

1. _____ is an imaginal form of exposure therapy.
(A) implosive therapy (B) flooding
(C) covert sensitization (D) overt sensitization
2. Biofeedback is based on
(A) classical conditioning (B) modeling
(C) operant conditioning (D) latent learning
3. Gestalt therapy was developed by
(A) Karl Duncker (B) Sperry
(C) Fritz Pearls (D) Carl Rogers
4. The founder of logo therapy is
(A) Otto Rank (B) Rollo may
(C) Victor Frankl (D) Existentialists
5. SUD is measured on a scale ranging from
(A) 1 to 100 (B) 0 to 100
(C) 0 to 1000 (D) 1 to 1000
6. The Centre for Behavioural and Cognitive Sciences is located in
(A) University of Allahabad (B) Pondicherry University
(C) Banaras Hindu University (D) Delhi University
7. National Brain Research Centre is situated in the state of
(A) Punjab (B) Delhi
(C) Chandigarh UT (D) Haryana
8. _____ has the country's only brain bank.
(A) National Brain Research Centre
(B) All India Institute of Medical Sciences
(C) NIMHANS
(D) PGIMER, Chandigarh
9. Defence Institute of Psychological Research is situated in
(A) Dehradun (B) New Delhi
(C) Bangalore (D) Srinagar

10. Lot of research on Reconstructive memory is credited to
 - (A) Bartlette
 - (B) Loftus
 - (C) Baddley
 - (D) Wertheimer
11. Techniques based on operant conditioning are together known as
 - (A) Applied analysis of consequences
 - (B) Applied psychotherapy
 - (C) Applied behavioural analysis
 - (D) Applied psychotherapy
12. Cognitive triad" in depression is the contribution of
 - (A) Albert Ellis
 - (B) Aaron Beck
 - (C) Cognitivists
 - (D) Hawton
13. Syphilis is caused by
 - (A) fungi
 - (B) bacteria
 - (C) virus
 - (D) protozoa
14. Pellagra occurs due to ————— deficiency
 - (A) Niacin
 - (B) Thiamine
 - (C) Vitamin K
 - (D) Iron
15. Type A personality is assessed by
 - (A) Interview
 - (B) Myers -Briggs type indicator
 - (C) Costa Type indicator
 - (D) MMPI
16. PET refers to
 - (A) Positive Emission Tomography (PET)
 - (B) Positron emission Tomography
 - (C) Positronic emission tomography
 - (D) Posit emission tomography
17. Big five factors of personality was proposed by
 - (A) Zuckerman
 - (B) McCrae & Costa
 - (C) Gordon Allport
 - (D) R B Cattell
18. The third force in psychology is
 - (A) behaviorism
 - (B) cognitivism
 - (C) humanistic psychology
 - (D) positive psychology

19. Level I and Level II intelligence was proposed by
(A) Johnson (B) Jensen
(C) Shyamkrishnan (D) Baddley
20. The Mental Health Act was enacted in the year
(A) 1985 (B) 1986
(C) 1987 (D) 1988
21. The Rehabilitation Council of India came into being as a statutory body in the year
(A) 1990 (B) 1991
(C) 1992 (D) 1993
22. The structure within the brain concerned with sleep and arousal is
(A) Medulla (B) Limbic system
(C) Reticular Activating System (D) Cerebellum
23. What does it mean to "anthropomorphize"?
(A) to act like an anthropologist instead of a psychologist
(B) to project human qualities onto animals
(C) to think too much about a problem, until the simple answer is overlooked
(D) to influence an animal with human ways, so it is less like its relatives in the wild
24. The need Hierarchy theory of motivation was proposed by
(A) Mc Llend (B) James-Lange
(C) Herzberg (D) Maslow
25. Jacobson's progressive relaxation is very similar to _____ as an.
(A) Padmasan (B) Chakasan
(C) Sabasan (D) Bhujangasan
26. Muller-Lyer illusion is
(A) Fully Universal (B) Culture Specific
(C) Person Specific (D) Temporary

27. Seeing a ghost in a dark room is an example of
(A) Illusion (B) Hallucination
(C) Delusion (D) Perceptual defense
28. Which of the following law is not a law of grouping?
(A) Proximity (B) Similarity
(C) Common Fate (D) Figure-Ground
29. Conditioning method was introduced by
(A) Thorndike (B) Pavlov
(C) Skinner (D) Kohler
30. Who among the following is not a learning theorist?
(A) Maslow (B) Skinner
(C) Tolman (D) Kohler
31. Mirror drawing apparatus is used to measure _____ learning
(A) Social (B) Maze
(C) Sensory-motor (D) Serial
32. Learning for the sake of acquiring knowledge is an example of _____ motivation
(A) Extrinsic (B) Intrinsic
(C) Social (D) None of these
33. Curve of forgetting was developed by
(A) Watson (B) Piaget
(C) Freud (D) Ebbinghaus
34. The need for _____ drives people to get close to people
(A) Power (B) Conformity
(C) Affiliation (D) Achievement
35. In case of 't' test, the distribution of the scores has a _____ shape
(A) Platykurtic (B) Leptokurtic
(C) Mesokurtic (D) Positively skewed shape

36. If a test consists of very easy items, the distribution of the scores will be
(A) Positively skewed (B) Not skewed at all
(C) Negatively skewed (D) Cannot say
37. Median is an example of _____ statistic
(A) Univariate (B) Bivariate
(C) Multivariate (D) None of these
38. Product moment 'r' is used to find the _____ between two variables.
(A) Difference (B) Association
(C) Both difference and association (D) None of these
39. _____ plays a significant role in emotional behaviour
(A) Thalamus (B) Hypothalamus
(C) Frontal Lobe (D) Parietal Lobe
40. _____ is regarded as a culture-fair test of intelligence
(A) WAIS-R (B) Stanford-Binet
(C) Raven's Progressive Matrices (D) WISC-R
41. World Mental Health Day is observed on
(A) September 10 (B) October 10
(C) November 10 (D) December 10
42. The physiological system that relays information in the form of electrochemical impulses throughout the body is called the
(A) Endocrine system (B) Limbic system
(C) Nervous system (D) Cranial system
43. The portion of a neuron that forms the presynaptic neuronal membrane is called the
(A) terminal button (B) axon
(C) soma (D) dendrite
44. Electrochemical communication takes place between neurons at a junction called
(A) the axon zone (B) the synapse
(C) dendrite trees (D) the myelin cleft

45. _____ located site of action of mind in pineal body.
- (A) Plato (B) Aristotle
(C) Descartes (D) Wernicke
46. _____ discovered that the human body conducts electricity.
- (A) Stephen Grey (B) Aristotle
(C) Plato (D) Descartes
47. Which of the following is a behavioural symptom exhibited by individuals suffering unipolar depression?
- (A) Unpredictable and erratic behaviour (B) Compulsive checking
(C) Stay in bed for long periods (D) Ritualized behaviour
48. Which of the following neurotransmitters is associated specifically with Bipolar Disorder?
- (A) serotonin (B) norepinephrine
(C) dopamine (D) acetylcholine
49. Lower levels of activation in the Prefrontal Cortex results in
- (A) Failure to regulate emotions
(B) Deficit in the will to change
(C) Failure to anticipate incentives
(D) Inability to understand the context of affective reactions
50. Structural and functional abnormalities in the Amygdala have been found to be associated with Major Depression The role of the Amygdala is to
- (A) Stimulate secretion by sweat glands
(B) Stimulate secretion of epinephrine and norepinephrine
(C) Prioritize spatial memory
(D) Control spatial memory
51. According to Freud's psychodynamic theory, the first stage of response to loss is called introjections where the individual regresses to
- (A) Anal stage of development (B) Phallic stage of development
(C) Oral stage of development (D) Sensorimotor stage of development

52. Which of the following is one of the most influential theories of depression?
- (A) Freud's Psychodynamic Theory
 - (B) Beck's Cognitive Theory
 - (C) Seligman's Learned Helplessness Theory
 - (D) Berne's Humanistic Theory
53. Physical symptoms of Chronic Fatigue Syndrome (CFS) include which of the following?
- (A) Extreme fatigue
 - (B) Muscle pain
 - (C) Chest pain
 - (D) All of the above
54. Children with ADHD are known to have deficits in which of the following brain areas?
- (A) Perception
 - (B) Motor functioning
 - (C) Executive functioning
 - (D) Memory
55. The term Theory of mind refers to which of the following abilities?
- (A) Have telepathic abilities
 - (B) Understand one's own and other people's mental states
 - (C) Lack of meta-cognition
 - (D) All of the above
56. Which of the following is a widely-used classical conditioning method for treating nocturnal enuresis?
- (A) Bell-and-whistle technique
 - (B) Bell-and-battery technique
 - (C) Alarm system technique
 - (D) Bell book and candle technique
57. Which is the most common form of stimulant medication for ADHD?
- (A) Vitalin
 - (B) Benzodiazepine
 - (C) Ritalin
 - (D) Amylnitrate
58. Which of the following is behaviour technique that has been successfully adapted to treat anxiety-based problems in children?
- (A) Systematic desensitization
 - (B) Systemic family therapy
 - (C) Cognitive behavioural therapy
 - (D) Electro-convulsive therapy

59. Which of the following is a technique that can be used with younger children who are less able to communicate and express their feelings verbally?
- (A) Play therapy (B) Cognitive behaviour therapy
(C) Systemic family therapy (D) Psychodynamic therapy
60. Which of the following is an area of psychology that is concerned with mapping how early childhood experiences may act as risk factors for later diagnosable psychological disorders, and attempts to describe the pathways by which early experiences may generate adult psychological problems?
- (A) Clinical psychopathology (B) Applied psychopathology
(C) Developmental psychopathology (D) Cognitive psychopathology
61. In childhood disorders there are different types of problems such as Symptom-Based Disorders. One such disorder is known as encopresis, which means
- (A) Lack of bowel control (B) Bedwetting
(C) Stammering (D) Sleepwalking
62. The major criticisms on behaviourism are
- (A) oversimplification, determinism, control
(B) oversimplification, vague, control
(C) control, objective, negative oriented
(D) determinism, lack of choice, complex
63. According Carl Jung, recurring dream will stop after
- (A) Gratification (B) Interpretation
(C) Wishful thinking (D) Compensation
64. Glove anesthesia is example for _____ disorder
- (A) somatization (B) conversion
(C) somatoform (D) body dysmorphic
65. Gate control theory states that particular nerve receptors lead to specific areas of the brain related to
- (A) Touch (B) Pressure
(C) Temperature (D) Pain
66. According to humanist, the seat of Anxiety is
- (A) Impaired self concept (B) Blocked Motive
(C) Inability to think positively (D) Poor gratification of needs

67. Melatonin is a hormone secreted by
(A) Pituitary (B) Pancreas
(C) Pineal (D) Thyroid
68. The approach in Psychology which concentrates on mental processing is
(A) Behaviourism (B) Cognitive
(C) Existential (D) Gestalt
69. Disinvestment of Equities from a company by the Govt is a form of
(A) Liberalisation (B) Privatisation
(C) Nationalisation (D) Asset making
70. Acrophobia refers to fear of
(A) heights (B) darkness
(C) depth (D) closed room
71. Organized structure of information about a particular domain of life is known as
(A) cognitive structuring (B) schema
(C) plan (D) attributes
72. Procedure in which the researchers who have contact with participants do not know the hypothesis under investigation is known as
(A) Confidential (B) Single blind
(C) Double Blind (D) Neutralisation
73. Shaping is based on the principle of
(A) adaptation (B) accommodation
(C) approximation (D) adjustment
74. The electrical charges, when a neuron is at rest is
(A) - 70 MV (B) 70 MV
(C) - 1.5 V (D) 1.5 V
75. The blocking of goal-directed behaviour is
(A) Aggression (B) Violence
(C) Frustration (D) Conflict

76. 'Determinism' is strongly suggested by
- (A) Behaviourism (B) Psychoanalysis
(C) Both (D) None of the above
77. Which of the following groups of psychologists stress the positive side of human nature?
- (A) behaviourists (B) neurobiologists
(C) humanists (D) psychoanalysts
78. ————— is an extra-sensory perception related to perception of a future event.
- (A) Clairvoyance (B) Telepathy
(C) Precognition (D) Psychokinesis
79. Training differs from developmental exercises because training concentrates on the
- (A) present (B) past
(C) future (D) changes
80. The statistical way of quality control is known as
- (A) Q – Sort (B) Six Sigma
(C) Bench marking (D) 5 – S
81. Moving employees horizontally to expand their skills, knowledge, and abilities is known as
- (A) Job developing (B) Job analysis
(C) Job rotation (D) Job enrichment
82. If genes are 100 percent responsible for individual differences in a given trait, the Heritability is
- (A) -1 (B) 0
(C) +1 (D) .01

83. Concordance rate ranges from
- (A) 0.0 to 1.0 (B) -1 to +1
(C) 0 to 100 (D) 1 to 100
84. According to Cephalocaudal principle, growth occurs from
- (A) left to right (B) top to bottom
(C) right to left (D) bottom to top
85. The psychologist who used the "*Heinz Problem*" in developing his /her theory was
- (A) Piaget (B) Kohlberg
(C) Levinson (D) Gisela Labouvie – Vief
86. The social and psychological dimensions of being male or female is
- (A) Sex (B) Gender
(C) Gender role (D) Gender typing
87. The class of hormones that primarily promote the development of male genitals and secondary sex characteristics is called
- (A) Androgens (B) Estrogens
(C) Testosterones (D) Estradiols
88. The term *androgyny* refers to a gender role that is
- (A) highly masculine
(B) highly feminine
(C) both highly masculine and highly feminine
(D) neither masculine nor feminine
89. Monalisa says, "All men are alike. They'd rather drive around in circles for hours than stop and ask for directions". She is demonstrating
- (A) gender stereotyping (B) gender typing
(C) androcentrism (D) gender role classification

90. When reviewing research comparing males and females, it is important to keep in mind that
- (A) even when differences are found, most of the individuals in the groups are virtually identical
 - (B) it is unfair to compare the groups because almost all gender differences are the result of uncontrollable biological factors
 - (C) it is only when statistically significant scores are found that you can conclude there is little overlap between male and female scores
 - (D) even when differences are reported, there is considerable overlap between the sexes
91. According to Piaget's theory of Cognitive Development, at what age do children develop the ability for deferred imitation?
- (A) 8-12 months
 - (B) 12-18 months
 - (C) 18-24 months
 - (D) 24-36 months
92. For which of the following do investigators continue to find gender differences?
- (A) verbal skills
 - (B) visuospatial skills
 - (C) social skills
 - (D) suggestibility
93. According to Freud's theory of Psychosexual Development, during which stage is children's developmental focus on gender identity and morality?
- (A) Anal (1-3 years)
 - (B) Phallic (3-6 years)
 - (C) Latency (6-12 years)
 - (D) Genital (12 + years)
94. According to Piaget's theory of Cognitive Development, during which stage do children develop animistic conceptions, expressed in ways such as "Don't hurt the grass. It will be sad"?
- (A) Sensorimotor
 - (B) Pre-Operational
 - (C) Concrete Operational
 - (D) Formal Operational
95. Play is for children what work is for adults". Which of the following is NOT an important developmental outcome of play?
- (A) Cognitive mastery (e.g. concepts of reversibility & conservation)
 - (B) Emotional development & regulation (e.g. "cooling down" by venting socially unacceptable emotions)
 - (C) Overcoming negativism (e.g. reducing noncompliance to adult requests)
 - (D) Language development (e.g. giving labels)

96. According to Festinger's cognitive dissonance theory, people seek to avoid
- (A) contradictions between behaviours and beliefs
 - (B) rebellious or negative reactions
 - (C) music which is not harmonious
 - (D) people who are argumentative
97. Who is known for his research in observational learning using bobo doll?
- (A) Watson
 - (B) Skinner
 - (C) Milgram
 - (D) Bandura
98. Who first wrote about inferiority complex?
- (A) Sigmund Freud
 - (B) Alfred Adler
 - (C) Carl Gustav Jung
 - (D) Viktor Frankl
99. When we make the "fundamental attribution error" we blame somebody's misfortunes on
- (A) an evil leader
 - (B) their personal qualities
 - (C) factors beyond their control
 - (D) ourselves
100. What are secondary sex characteristics?
- (A) such things as facial hair in men, breast development in women
 - (B) sex-linked changes in early childhood
 - (C) eye shadow, hair length, etc.
 - (D) "invisible" sexual characteristics
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