

Part I: True/False Items (1 point each)

Instruction: Write "True" if the statement is true and "False" if it is false.

1. The permanent use of defense mechanism leads to psychological disorder.
2. The goal of Id is to satisfy biological drives.
3. For Roger self-actualization is a goal that people are always striving to reach.
4. Personality is equated with the concept of temperament.
5. Extrinsic motivation deals with performing an action to be satisfied by the action itself.
6. A mood disorder is about a serious change of mood that causes disruption to life activities.
7. Unconscious mind enables aware of information at a moment.
8. A desire to be respected as usefulness is an example of belongingness.
9. Daily life stressors can be considered as a motivational factor rather than a problem.
10. Incentive approach to motivation suggests that motivation is biologically determined

Part II: Matching Item (1 point each)

Instruction: Select a type of Psychological defense mechanism from column "B" to match with its appropriate description given under column "A" (1 point each)

Column "A"		Column "B"
1 Involves attributing one's own undesirable feelings to other people.	A	Displacement
2 Involves banishing threatening mental process into the unconscious.	B	Denial
3 Refusal to recognize a threatening situation	C	Reaction formation
4 Giving acceptable reason for one's behavior in order to hide one's real motives.	D	Regression
5 Involves expressing sexual or aggressive behavior through indirect and socially acceptable outlets.	E	Rationalization
6 Involves expressing feelings toward a person who is less threatening than the person who is the true target.	F	Repression
7 Taking the opposite belief because the true belief causes anxiety	G	Projection
	H	Sublimation

Part III: Completion Items (1 point each)

Instruction: Fill the blank spaces with appropriate answer for each of the following questions.

1. A mental disorder characterized by rigid and unhealthy pattern of enduring thinking, functioning and behaving is called _____.
2. According to Roger, the provision of warm and love that comes from significant others is named as _____.
3. A feeling aspect of consciousness, characterized by physical arousal, certain behavior and an inner awareness is known as _____.
4. The degree which one can rely on his/her ability to perform certain behavior alone or in a public is termed as _____.

Part IV: Multiple Choice Items (1 point each)

Instruction: Read the following questions carefully and choose the correct answer from the alternatives given.

1. Ms. Desalech drinks coffee when she had lunch because it alerts her to more work and increases an excitement. In which approach of motivation this case can be exemplified.
 - A. Incentive
 - B. Drive reduction
 - C. Arousal
 - D. Cognitive
2. In Maslow's humanistic approach in which one of the sexual need can be included?
 - A. Physiological
 - B. Safety and Security
 - C. Self-actualization
 - D. Belongingness
3. A factor by which activities are started, directed and continued so that physical or psychological needs or wants are met is known as-----.
 - A. Emotion
 - B. Motivation
 - C. Personality
 - D. Maturation

16. Tuluosa is a diligent biology teacher in Future hope secondary school. He provides tutorial classes for students in his extra time because he loves teaching. Which type of motivation underlies his efforts?

- A. Reward
- B. Extrinsic
- C. Intrinsic
- D. Incentive

17. Which conflict of motives happen when a child who loves his/her parents, get conflict in his/her choice either father or mother?

- A. Approach-Approach
- B. Approach-Avoidance
- C. Avoidance-Avoidance
- D. Multiple approach-Avoidance

18. Which theory of emotion stated the emotion and arousal have occurred at the same time?

- A. James- Lang
- B. Cannon-Bard
- C. Schachter-Singer
- D. William James

19. Which one of the following is the characteristic of the Id?

- A. It operates moral standard
- B. It is ruled by pleasure principle
- C. It operates in logical thinking
- D. It is the executive body of personality

20. Which one of the following is the characteristic of "Ego" structure of personality?

- A. It is immoral
- B. It operates at unconscious level
- C. It is irrational
- D. It operates reality principle.

21. Mr. Kebede is optimistic, sociable, outgoing and talkative in high score of personality test. Then his personality is under which category of trait theory of personality?

- A. Agreeableness
- B. Conscientiousness
- C. Extravert
- D. Introvert

10. Which of the following is characteristics of major depress disorder?

- A. Hyper active
- B. high self esteem
- C. unjustified excitement
- D. Feeling sad, empty and hopeless

11. Which of the following psychological perspective believe that inadequate learning causes psychological disorder?

- A. Biological
- B. Cognitive
- C. Learning
- D. Psychoanalytic

12. According to Rogers, love, affection and respect from significant others with no strings attached is called-----

- A. Conditioned positive regard
- B. Unconditioned positive regard
- C. Positive regard
- D. Self-functioning

13. In which self- concept, a perception of what one should be or would like to be?

- A. Actual self-concept
- B. Real self- concept
- C. Ideal self-concept
- D. None of above

14. Which one the following refers to value judgments made about a person's morals or ethical behavior?

- A. Character
- B. Personality
- C. Temperament
- D. Trait

15. According to Maslow's theory of hierarchical needs, which one of the following is not physiological needs? _____

- A. Food
- B. Air
- C. Water
- D. Money

16. Which one of the following is the general name for studying psychological disorder?
- A. Psychopathology
 - B. Psychodynamic
 - C. Psychotherapy
 - D. Psychological treatment
17. Knowing and understanding of one's strengths and weaknesses is called _____
- A. Self confidence
 - B. Self-awareness
 - C. Self-control
 - D. self esteem
18. A process that involve combining and integrating available information to choose, implement and evaluate one out of several possible courses of action.
- A. Critical thinking
 - B. Problem solving
 - C. reflective communication
 - D. decision making
19. Which one of the following is **not** true about psychoanalysis theory of personality?
- A. The role of early childhood on adult personality
 - B. The influence of conscious mind on personality
 - C. The influence of biological factors on human personality
 - D. The importance of sexual drive or aggression on personality
20. Which one of the following theory of emotion, believed that physiological arousal and cognitive appraisal is occurred at the same time and resulting label of emotion?
- A. Cannon-Bard theory of emotion
 - B. Schechter-Singer theory of emotion
 - C. Carl- Lange theory of emotion
 - D. James- Lange Theory of Emotion
21. Which one of the following is **true** about Super-ego structure of personality?
- A. Biological components
 - B. Moral standard
 - C. Reality principle
 - D. Conscious mind
22. A mother may show her anger toward her child while she is angry with her husband, for which psychological defense mechanism is appropriate for this example?
- A. Regression
 - B. Sublimation
 - C. Projection
 - D. Displacement

23. Rose wants to eat a cake but also wants to avoid gaining weight, from this example, which conflict of motive did Rose experienced?

- A. Approach-Approach
- B. Avoidance-avoidance
- C. Approach-avoidance
- D. Multiple- approach avoidance

24. Kadija does not love her boss. Then, she said my boss do not love me, so I do not work with him in this organization to her friends. Which psychological defense mechanism is an appropriate for this example?

- A. Regression
- B. Sublimation
- C. Projection
- D. Displacement

25. Which one of the following is **not** a type of anxiety disorder?

- A. Posttraumatic stress
- B. Agoraphobia
- C. Paranoid personality
- D. Obsessive compulsive

26. Which one of the following **not** a criterion to identify an individual with psychological disorders?

- A. Deviant behavior from the norm
- B. Psychological distress
- C. Adaptive behavior
- D. None of the above

27. Which approach of psychology underlies self-defeating thoughts as the cause of psychological disorders?

- A. Behavioral
- B. Cognitive
- C. Psychoanalytic
- D. Humanistic

28. A disorder characterized by a cyclic extreme depression and extreme happiness is known as _____.

- A. Bipolar disorder
- B. Depressive disorder
- C. Anxiety disorder
- D. Personality disorder

29. Which one is **not** considered while providing psychotherapy?

- A. Sympathetic understanding
- B. Emphatic understanding
- C. Being non-judgmental
- D. Reduce negative symptoms