

PU M Sc Applied Psychology

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Watson and Rayner (1920) conditioned "Little Albert" to fear white rats by banging a hammer on a steel bar as the child played with a white rat. Later, it was discovered that Albert feared not only white rats but white stuffed toys and Santa's beard as well. Albert's fear of these other objects can be attributed to:-

- The law of effect
- Stimulus discrimination
- An overactive imagination
- Stimulus generalization

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Comparative psychologists are primarily interested in:-

- the comparison of functional and behavioral psychology
- stimulus-response connections
- animal behavior
- the comparison of different types of psychotherapy

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The _____ theory explains how sounds up to 4000 hertz reach the brain.

- place
- tone
- auditory
- frequency

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World Mental Health Day is observed on:-

- September 10
- November 10
- December 10
- October 10

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Emotional Intelligence is:-

- The ability to feign emotions when necessary
- The ability to recognise and control one's own and others' emotions

- The emotional reaction that occurs when completing an intelligence test
- Knowledge of emotional states

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Which of the following is not a treatment developed from classical conditioning principles?

- aversion therapies
- systematic desensitization
- flooding
- token economies

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Bogus Pipeline is used for measuring:-

- cognitive Dissonance
- Attitude
- Personality
- Persuasion

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Shaping is an extension of _____ principle of learning?

- Operant conditioning
- Social learning
- Insightful learning
- Classical conditioning

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The brain stem comprises:-

- Cerebellum, Basal Ganglia, and Reticular Formation
- Cerebellum, Medulla Oblongata, and Basal Ganglia
- Pons, Basal Ganglia, and Reticular Formation
- Medulla Oblongata, Pons, and Cerebellum

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The theory of bounded rationality was originally developed by:-

- Steven Pinker
- Noam Chomsky

- Herbert Simon
- Gerd Gigerenzer

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what is the full form of APA?

- Australian Psychological Association
- American Psychiatric Association
- American Psychological Association
- American Psychology Association

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_____ plays a significant role in emotional behaviour.

- Thalamus
- Frontal Lobe
- Parietal Lobe
- Hypothalamus

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The Minnesota Multiphasic Personality Inventory – 2 is an example of a _____ test

- Criterion-referenced
- Performance
- Self-report
- Self-scoring

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Psychiatrists endorse _____ model of illness.

- Ecological
- Social
- Biological
- Humanistic

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The process of excluding from the consciousness the ideas and feelings which cause guilt and shame is known as:-

- Repression

- Projection
- Reaction formation
- Regression

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Electrooculogram (EOG) records:-

- Electrical activity within the brain
- Changes in electrical activity in the muscles
- Electrical activity in various muscles
- Changes in electrical potential in the eyes

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_____ launches the Positive Psychology Movement.

- Martin Seligman
- Erik Erikson
- Elizabeth Loftus
- Abraham Maslow

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In trace conditioning:-

- the CS precedes UCS and they do not overlap
- the CS and UCS begin and end at the same time
- The CS precedes UCS and they overlap
- The UCS precedes CS

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What is the Id?

- part of the psyche that controls our morals
- part of the psyche that controls the impulses
- part of the psyche that reduces anxiety
- a description of the innate instinctual needs

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The first self-report test of personality was developed by:-

- Woodworth

- Simon
- McElwain
- Terman

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Jacobson's progressive relaxation is very similar to _____ *asan*

- Chakasan
- Savasan
- Padmasan
- Bhujangasan

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Seeing a ghost in a dark room is an example of _____.

- Perceptual defense
- Illusion
- Hallucination
- Delusion

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The word big is flashed on a screen. A mental picture of the word big represents a _____ code; the definition "large in size" represents a _____ code; "sounds like pig" represents a _____ code.

- Phonemic; Semantic; Structural
- Phonemic; Structural; Semantic
- Structural; Semantic; Phonemic
- Structural; Phonemic; Semantic

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In case of 't' test, the distribution of the scores has a _____ shape.

- Leptokurtic
- Positively skewed shape
- Platykurtic
- Mesokurtic

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According to the James-Lange theory of emotion:-

- Different patterns of autonomic activation lead to the experience of different emotions
- The experience of emotion depends on autonomic arousal and on one's cognitive interpretation of that arousal
- Emotions develop because of their adaptive value
- Emotion occurs when the thalamus sends signals simultaneously to the cortex and to the autonomic nervous system

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Conditioning method was introduced by _____.

- Pavlov
- Thorndike
- Kohler
- Skinner

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The term cognition refers to:-

- thinking or knowing
- analysis and synthesis
- predicting the future
- introspection

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Howard Gardner theorizes that there are _____ different kinds of intelligence

- 3
- 120
- 2
- 8

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Mirror drawing apparatus is used to measure _____ learning

- Serial
- Sensory-motor
- Social
- Maze

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Which of the following tests is likely to have the highest reliability?

- The MMPI
- TAT
- Draw-a-Person test
- Rorschach ink blot test

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What proportion of scores in a normal distribution lie above a z score of 1?

- 16 per cent
- 10 per cent
- 50 per cent
- 25 per cent

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Mean is an example of _____ statistic

- Multivariate
- Univariate
- Variance
- Bivariate

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Drawing specific conclusions without evidence is known as _____.

- Personalisation
- Arbitrary inference
- Dysfunctional belief
- Convergent thinking

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Biofeedback is based upon which principle of learning?

- Insightful learning
- Classical conditioning
- Social learning
- Operant conditioning

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The three basic emotions which appear to be unlearned but take time to develop are:-

- excitement, jealousy, anger
- affection, anger, fear
- anger, fear, joy
- delight, jealousy, fear.

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Which of the following is not a common symptom of the depression?

- Delusions
- Insomnia
- Poor appetite
- Lack of energy

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The Multiple Components Model of working Memory was proposed by:-

- Atkinson & Shiffrin
- Baddeley
- Miller
- Posner & Rossman

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Therapists who focus on altering faulty thought process are:-

- Humanistic therapists
- Psychodynamic therapists
- Cognitive therapists
- Behavioural Therapists

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Which one of these models of psychopathology would suggest that psychological disorders result from acquiring dysfunctional ways of thinking and acting?

- cognitive model
- behavioral model
- medical model
- client- centered model

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In which stage in Piaget's theory does children engage in symbolic play?

- Sensorimotor stage
- concrete operations
- formal operations
- preoperational stage

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Trichromatic theory states that there are three kinds of _____ in the eye.

- Bipolar cells
- Ganglion cells
- cones
- Rods

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Curve of forgetting was developed by _____

- Watson
- Piaget
- Freud
- Ebbinghaus

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Persons with Down Syndrome have IQ's:-

- Above 50
- below 40
- below 50
- above 40

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The _____ hypothesis states that frustration tends to lead to aggression.

- cognitive dissonance
- social learning
- frustration-aggression
- biological instinct

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The first theory of intelligence was developed by:-

- Stanford and Binet
- Binet and Simon
- Terman and Wechsler
- Spearman

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Which law of learning states that things most often repeated are best retained?

- Law of effect
- Law of readiness
- Law of exercise
- Law of recency.

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When a neuron is at rest, the electrical charge is (difficult).

- 70 millivolts
- ± 70 millivolts
- no electric charge
- +70 millivolts

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Thinking in 'either-or' conditions is known as _____.

- Cognitive lapse
- Generalisation
- Inferential thinking
- Dichotomous thinking

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Median is an example of _____ statistic.

- Bivariate
- Multivariate
- Kurtic
- Univariate

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Which of these is a stage in the Stages of Change Model?

- contemplation
- Study
- deliberation
- meditation

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_____ are drugs whose primary effect is to produce general increases in neural and behavioral activity.

- Depressives
- Sedatives
- Barbiturates
- Stimulants

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The first President of APA was:-

- Wilhelm Wundt
- John B.Watson
- G.Stanley Hall
- William James

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Organized structure of information about a particular domain of life is known as _____.

- attributes
- Cognitive structuring
- plan
- Schema

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_____ is a persistent pattern of psychological distress following exposure to extreme stress.

- Post traumatic stress disorder
- Generalized Anxiety Disorder
- Panic disorder

- Phobic disorder

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Milgram's experiment with electric shock was used to measure:-

- Conformity
- Compliance
- Prejudice
- Obedience

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The components of evolution are:-

- Inheritance
- Variation & selection
- variation, inheritance & selection
- variation & inheritance

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The Serial Position Curve is a (Difficult):-

- Straight line
- C Shaped Curve
- U shaped Curve
- Inverted U

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In India, the licensing body for Clinical Psychologists is _____.

- Medical council of India
- Mental Health Council
- Clinical Psychologist Council
- Rehabilitation Council of India

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Putting forward a large request followed by a smaller one is a technique of:-

- Foot in the door technique
- Ingratiation
- door in the face

playing hard to get

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The kind of therapy developed by Freud is called:-

- Gestalt therapy
- Psychoanalysis
- S-R therapy
- behavior modification

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The correct series of activities in creative process is _____.

- Preparation---- Incubation----Illumination ----Revision----Evaluation
- Incubation ----Preparation ----Illumination----Evaluation----Revision
- Preparation---- Illumination---- Incubation ----Evaluation----Revision
- Preparation---- Incubation----Illumination ----Evaluation----Revision

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'A child learned to be kind to others'-This an example of _____

- General Motive
- Biological Motive
- Intrinsic Motive
- Social Motive

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Fetal alcohol syndrome is characterized by:-

- addiction to alcohol in the newborn.
- miscarriage, premature birth, and bodily defects.
- increased birth weight.
- genetic defects.

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Of the theorists listed below, who helped to develop the humanistic approach in psychology?

- Freud
- Rogers
- Skinner

Titchener

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According to Latané (1981), social loafing is due to:-

- A bias toward making internal attributions about the behavior of others
- Duplication of effort among group members
- Diffusion of responsibility in groups
- Social norms that stress the importance of positive interactions among group members

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The amount of change in a stimulus required for a person to detect is called:-

- absolute threshold
- subliminal perception
- Difference threshold
- just noticeable difference

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During counselling asking for minute and obscure details about the client is known as ---

- Understanding
- Probing
- Clarifying
- Deepening

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Who among the following emphasized upon 'Archetypes'

- Jung
- Freud
- Adler
- Horney

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According to Freud, the Oedipus and Electra conflicts occur during the:-

- Oral stage
- Genital stage
- Anal stage

- Phallic stage

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Sleep spindles and K complexes occurs at _____ sleep (average)

- stage 4
- stage 2
- Stage 1
- stage 3

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The levels of processing view of memory was proposed by:-

- Godden & Baddeley
- Craik & Tulving
- Schachter & Kihlstrom
- Craik & Lockhart

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The view that "A counsellor is an authentic Chameleon" was given by:-

- Rogers
- Seligman
- Maslow
- Lazarus

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Which of the following lobe is involved in hearing?

- Frontal
- Parietal
- Occipital
- Temporal

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An IQ of 100 Suggest _____ level of intelligence

- average
- high
- low

Very high

75 of 100

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Counselling is different from psychotherapy primarily because, in counselling we deal with _____ problems.

- Cultural
- Marital
- Adjustment
- Academic

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NEO-PI is an assessment of ----

- Intelligence
- Attitude
- Personality
- Career interests

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Jung believed that there are basic universal concepts in all people regardless of culture called:-

- Mandalas
- archetypes.
- collective consciousness
- persona.

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Reinforcement which occurs after a fixed number of responses.

- variable-ratio schedule
- Fixed-ratio schedule
- fixed-interval schedule
- variable-interval schedule

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The portion of the brain that appears to be the last area to mature fully is the:-

- Corpus Callosum
- Hypothalamus

- Occipital lobe
- Prefrontal cortex

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The cephalocaudal trend in the motor development of children can be described simply as a:-

- Foot-to-head direction
- Center-outward direction
- Body-appendages direction
- Head-to-foot direction

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Analysing pre and post scores of a client on a given parameter is a method of evaluation in counselling. This is known as _____ method of evaluation.

- Critical
- Process
- Outcome
- Feedback

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Term flashbulb memories was proposed by:-

- Kassin & Kiechel
- Neisser
- Brown and Kulik
- Loftus

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The famous book 'Authentic Happiness' was authored by:-

- Viktor Frankl
- Rollo May
- Martin Seligman
- Robin Sharma

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In Adler's view, the main striving of personality is for:-

- instincts

- superiority
- sophistication
- dominance

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The water jar problem demonstrated by Luchins was used to study the impact of _____ on problem solving (difficult)

- trial and error
- Functional fixedness
- algorithm
- mental set

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Which of the following type of conflict is extremely disruptive?

- Discount-discount
- Avoidance-Avoidance
- Approach-Approach
- Approach-Avoidance

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A man redirects anger from his boss to his child is an example of which defense mechanism?

- displacement
- repression
- regression
- Projection

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The variance of a population:-

- equals SS / df
- $M1 - M2$
- is represented by s^2
- equals the mean of the squared deviation scores.

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Who among the following is not a motivation theorist?

- Maslow
- Herzberg
- Vroom
- Tolman

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Who is considered as the "spiritual father of humanism in America"?

- J B Watson
- R S Woodworth
- Abraham Maslow
- Carl Rogers

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The glands which plays a key role in the development of personality is the _____

- Pituitary
- Thyroid
- Thymus
- Adrenal

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What is the smallest unit of Speech Perception?

- Words
- Phonemes
- Syllable
- Morphemes

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Persons having low IQ with exceptional musical talents are referred as:-

- Williams syndrome
- savant syndrome
- Gifted
- prodigies

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Illusion is a kind of _____

- Perception
- Hallucination
- Trick
- Misperception

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Resulting data from a test of academic knowledge are positively skewed. This suggests that:-

- some students benefited from a "halo effect".
- The test was too easy
- The test was too difficult
- an unbiased estimate must be calculated.

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The scales to measure the psychological distance between any two stimuli was developed by

-
- Weber
 - Titchner
 - Fechner
 - Binet

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Statistical way of controlling quality in organisations is known as:-

- Feedback training
- KAIZEN
- Six Sigma
- Quantitative training

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A teacher offers her student a reward for each five correct answers. This is an example of _____ reinforcement schedule?

- Intermittent ratio
- Fixed ratio
- Intermittent interval
- Fixed interval

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Cognitive Dissonance theory is based on the:-

- Self- actualization
- Consistency
- Gain-loss
- Cognitive dissonance

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Traits that exert relatively specific and weak effects on behavior are called (Average)

- central traits
- secondary traits
- source traits
- Cardinal traits