group, regardless of individual differences. Stereotypes can be inaccurate, overused, and resistant to change, and are not scientific facts. They are beliefs or thoughts, not emotions.

**Final Answer :** “Generalized beliefs”

**Answer: (B)**

Q43.

**Solution**

**Concept:** Factors influencing persuasion and attitude change.

**Solution:** The process of persuasion, which leads to attitude change, is influenced by several key factors. These are often categorized as characteristics of the source, the message, and the audience. Source credibility is a powerful source characteristic, referring to how believable the communicator is perceived to be. A source that is seen as expert and trustworthy is far more likely to persuade an audience to change their attitude than one that is not. While other factors like the audience’s intelligence matter, source credibility is a primary and direct influence on persuasion.

**Final Answer :** “Source credibility”

**Answer: (A)**



Q44.

**Solution**

**Concept:** Leon Festinger's theory of cognitive dissonance.

**Solution:** Cognitive dissonance is the state of mental discomfort or psychological tension that arises when a person holds two or more conflicting cognitions (e.g., beliefs, ideas, values) or when their behavior is inconsistent with their beliefs. For example, a person who believes smoking is unhealthy but continues to smoke will experience cognitive dissonance. This discomfort motivates the individual to change their behavior, change their belief, or rationalize their behavior to reduce the conflict and restore consistency.

**Final Answer :** "Conflict between beliefs"

**Answer: (B)**

Q45.

**Solution**

**Concept:** The definition of a social group.

**Solution:** In social psychology, a group is more than just a collection of random individuals (which is an aggregate or crowd). A group is defined as two or more individuals who are socially connected, interact with one another, are interdependent, and share common goals, norms, and a collective identity. The element of shared goals and mutual influence is a key feature that distinguishes a true group from a mere collection of people in the same place at the same time, like an audience.

**Final Answer :** "Individuals with shared goals"

**Answer: (B)**

Q46.

**Solution**

**Concept:** The distinction between primary and secondary groups.

**Solution:** Sociologist Charles Horton Cooley made the distinction between primary and secondary groups. Primary groups are small, intimate, and long-lasting, characterized by close, personal, and face-to-face relationships. Members have strong emotional ties and a deep sense of belonging. Examples include family and very close friends. In contrast, secondary groups are larger, more impersonal, temporary, and are typically organized around a specific task or goal (e.g., coworkers, classmates). Therefore, primary groups are defined by their close relationships.

**Final Answer :** "Close relationships"

**Answer: (B)**



Q47.

**Solution**

**Concept:** The definition of conformity in social influence.

**Solution:** Conformity is a type of social influence that involves a change in belief or behavior in order to align with the perceived social norms or pressures of a group. It is the act of yielding to group pressure, either real (involving the physical presence of others) or imagined (involving the pressure of social norms/expectations). Famous studies by Solomon Asch demonstrated how individuals will often conform to a group's incorrect judgment. It is essentially about following group norms rather than acting with independence.

**Final Answer :** "Following group norms"

**Answer: (B)**

Q48.

**Solution**

**Concept:** The consequences of the groupthink phenomenon.

**Solution:** Groupthink, a term coined by psychologist Irving Janis, describes a mode of thinking that people engage in when they are deeply involved in a cohesive in-group, and their strivings for unanimity override their motivation to realistically appraise alternative courses of action. The desire for group harmony and consensus leads to a suspension of critical thinking, suppression of dissent, and an illusion of invulnerability. This process consistently results in flawed and poor decision-making, as potential problems and alternative solutions are not adequately considered.

**Final Answer :** "Poor decision-making"

**Answer: (B)**

Q49.

**Solution**

**Concept:** The primary function and focus of leadership.

**Solution:** Leadership is a process of social influence aimed at guiding, directing, and motivating a group of people towards the achievement of a common goal. A leader's effectiveness is measured by their ability to influence the thoughts, attitudes, and behaviors of the group members to work together effectively. While a leader's influence is exerted on individuals within the group, its primary purpose and effect is on the collective group behavior and performance.

**Final Answer :** "Group behavior"

**Answer: (B)**



Q50.

**Solution**

**Concept:** The definition and outcome of group cohesiveness.

**Solution:** Group cohesiveness refers to the forces that bind members of a group together, creating a sense of "we-ness" and mutual attraction. It is the degree to which group members are committed to the group and its goals. High cohesiveness is characterized by strong interpersonal bonds, a shared identity, and a desire to remain part of the group. This creates a strong sense of unity and solidarity among members. It is the opposite of conflict, isolation, and weak bonds.

**Final Answer :** "Unity"

**Answer:** (B)



**Answer Key**

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

