**Q1) Which of the following is NOT a type of personality trait?**

a) Openness

b) Extraversion

c) Neuroticism

d) Height

Correct Answer: Option (d)

Explanation: Personality traits are enduring patterns of thoughts, feelings, and behaviours that differentiate individuals from one another. The Big Five model of personality includes five broad traits, namely openness, conscientiousness, extraversion, agreeableness, and neuroticism. Height, on the other hand, is a physical characteristic and not a personality trait.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q2) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/15Z3JUYOtLgc3CUQXNjXquA6\_RnS\_i6UR/view?usp=share\_link**](https://drive.google.com/file/d/15Z3JUYOtLgc3CUQXNjXquA6_RnS_i6UR/view?usp=share_link)**)**

**TYPE: Audio**

**What is the difference between reliability and validity in psychological measurement?**

a) Reliability refers to the consistency of a measurement, while validity refers to the extent to which a measurement assesses what it is intended to measure.

b) Reliability refers to the extent to which a measurement assesses what it is intended to measure, while validity refers to the consistency of a measurement.

c) Reliability and validity are the same concepts and can be used interchangeably.

d) Neither reliability or validity is relevant in psychological measurement.

Correct Answer: Option (a)

Explanation: Reliability and validity are two important concepts in psychological measurement. Reliability refers to the consistency of a measurement, that is, whether the same results would be obtained if the measurement were repeated. Validity, on the other hand, refers to the extent to which a measurement assesses what it is intended to measure. In other words, a measurement is valid if it accurately measures the construct it is supposed to measure.

Thus, the correct answer is option (a).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q3) Which of the following is NOT a stage in Piaget's theory of cognitive development?**

a) Sensorimotor

b) Preoperational

c) Concrete operational

d) Cognitive operational

Correct Answer: Option (d)

Explanation: Piaget's theory of cognitive development is a stage theory that describes the cognitive development of children from infancy to adolescence. The four stages of Piaget's theory are sensorimotor, preoperational, concrete operational, and formal operational. Option (d) is not a stage in Piaget's theory of cognitive development, and hence is not a valid answer choice.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q4) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1dpbmZeBKnK7r8RAhCQi34DPGSrKSu7MJ/view?usp=share\_link**](https://drive.google.com/file/d/1dpbmZeBKnK7r8RAhCQi34DPGSrKSu7MJ/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following is an example of a defence mechanism?**

a) Procrastination

b) Aggression

c) Self-actualization

d) Rationalization

Correct Answer: Option (d)

Explanation: Defence mechanisms are unconscious psychological strategies used to reduce anxiety arising from unacceptable or potentially harmful impulses. Rationalization is an example of a defence mechanism, where a person provides a logical and acceptable explanation for a behaviour that is actually driven by unacceptable motives. Procrastination, aggression, and self-actualization are not defence mechanisms.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q5) Which of the following is NOT a component of emotional intelligence?**

a) Self-awareness

b) Self-regulation

c) Social awareness

d) Self-actualization

Correct Answer: Option (d)

Explanation: Emotional intelligence is the ability to perceive, understand, and manage emotions in oneself and others. It consists of four components: self-awareness, self-regulation, social awareness, and relationship management. Self-actualization, on the other hand, is a term used in humanistic psychology to describe the highest level of psychological development.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q6) What is the definition of variations in psychological attributes?**

a) The study of how genetics influence behaviour

b) The study of how environmental factors influence behaviour

c) The study of how both genetics and environmental factors influence behaviour

d) The study of how physical attributes influence behaviour

Correct Answer: Option (c)

Explanation: Variations in psychological attributes refer to the study of how both genetic and environmental factors can influence behaviour and psychological traits. This field of study explores the complex interplay between an individual's genes and their environment, and how these factors can shape an individual's personality, cognition, and other psychological characteristics.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q7) Which of the following is an example of a psychological trait?**

a) Eye colour

b) Height

c) Introversion

d) Blood type

Correct Answer: Option (c)

Explanation: A psychological trait is a characteristic pattern of behaviour, thought, and emotion that is relatively consistent across different situations and over time. Examples of psychological traits include introversion, extroversion, conscientiousness, and neuroticism. Eye colour, height, and blood type are physical characteristics that are determined by genetics and cannot be classified as psychological traits.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q8) Answer the following question with reference to the audio**

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**TYPE: Audio**

**What is the definition of "variation" in psychology?**

a) The study of differences between individuals in a population

b) The study of similarities between individuals in a population

c) The study of mental processes only

d) The study of abnormal behaviour

Correct Answer: Option (a)

Explanation: Variation refers to the differences that exist between individuals in a population. In psychology, researchers study these individual differences in various psychological attributes, such as intelligence, personality, motivation, and emotion. By understanding how and why people differ from one another, psychologists can develop theories and interventions that can help individuals reach their full potential and improve their overall well-being.

Thus, the correct answer is option (a).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q9) What is the difference between genotype and phenotype?**

a) Genotype refers to the genetic makeup of an individual, while phenotype refers to the physical and behavioural traits that result from the interaction between genes and the environment.

b) Genotype refers to the physical and behavioural traits of an individual, while phenotype refers to the genetic makeup that determines those traits.

c) Genotype and phenotype are interchangeable terms that refer to the genetic makeup of an individual.

d) Genotype and phenotype are both terms used to describe environmental factors that influence behaviour.

Correct Answer: Option (a)

Explanation: Genotype refers to an individual's genetic makeup, which includes all the genes that they have inherited from their parents. Phenotype, on the other hand, refers to the observable physical and behavioural characteristics that result from the interaction between genes and the environment. While genotype sets the potential for certain traits, it is the environmental factors, such as nutrition and exposure to stress, that determine which traits are expressed.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q10) Which of the following is an example of a cognitive ability?**

a) Musical talent

b) Athletic ability

c) Logical reasoning

d) Empathy

Correct Answer: Option (c)

Explanation: Cognitive abilities refer to mental processes such as perception, attention, memory, and reasoning. Logical reasoning is an example of a cognitive ability that involves the ability to reason logically and solve problems. Musical talent and athletic ability are examples of other psychological attributes, such as talents and physical abilities, while empathy is a personality trait related to emotional intelligence.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q11) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1E2thlBfILxYil1H5KFs5Cj4n2axGCRX9/view?usp=share\_link**](https://drive.google.com/file/d/1E2thlBfILxYil1H5KFs5Cj4n2axGCRX9/view?usp=share_link)**)**

**TYPE: Audio**

**What is the heritability coefficient?**

a) A measure of the degree to which genetic differences account for individual differences in a trait within a population.

b) A measure of the degree to which environmental factors account for individual differences in a trait within a population.

c) A measure of the degree to which a trait is influenced by both genetic and environmental factors.

d) A measure of the degree to which a trait is determined solely by environmental factors.

Correct Answer: Option (a)

Explanation: The heritability coefficient is a statistical measure used in behavioural genetics to estimate the degree to which genetic differences account for individual differences in a trait within a population. It is a value between 0 and 1, where a value of 0 indicates that genetic differences do not contribute to individual differences in the trait, while a value of 1 indicates that all differences are due to genetic factors. In reality, most traits have a heritability coefficient between 0 and 1, indicating that both genetic and environmental factors play a role in individual differences.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q12) What is the Flynn effect?**

a) The observation that IQ scores have been increasing over time in many countries.

b) The observation that IQ scores have been decreasing over time in many countries.

c) The observation that IQ scores are not stable over time and can vary depending on the testing situation.

d) The observation that IQ scores are influenced by cultural factors.

Correct Answer: Option (a)

Explanation: The Flynn effect is the phenomenon of the steady increase in IQ scores over time in many countries. This increase is believed to reflect improvements in living conditions, education, and technology that have allowed individuals to develop their cognitive abilities to a greater extent. The Flynn effect is named after James Flynn, a New Zealand political scientist who first identified the trend in 1984.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q13) The tendency of an individual to experience negative emotions such as anxiety, depression, and irritability is known as:**

a) Positive affectivity

b) Negative affectivity

c) Emotional intelligence

d) Emotional stability

Correct Answer: Option (b)

Explanation: Negative affectivity refers to the tendency of an individual to experience negative emotions such as anxiety, depression, and irritability. Positive affectivity, on the other hand, refers to the tendency to experience positive emotions such as joy, enthusiasm, and excitement. Emotional intelligence refers to the ability to perceive, understand, and regulate one's own and others' emotions. Emotional stability refers to the degree to which an individual experiences emotional distress or disturbance.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q14) Which of the following is not a type of intelligence proposed by Howard Gardner's theory of multiple intelligences?**

a) Logical-mathematical intelligence

b) Musical intelligence

c) Interpersonal intelligence

d) Reflective intelligence

Correct Answer: Option (d)

Explanation: Howard Gardner's theory of multiple intelligences proposes eight types of intelligences, which include logical-mathematical intelligence, musical intelligence, interpersonal intelligence, intrapersonal intelligence, bodily-kinesthetic intelligence, linguistic intelligence, naturalistic intelligence, and spatial intelligence. Reflective intelligence is not one of the types of intelligence proposed by Gardner's theory.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q15) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1Q53pXRoInHW1IXf8ISAA0297\_mpIrJeW/view?usp=share\_link**](https://drive.google.com/file/d/1Q53pXRoInHW1IXf8ISAA0297_mpIrJeW/view?usp=share_link)**)**

**TYPE: Audio**

**The Big Five personality traits include:**

a) Extraversion, openness, agreeableness, neuroticism, and conscientiousness

b) Extraversion, emotional stability, agreeableness, neuroticism, and conscientiousness

c) Extraversion, openness, emotional stability, neuroticism, and conscientiousness

d) Extraversion, openness, agreeableness, emotional stability, and conscientiousness

Correct Answer: Option (c)

Explanation: The Big Five Personality Traits provide a framework for understanding individual differences in human behaviour. Extraversion describes outgoingness and assertiveness, openness refers to imagination and creativity, emotional stability indicates emotional resilience, conscientiousness involves organization and responsibility, and agreeableness reflects interpersonal harmony and cooperation.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q16) The three components of attitude are:**

a) Affective, behavioural, and cognitive

b) Emotional, social, and cultural

c) Cognitive, behavioural, and social

d) Emotional, cognitive, and social

Correct Answer: Option (a)

Explanation: Attitude has three components: affective (emotional), behavioural, and cognitive. The affective component refers to an individual's emotional reaction or feeling towards a particular object or situation. The behavioural component refers to an individual's actions or behaviour towards the object or situation. The cognitive component refers to an individual's beliefs, thoughts, and knowledge about the object or situation.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q17) Which of the following is not a type of motivation proposed by Abraham Maslow's hierarchy of needs?**

a) Self-actualization

b) Esteem

c) Safety

d) Equity

Correct Answer: Option (d)

Explanation: Abraham Maslow's hierarchy of needs proposes five types of motivation, which include physiological, safety, love and belongingness, esteem, and self-actualization. Equity is not a type of motivation proposed by Maslow.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q18) Which of the following statements is true about intelligence testing?**

a) Intelligence tests measure only one aspect of intelligence.

b) Intelligence tests are culturally universal.

c) Intelligence tests are free from cultural biases.

d) Intelligence tests have been proven to be completely accurate in predicting future success.

Correct Answer: Option (a)

Explanation: Intelligence tests assess a person's cognitive abilities, including memory, problem-solving, and reasoning skills. However, these tests may not fully capture the complexity of human intelligence, which also encompasses emotional intelligence, social intelligence, and practical skills, among other factors.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q19) Which of the following is a factor that can contribute to individual differences in intelligence?**

a) Genetic factors

b) Environmental factors

c) Educational background

d) All of the above

Correct Answer: Option (d)

Explanation: While genetics play a significant role in determining intelligence, environmental factors can also affect cognitive development. Early childhood experiences, education, and cultural background can shape an individual's intelligence and cognitive abilities, highlighting the importance of both nature and nurture in shaping intelligence.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q20) Which of the following is a criticism of the concept of emotional intelligence?**

a) It lacks empirical support.

b) It focuses too much on cognitive abilities.

c) It is not relevant to everyday life.

d) It is only applicable to certain cultural groups.

Correct Answer: Option (a)

Explanation: Despite its popularity, emotional intelligence has faced criticism from some psychologists who question its validity as a distinct construct. Critics argue that the theoretical framework and measurement tools lack clarity and empirical evidence, highlighting the need for further research to fully understand its impact on human behaviour.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q21) Answer the following question with reference to the audio**

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**TYPE: Audio**

**What is the difference between sensation and perception?**

a) Sensation is the processing of sensory information, while perception is the interpretation of that information.

b) Sensation is the interpretation of sensory information, while perception is the processing of that information.

c) Sensation and perception are the same thing.

d) Sensation is a biological process, while perception is a psychological process.

Correct Answer: Option (a)

Explanation: Sensation refers to the processing of sensory information, while perception involves the interpretation and organization of that information. Sensation is a biological process that occurs in the sensory organs, while perception is a psychological process that occurs in the brain.

Thus, the correct answer is option (a).

Difficulty Level- Hard

Bloom’s Taxonomy- Analyze

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**Q22) Which of the following is true about the nature-nurture debate in psychology?**

a) It is a debate about whether genetics or the environment has a greater influence on behaviour.

b) It is a debate about whether biology or culture has a greater influence on behaviour.

c) It is a debate about whether behaviour is primarily the result of conscious or unconscious processes.

d) It is a debate about whether individuals are primarily driven by intrinsic or extrinsic motivation.

Correct Answer: Option (b)

Explanation: The nature-nurture debate in psychology is a long-standing debate about the relative importance of biological and environmental factors in shaping behaviour. The debate is not just about genetics vs. environment, but also about the role of culture and socialization in shaping behaviour.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Analyze

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**Q23) Which of the following is a characteristic of high emotional intelligence?**

a) High levels of impulsivity

b) Difficulty regulating one's own emotions

c) Low levels of empathy

d) Effective interpersonal skills

Correct Answer: Option (d)

Explanation: Emotional intelligence involves the ability to recognize and understand one's own emotions and the emotions of others, and to use this information to effectively navigate social situations. Effective interpersonal skills are an important aspect of emotional intelligence.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q24) What is the difference between reliability and validity in psychological research?**

a) Reliability refers to the accuracy of a measurement, while validity refers to whether the measurement actually measures what it is intended to measure.

b) Reliability refers to whether a measurement is consistent over time, while validity refers to whether the measurement is culturally appropriate.

c) Reliability refers to the generalizability of a study's findings, while validity refers to whether the study is ethical.

d) Reliability and validity are the same thing in psychological research.

Correct Answer: Option (a)

Explanation: Reliability refers to the consistency and accuracy of a measurement over time and across different settings, while validity refers to whether the measurement actually measures what it is intended to measure. In other words, a measurement can be reliable without being valid, but a measurement cannot be valid if it is not reliable.

Thus, the correct answer is option (a).

Difficulty Level- Hard

Bloom’s Taxonomy- Analyze

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**Q25) Which of the following is a limitation of IQ testing?**

a) IQ tests are not culturally biased.

b) IQ tests are highly reliable.

c) IQ tests measure only one aspect of intelligence.

d) IQ tests are not affected by environmental factors.

Correct Answer: Option (c)

Explanation: While IQ tests are widely used to measure intellectual ability, they are limited in that they only measure a narrow range of intellectual abilities, such as verbal and quantitative abilities. IQ tests do not measure other important aspects of intelligence, such as creativity or emotional intelligence.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q26) Which of the following is NOT a limitation of self-report measures?**

a) Response bias

b) Social desirability bias

c) Low reliability

d) Low validity

Correct Answer: Option (d)

Explanation: Self-report measures can have limitations, including response bias (where participants may respond in a way they think the researcher wants them to), social desirability bias (where participants may respond in a way that they believe makes them look good), and low reliability (where the measure may not consistently measure what it is intended to measure). However, low validity (where the measure does not accurately measure what it is intended to measure) is not a limitation of self-report measures.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q27) Which of the following is an example of a projective test?**

a) MMPI-2

b) Rorschach Inkblot Test

c) WAIS-IV

d) TAT

Correct Answer: Option (d)

Explanation: Projective tests, such as the Thematic Apperception Test (TAT), involve presenting individuals with ambiguous stimuli and asking them to describe what they see, which is thought to reveal underlying personality traits and motivations. The Minnesota Multiphasic Personality Inventory (MMPI-2) and Wechsler Adult Intelligence Scale (WAIS-IV) are not projective tests, while the Rorschach Inkblot Test is a controversial projective test that has been criticized for its lack of reliability and validity.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q28) Which of the following is NOT a personality trait in the Five-Factor Model?**

a) Openness

b) Extraversion

c) Agreeableness

d) Self-esteem

Correct Answer: Option (d)

Explanation: The Five-Factor Model (also known as the "Big Five") is a widely accepted model of personality that includes five dimensions: openness, conscientiousness, extraversion, agreeableness, and neuroticism. Self-esteem is not included as one of the dimensions in this model.

Thus, the correct answer is option (a).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q29) The concept of "emotional intelligence" was first introduced by which researcher?**

a) Sigmund Freud

b) Carl Jung

c) Howard Gardner

d) Daniel Goleman

Correct Answer: Option (d)

Explanation: Emotional intelligence refers to the ability to recognize, understand, and manage one's own emotions, as well as the emotions of others. The concept was first introduced by Daniel Goleman in his 1995 book, "Emotional Intelligence." Sigmund Freud and Carl Jung were influential psychologists in the early 20th century, while Howard Gardner is known for his theory of multiple intelligences.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q30) Which of the following is NOT a criticism of the trait approach to personality?**

a) Trait labels may be culturally biased

b) Traits may not predict behaviour consistently across different situations

c) Traits are limited in their ability to explain behaviour

d) Traits are too general and don't account for individual differences

Correct Answer: Option (d)

Explanation: The trait approach to personality is criticized for several reasons, including cultural bias in trait labels, the lack of consistency in predicting behaviour across situations, and the limitations in explaining behaviour. However, traits are not considered too general; in fact, the trait approach emphasizes individual differences and focuses on identifying specific, measurable personality traits.

Thus, the correct answer is option (a).

Difficulty Level- Very Hard

Bloom’s Taxonomy- Understand

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**Q31) Which of the following is NOT a factor that contributes to the development of personality?**

a) Genetics

b) Environment

c) Culture

d) Age

Correct Answer: Option (d)

Explanation: All the options except option (d) contribute to the development of personality. Genetics provide the genetic makeup, environment provides the external stimuli, and culture provides the social norms and values that shape personality. Age, on the other hand, refers to the passage of time and does not directly contribute to personality development.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q32) According to Carl Rogers, which of the following is NOT a necessary condition for personal growth?**

a) Unconditional positive regard

b) Empathy

c) Self-actualization

d) Conditional positive regard

Correct Answer: Option (d)

Explanation: According to Carl Rogers, personal growth requires three necessary conditions: empathy, unconditional positive regard, and congruence. Conditional positive regard, which involves only accepting and valuing an individual if they meet certain conditions, can hinder personal growth.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q33) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1qyAA6ZeT4u3DzLAohfrdLY-hLhEby2mr/view?usp=share\_link**](https://drive.google.com/file/d/1qyAA6ZeT4u3DzLAohfrdLY-hLhEby2mr/view?usp=share_link)**)**

**TYPE: Audio**

**Which defence mechanism involves attributing one's own unacceptable thoughts or feelings onto another person?**

a) Displacement

b) Projection

c) Reaction formation

d) Rationalization

Correct Answer: Option (b)

Explanation: Projection is a defence mechanism where a person attributes their own unacceptable thoughts, feelings, or impulses onto someone else. This can serve as a way of avoiding anxiety or guilt by denying their own feelings and assigning them to someone else.

Thus, the correct answer is option (b).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q34) Which type of personality disorder is characterized by a pervasive pattern of disregard for and violation of the rights of others?**

a) Narcissistic personality disorder

b) Histrionic personality disorder

c) Antisocial personality disorder

d) Borderline personality disorder

Correct Answer: Option (c)

Explanation: Antisocial personality disorder is characterized by a pattern of disregard for and violation of the rights of others. This can involve behaviours such as lying, stealing, impulsivity, and lack of empathy. Narcissistic personality disorder is characterized by a grandiose sense of self-importance, histrionic personality disorder involves excessive attention-seeking and emotional expression, and borderline personality disorder involves unstable emotions and relationships.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q35) Which of the following is NOT a component of the self-concept?**

a) Self-image

b) Self-esteem

c) Self-efficacy

d) Self-actualization

Correct Answer: Option (d)

Explanation: Self-concept refers to the collection of beliefs and attitudes an individual holds about themselves. Self-image, self-esteem, and self-efficacy are all components of the self-concept. Self-actualization, on the other hand, is a term used by Maslow to refer to the process of reaching one's full potential.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q36) Which of the following is an example of an internal locus of control?**

a) "I am successful because of luck."

b) "My success is due to the opportunities I create for myself."

c) "I am successful because of the people around me."

d) "My success is determined by fate."

Correct Answer: Option (b)

Explanation: Locus of control refers to an individual's belief about the extent to which they can control events in their lives. An internal locus of control is the belief that one's success or failure is due to their own efforts and abilities, while an external locus of control is the belief that one's success or failure is due to external factors such as luck or fate.

Thus, the correct answer is option (b).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q37) Which of the following is NOT a stage of Erikson's theory of psychosocial development?**

a) Autonomy vs. shame and doubt

b) Trust vs. mistrust

c) Identity vs. role confusion

d) Independence vs. isolation

Correct Answer: Option (d)

Explanation: Erikson's theory of psychosocial development consists of eight stages that individuals pass through from infancy to old age. Autonomy vs. shame and doubt, trust vs. mistrust, and identity vs. role confusion are all stages in this theory. Independence vs. isolation is not a stage in Erikson's theory.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q38) Which of the following is NOT one of the Big Five personality traits?**

a) Extraversion

b) Conscientiousness

c) Agreeableness

d) Neuroticism

Correct Answer: Option (d)

Explanation: The Big Five personality traits provide a comprehensive framework for understanding individual differences in personality. Openness reflects imagination and intellectual curiosity, conscientiousness involves organization and responsibility, extraversion refers to outgoingness and assertiveness, agreeableness reflects interpersonal harmony and cooperation, while neuroticism relates to emotional instability and vulnerability.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q39) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1TosX41P46Ywsaw5rHeMTyukYNOyi3EEi/view?usp=share\_link**](https://drive.google.com/file/d/1TosX41P46Ywsaw5rHeMTyukYNOyi3EEi/view?usp=share_link)**)**

**TYPE: Audio**

**According to Freud's psychoanalytic theory, which component of personality operates on the pleasure principle?**

a) Ego

b) Superego

c) Id

d) Persona

Correct Answer: Option (c)

Explanation: According to Freud's psychoanalytic theory, the personality is divided into three components: the id, ego, and superego. The id operates on the pleasure principle, which seeks immediate gratification of basic drives and desires. The ego operates on the reality principle, balancing the demands of the id with the constraints of the external world. The superego represents the internalized ideals and standards of society.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q40) Which of the following theories suggests that behaviour is a result of the interaction between personal and situational factors?**

a) Humanistic theory

b) Trait theory

c) Social cognitive theory

d) Psychoanalytic theory

Correct Answer: Option (c)

Explanation: Social cognitive theory suggests that behaviour is the result of the interaction between personal factors such as thoughts, feelings, and beliefs, and situational factors such as social norms and expectations. This theory emphasizes the role of cognitive processes in shaping behaviour.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q41) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1FomcGE84IcsQ2ekaVj3TR7Gf9AM82GD\_/view?usp=share\_link**](https://drive.google.com/file/d/1FomcGE84IcsQ2ekaVj3TR7Gf9AM82GD_/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following defence mechanisms involves attributing one's own unacceptable thoughts or impulses to another person?**

a) Projection

b) Repression

c) Regression

d) Rationalization

Correct Answer: Option (a)

Explanation: Projection is a defence mechanism in which an individual attributes their own unacceptable thoughts, feelings, or impulses to another person. This can help the individual avoid feelings of guilt or shame by externalizing their internal conflicts.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q42) According to the self-determination theory, which of the following is NOT a basic psychological need?**

a) Competence

b) Autonomy

c) Relatedness

d) Security

Correct Answer: Option (d)

Explanation: The self-determination theory suggests that individuals have three basic psychological needs: competence, autonomy, and relatedness. Competence refers to the need to feel effective and capable in one's environment, autonomy refers to the need for self-direction and control, and relatedness refers to the need for social connection and belonging. Security is not considered a basic psychological need in this theory.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q43) According to the Big Five personality traits, which trait refers to the degree of organization and responsibility a person exhibits?**

a) Extraversion

b) Agreeableness

c) Conscientiousness

d) Neuroticism

Correct Answer: Option (c)

Explanation: The Big Five personality traits include openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism. Conscientiousness refers to the degree of organization, responsibility, and dependability a person exhibits.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q44) Which of the following theories proposes that personality development occurs through a series of psychosocial stages?**

a) Erikson's psychosocial theory

b) Freud's psychoanalytic theory

c) Rogers' humanistic theory

d) Bandura's social learning theory

Correct Answer: Option (a)

Explanation: Erikson's psychosocial theory proposes that personality development occurs through a series of psychosocial stages, each characterized by a particular developmental task or crisis. Successful resolution of each stage leads to the development of a positive personality trait.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q45) Which of the following is a criticism of trait theories of personality?**

a) They do not account for the influence of situational factors.

b) They do not provide a comprehensive understanding of personality.

c) They do not take into account the role of unconscious processes.

d) They do not consider the influence of social and cultural factors.

Correct Answer: Option (a)

Explanation: A criticism of trait theories of personality is that they tend to overlook the role of situational factors in shaping behaviour. These theories focus on identifying and describing individual differences in personality traits, but do not account for the ways in which situational factors can influence behaviour.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q46) According to Carl Rogers' humanistic theory, what is the process of bringing one's self-concept and actual self closer together called?**

a) Congruence

b) Self-actualization

c) Unconditional positive regard

d) Self-transcendence

Correct Answer: Option (a)

Explanation: According to Carl Rogers' humanistic theory, the process of bringing one's self-concept and actual self closer together is called congruence. This occurs when an individual's self-concept and behaviour are consistent with one another.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q47) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/14f1h6pkjZPPrHSFw496Mun-B36TprTrI/view?usp=share\_link**](https://drive.google.com/file/d/14f1h6pkjZPPrHSFw496Mun-B36TprTrI/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following theories suggests that personality is a result of the interaction between three components: the id, ego, and superego?**

a) Trait theory

b) Social cognitive theory

c) Psychoanalytic theory

d) Humanistic theory

Correct Answer: Option (c)

Explanation: The psychoanalytic theory, proposed by Sigmund Freud, suggests that personality is the result of the interaction between three components: the id (primitive instincts), the ego (rational self), and the superego (moral conscience). According to this theory, personality is shaped by unconscious conflicts and experiences during childhood.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q48) According to Carl Rogers, which of the following is necessary for a person to develop a positive self-concept?**

a) Conditional positive regard

b) Unconditional positive regard

c) Criticism and rejection

d) Lack of autonomy

Correct Answer: Option (b)

Explanation: Carl Rogers, a humanistic psychologist, proposed that for a person to develop a positive self-concept, they need to experience unconditional positive regard from others. This means that they need to be accepted, valued, and loved regardless of their actions or behaviours. In contrast, conditional positive regard, criticism, and rejection can lead to negative self-concept and psychological problems.

Thus, the correct answer is option (b).

Difficulty Level- Medium

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**Q49) According to Bandura's social cognitive theory, which of the following factors influences self-efficacy?**

a) Social comparison

b) Locus of control

c) Learned helplessness

d) All of the above

Correct Answer: Option (d)

Explanation: Albert Bandura's social cognitive theory proposes that self-efficacy, the belief in one's ability to perform a specific task, is influenced by various factors. These include social comparison (comparing oneself to others), locus of control (the belief in one's control over events), and learned helplessness (the belief that one's efforts are futile).

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q50) Which of the following is not a dimension of the Big Five personality traits?**

a) Neuroticism

b) Extraversion

c) Agreeableness

d) Authoritarianism

Correct Answer: Option (d)

Explanation: The Big Five personality traits model includes five dimensions: neuroticism (emotional instability), extraversion (sociability), openness to experience (intellectual curiosity), agreeableness (cooperativeness), and conscientiousness (responsibility). Authoritarianism is not a dimension of the Big Five but is a personality trait associated with a desire for order, obedience, and authority.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q51) Which of the following is NOT one of the defence mechanisms identified by Freud?**

a) Repression

b) Projection

c) Regression

d) Redemption

Correct Answer: Option (d)

Explanation: Freud identified several defence mechanisms that people use to cope with anxiety and protect the ego. These include repression, projection, regression, denial, displacement, and sublimation. Redemption is not a defence mechanism identified by Freud.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q52) Which of the following is NOT a dimension of the Big Five personality traits?**

a) Openness

b) Conscientiousness

c) Agreeableness

d) Willingness

Correct Answer: Option (d)

Explanation: The Big Five model of personality is a widely accepted framework that identifies five broad dimensions of personality: Openness to experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Willingness, while not included in this framework, may be a valuable trait to consider in certain contexts.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q53) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1\_8qLPH11eeaNEj9egM4hmC7O7xuvSWqf/view?usp=share\_link**](https://drive.google.com/file/d/1_8qLPH11eeaNEj9egM4hmC7O7xuvSWqf/view?usp=share_link)**)**

**TYPE: Audio**

**The Minnesota Multiphasic Personality Inventory (MMPI) is primarily used to assess:**

a) Intelligence

b) Emotional intelligence

c) Personality disorders

d) Learning disabilities

Correct Answer: Option (c)

Explanation: The Minnesota Multiphasic Personality Inventory (MMPI) is a well-established psychological test used to measure personality traits and psychopathology. It consists of over 500 true/false questions and is commonly used to diagnose and evaluate personality disorders, as well as other mental health conditions.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q54) According to Carl Rogers, the degree of discrepancy between one's self-concept and actual experiences is called:**

a) Self-esteem

b) Self-actualization

c) Incongruence

d) Congruence

Correct Answer: Option (c)

Explanation: Carl Rogers believed that a person's self-concept is the most important factor in determining their behaviour and mental health. Incongruence is the degree of discrepancy between one's self-concept and actual experiences, while congruence is the degree of match between the two.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q55) The process by which a person develops a sense of self-identity through interacting with others is called:**

a) Self-actualization

b) Socialization

c) Identity foreclosure

d) Self-efficacy

Correct Answer: Option (b)

Explanation: Socialization is the process by which a person develops a sense of self-identity through interacting with others, including family, peers, and society at large. This process is important in shaping a person's personality and behaviour. Self-actualization refers to the process of realizing one's full potential, while identity foreclosure is the premature establishment of a self-identity without exploring different options. Self-efficacy is the belief in one's ability to achieve goals and solve problems.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q56) According to Maslow's hierarchy of needs, which of the following needs is the highest level of need?**

a) Physiological needs

b) Safety needs

c) Belongingness and love needs

d) Self-actualization needs

Correct Answer: Option (d)

Explanation: Maslow's hierarchy of needs proposes that human needs are organized into five levels, with the highest level being self-actualization needs. This level includes the need for self-fulfillment, creativity, and personal growth, and is only achievable when lower level needs, such as physiological, safety, belongingness, and esteem needs, are met.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q57) Which of the following defence mechanisms involves redirecting unacceptable impulses towards a less threatening target?**

a) Repression

b) Regression

c) Displacement

d) Rationalization

Correct Answer: Option (c)

Explanation: Displacement is a defence mechanism in which unacceptable impulses or emotions are redirected towards a less threatening target, such as a person or object that is not the source of the problem. This allows the individual to release their emotions without facing the negative consequences of expressing them towards the actual source.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q58) Which of the following theories proposed that personality is determined by a combination of genetic, environmental, and situational factors?**

a) Social cognitive theory

b) Trait theory

c) Psychoanalytic theory

d) Humanistic theory

Correct Answer: Option (b)

Explanation: Trait theory proposes that personality is determined by a combination of genetic, environmental, and situational factors, which influence the development of stable and enduring traits that characterize an individual. These traits are consistent across situations and can be used to predict behaviour.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q59) According to Erik Erikson's psychosocial theory, which of the following is the primary crisis that occurs during adolescence?**

a) Trust vs. mistrust

b) Autonomy vs. shame and doubt

c) Initiative vs. guilt

d) Identity vs. role confusion

Correct Answer: Option (d)

Explanation: Erik Erikson's psychosocial theory proposes that individuals go through eight stages of psychosocial development, with each stage characterized by a crisis or challenge that must be resolved. The primary crisis during adolescence is identity vs. role confusion, where individuals must develop a sense of self and a clear understanding of their values, goals, and identity.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q60) Which of the following factors is most likely to contribute to the development of a narcissistic personality disorder?**

a) A strong support system of family and friends

b) A history of childhood abuse or neglect

c) High levels of emotional intelligence

d) Exposure to excessive admiration and praise during childhood

Correct Answer: Option (d)

Explanation: Narcissistic personality disorder is a condition characterized by a grandiose sense of self-importance, a lack of empathy for others, and a need for admiration. While there are many potential causes of narcissistic personality disorder, research suggests that exposure to excessive admiration and praise during childhood may be a contributing factor. This may cause an individual to develop an inflated sense of self-importance, as well as a lack of empathy for others. Factors such as a strong support system, a history of abuse or neglect, and high levels of emotional intelligence are not likely to contribute to the development of narcissistic personality disorder.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q61) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1Jtz8nnwvKdDdw8qFINTPlFkgQIHu7U\_g/view?usp=share\_link**](https://drive.google.com/file/d/1Jtz8nnwvKdDdw8qFINTPlFkgQIHu7U_g/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following is an example of an internal stressor?**

a) Financial problems

b) Relationship issues

c) Health problems

d) Negative self-talk

Correct Answer: Option (d)

Explanation: An internal stressor is a type of stress that originates from within an individual, such as negative self-talk, anxiety, or self-doubt. These stressors can be just as harmful as external stressors, such as financial problems or relationship issues, and can lead to a variety of physical and mental health problems.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q62) Which of the following is a type of coping strategy that involves seeking social support from others?**

a) Problem-focused coping

b) Emotion-focused coping

c) Avoidant coping

d) Rumination

Correct Answer: Option (b)

Explanation: Emotion-focused coping is a type of coping strategy that involves seeking social support from others, engaging in relaxation techniques, or distracting oneself from the stressor. This type of coping is useful when the stressor cannot be changed, and the individual needs to manage their emotional response to the situation.

Thus, the correct answer is option (b).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q63) Which of the following is a common symptom of anxiety disorders?**

a) Delusions

b) Hallucinations

c) Panic attacks

d) Disorganized speech

Correct Answer: Option (c)

Explanation: Panic attacks are a common symptom of anxiety disorders, which are characterized by sudden and intense feelings of fear or terror that can be accompanied by physical symptoms such as rapid heartbeat, sweating, or difficulty breathing. Other symptoms of anxiety disorders may include excessive worry, avoidance behaviour, and physical tension.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q64) Which of the following is a type of therapy that involves changing negative thought patterns and behaviours?**

a) Cognitive-behavioural therapy

b) Psychoanalysis

c) Humanistic therapy

d) Gestalt therapy

Correct Answer: Option (a)

Explanation: Cognitive-behavioural therapy (CBT) is a type of therapy that focuses on changing negative thought patterns and behaviours that contribute to psychological problems. This therapy is based on the idea that changing the way an individual thinks about a situation can change the way they feel and behave. CBT is a widely used and effective treatment for a variety of mental health problems.

Thus, the correct answer is option (a).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q65) Which of the following is not a stressor?**

a) Moving to a new city

b) Losing a loved one

c) Eating a healthy meal

d) Failing an exam

Correct Answer: Option (c)

Explanation: A stressor is a factor that can trigger the body's stress response, leading to physical and emotional strain. Stressors can be external, such as work or relationship problems, or internal, such as anxiety or illness. Activities like eating a healthy meal do not typically induce stress.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q66) Which of the following is a way to cope with stress?**

a) Avoiding the situation that causes stress

b) Engaging in negative self-talk

c) Ignoring the problem

d) Seeking social support

Correct Answer: Option (d)

Explanation: Coping refers to the efforts people make to manage the demands of a stressful situation. Avoidance, negative self-talk, and ignoring the problem are all unhelpful coping strategies that can exacerbate stress. Seeking social support, however, is an effective coping strategy that can help people to manage their stress.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q67) Which of the following is not a symptom of burnout?**

a) Emotional exhaustion

b) Depersonalization

c) Reduced sense of personal accomplishment

d) Increased motivation and productivity

Correct Answer: Option (d)

Explanation: Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged stress. The three main symptoms of burnout are emotional exhaustion, depersonalization, and reduced sense of personal accomplishment. Increased motivation and productivity are not symptoms of burnout.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q68) Which of the following is a strategy for problem-focused coping?**

a) Seeking emotional support

b) Engaging in distracting activities

c) Seeking professional help

d) Trying to solve the problem

Correct Answer: Option (d)

Explanation: Problem-focused coping is a strategy for dealing with stress that involves taking action to solve the problem that is causing the stress. Seeking emotional support, engaging in distracting activities, and seeking professional help are examples of emotion-focused coping strategies.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q69) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1Tgy1lABPnXCFtre72O2GAxMmbu6a0aZ-/view?usp=share\_link**](https://drive.google.com/file/d/1Tgy1lABPnXCFtre72O2GAxMmbu6a0aZ-/view?usp=share_link)**)**

**TYPE: Audio**

**What is the term used to describe the process of adapting to a new culture?**

a) Culture shock

b) Acculturation

c) Assimilation

d) Integration

Correct Answer: Option (b)

Explanation: Acculturation is the process of adapting to a new culture, often involving changes in behaviour, values, and beliefs. Culture shock refers to the disorientation and discomfort that can occur when experiencing a new culture.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q70) Which of the following is a characteristic of resilience?**

a) Inflexibility

b) Pessimism

c) Emotional regulation

d) Avoidance of challenges

Correct Answer: Option (c)

Explanation: Resilience is the ability to adapt and cope with adversity, trauma, and stress. Emotional regulation, or the ability to manage one's emotions in a healthy way, is a key characteristic of resilience.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q71) What is the term used to describe the process of adjusting one's beliefs or attitudes to match those of a group?**

a) Conformity

b) Compliance

c) Obedience

d) Social influence

Correct Answer: Option (a)

Explanation: Conformity refers to the process of adjusting one's beliefs or attitudes to match those of a group, often due to social pressure or the desire to fit in. Compliance refers to following the requests or demands of others, while obedience refers to following the orders of authority figures. Social influence is a broader term that encompasses all these processes.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q72) Which of the following is NOT a type of stress?**

a) Eustress

b) Distress

c) Hyperstress

d) Hypostress

Correct Answer: Option (c)

Explanation: There are two main types of stress: eustress and distress. Eustress is positive stress that motivates and energizes individuals, whereas distress is negative stress that causes anxiety and can be harmful to one's health. Hypostress refers to a state of low stress or boredom, whereas hyperstress is not a recognized type of stress.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q73) Which of the following is an example of emotion-focused coping?**

a) Seeking social support

b) Problem-solving

c) Exercise

d) Substance abuse

Correct Answer: Option (a)

Explanation: Emotion-focused coping involves regulating one's emotional response to a stressful situation, rather than solving the problem itself. Seeking social support is an example of emotion-focused coping as it involves reaching out to others for comfort and reassurance. Problem-solving and exercise are examples of problem-focused coping, while substance abuse is a maladaptive coping strategy.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q74) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1qKGyVy6x9xb3T1bCl8\_AcLnMZkP85COE/view?usp=share\_link**](https://drive.google.com/file/d/1qKGyVy6x9xb3T1bCl8_AcLnMZkP85COE/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following is a characteristic of resilient individuals?**

a) Avoidance of stressful situations

b) Lack of social support

c) Low self-esteem

d) Positive outlook

Correct Answer: Option (d)

Explanation: Resilient individuals are those who are able to adapt and recover from stress and adversity. A positive outlook is a characteristic of resilient individuals, as it allows them to maintain hope and optimism in the face of challenges. Avoidance of stressful situations, lack of social support, and low self-esteem are not characteristics of resilient individuals.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q75) Which of the following is NOT a strategy for managing stress?**

a) Time management

b) Relaxation techniques

c) Procrastination

d) Cognitive restructuring

Correct Answer: Option (c)

Explanation: Procrastination is not a strategy for managing stress, as it can actually increase stress levels by causing individuals to feel overwhelmed and anxious. Time management, relaxation techniques, and cognitive restructuring are all effective strategies for managing stress.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q76) Which of the following is not a defence mechanism according to Sigmund Freud's psychoanalytic theory?**

a) Displacement

b) Projection

c) Rationalization

d) Sublimation

Correct Answer: Option (d)

Explanation: According to Freud's psychoanalytic theory, sublimation is a defence mechanism where socially unacceptable impulses or instincts are channelized into socially acceptable behaviours. The other three options, displacement, projection, and rationalization, are all defence mechanisms.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q77) Which of the following is not a characteristic of resilience?**

a) Optimism

b) Flexibility

c) Perseverance

d) Avoidance

Correct Answer: Option (d)

Explanation: Resilience is the ability to adapt and bounce back in the face of adversity. Optimism, flexibility, and perseverance are all characteristics of resilience. Avoidance is not a characteristic of resilience, as it involves avoiding or ignoring problems rather than facing them and finding solutions.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q78) Which of the following is not a strategy for coping with stress?**

a) Exercise

b) Substance abuse

c) Relaxation techniques

d) Social support

Correct Answer: Option (b)

Explanation: Substance abuse is not a strategy for coping with stress, as it can lead to further problems and negative consequences. Exercise, relaxation techniques, and social support are all effective strategies for coping with stress.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q79) Which of the following is not a symptom of depression?**

a) Feelings of guilt or worthlessness

b) Loss of interest in activities

c) Increased energy and activity

d) Changes in appetite or weight

Correct Answer: Option (c)

Explanation: Increased energy and activity are not symptoms of depression. In fact, a lack of energy and decreased activity is a common symptom of depression. The other three options, feelings of guilt or worthlessness, loss of interest in activities, and changes in appetite or weight, are all common symptoms of depression.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q80) Which of the following is a characteristic of a problem-focused coping strategy?**

a) Seeking emotional support from others

b) Engaging in distracting activities

c) Identifying and solving the problem

d) Avoiding the problem

Correct Answer: Option (c)

Explanation: Problem-focused coping is a strategy that focuses on actively managing the situation or problem at hand. Emotion-focused coping, on the other hand, involves regulating one's emotional response to the stressor through seeking support or engaging in self-care activities.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q81) Which of the following is a primary appraisal in the stress and coping process?**

a) Evaluating the resources available to cope with the stressor

b) Evaluating the potential harm or threat posed by the stressor

c) Evaluating the effectiveness of coping strategies

d) Evaluating the emotional response to the stressor

Correct Answer: Option (b)

Explanation: Primary appraisal involves evaluating the potential harm or threat posed by the stressor, while secondary appraisal involves evaluating the resources available to cope with the stressor and the effectiveness of coping strategies.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q82) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1tbEU7VqJDy9idHSnO11FvXImR\_AbiIoh/view?usp=share\_link**](https://drive.google.com/file/d/1tbEU7VqJDy9idHSnO11FvXImR_AbiIoh/view?usp=share_link)**)**

**TYPE: Audio**

**According to Lazarus and Folkman's transactional model of stress and coping, which of the following is a secondary appraisal in the stress and coping process?**

a) Evaluating the potential harm or threat posed by the stressor

b) Evaluating the resources available to cope with the stressor

c) Evaluating the effectiveness of coping strategies

d) Evaluating the emotional response to the stressor

Correct Answer: Option (b)

Explanation: Secondary appraisal involves evaluating the resources available to cope with the stressor and the effectiveness of coping strategies, while primary appraisal involves evaluating the potential harm or threat posed by the stressor.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q83) Which of the following is an example of an approach-approach conflict?**

a) Choosing between a high-paying job and a job with better work-life balance

b) Deciding whether to attend a friend's party or stay home and watch a movie

c) Choosing between two unappealing options

d) Deciding whether to attend a family gathering or a work event

Correct Answer: Option (a)

Explanation: Approach-approach conflict involves choosing between two appealing options, while avoidance-avoidance conflict involves choosing between two unappealing options.

Thus, the correct answer is option (a).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q84) Which of the following is an example of a stressor related to work?**

a) Conflict with a family member

b) Illness or injury

c) Financial difficulties

d) High workload or job demands

Correct Answer: Option (d)

Explanation: A stressor related to work can include high workload or job demands, while conflict with a family member, illness or injury, and financial difficulties are examples of stressors that may not be related to work.

Thus, the correct answer is option (d).

Difficulty Level- Hard

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**Q85) Which of the following is NOT a characteristic of post-traumatic growth?**

a) Increased appreciation for life

b) Greater sense of personal strength

c) Reduction in anxiety and depression

d) Shift in priorities and values

Correct Answer: Option (c)

Explanation: Post-traumatic growth refers to positive changes that can occur after a traumatic event, such as increased appreciation for life, a greater sense of personal strength, and a shift in priorities and values. However, it is important to note that post-traumatic growth does not necessarily mean that an individual no longer experiences anxiety or depression.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q86) Which of the following is an example of problem-focused coping?**

a) Seeking emotional support

b) Engaging in substance abuse

c) Engaging in mindfulness meditation

d) Avoiding the stressor

Correct Answer: Option (c) Engaging in mindfulness meditation

Explanation: Problem-focused coping involves taking action to directly address the source of stress. Engaging in mindfulness meditation is an example of problem-focused coping, as it involves training the mind to focus and stay present, which can help individuals better manage stress. Seeking emotional support, engaging in substance abuse, and avoiding the stressor are not examples of problem-focused coping.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q87) According to Lazarus and Folkman's model of stress and coping, which of the following is NOT a component of primary appraisal?**

a) Relevance

b) Harm/loss

c) Threat

d) Coping potential

Correct Answer: Option (d)

Explanation: Lazarus and Folkman's model of stress and coping includes two components of primary appraisal: relevance (whether the event is personally significant) and harm/loss (whether the event has already caused damage). Coping potential is a component of secondary appraisal, which involves evaluating one's ability to cope with the stressor.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q88) Which of the following is NOT a factor that influences an individual's resilience?**

a) Genetics

b) Social support

c) Positive coping strategies

d) Childhood trauma

Correct Answer: Option (a)

Explanation: Resilience refers to an individual's ability to adapt and recover from stress and adversity. While genetics can influence certain traits or predispositions, resilience is not solely determined by genetics. Social support, positive coping strategies, and experiences of childhood trauma are all factors that can influence an individual's resilience.

Thus, the correct answer is option (a).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q89) According to Lazarus and Folkman, the process of coping involves all of the following EXCEPT:**

a) Appraisal

b) Emotional response

c) Stress reduction

d) Coping strategies

Correct Answer: Option (c)

Explanation: According to Lazarus and Folkman, the process of coping involves the following steps:

1. Primary appraisal, in which an individual assesses the significance of a stressor
2. Secondary appraisal, in which an individual evaluates the resources available to cope with the stressor
3. Coping strategies, which are the behaviours and thoughts used to manage the stressor
4. Emotional response, which is the affective response to the stressor.

The process of coping does not necessarily involve stress reduction, as stress may be an ongoing process that must be managed over time. Therefore, the correct answer is option (c). This question is considered very hard because it requires a deep understanding of the process of coping and the specific steps involved according to Lazarus and Folkman.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Analyze

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**Q90) According to Lazarus, which of the following is NOT one of the cognitive appraisals that determine an individual's emotional response to a stressor?**

a) Primary appraisal

b) Secondary appraisal

c) Reappraisal

d) Tertiary appraisal

Correct Answer: Option (d)

Explanation: Lazarus proposed that an individual's emotional response to a stressor is determined by two cognitive appraisals: primary appraisal and secondary appraisal. Primary appraisal involves evaluating whether a situation is a threat, challenge, or irrelevant. Secondary appraisal involves evaluating whether one has the resources and abilities to cope with the stressor. Reappraisal involves re-evaluating one's initial cognitive appraisal if the situation changes. Tertiary appraisal is not a term used in Lazarus's cognitive appraisal theory.

Thus, the correct answer is option (d).

Difficulty Level- Very Hard

Bloom’s Taxonomy- Remember

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**Q91) Which of the following is NOT a symptom of anxiety disorder?**

a) Excessive worry and fear

b) Panic attacks

c) Social withdrawal

d) Obsessive-compulsive behaviours

Correct Answer: Option (c)

Explanation: Social withdrawal is not a symptom of anxiety disorder, although it may be a result of the disorder in some cases. Symptoms of anxiety disorder include excessive worry and fear, panic attacks, and obsessive-compulsive behaviours.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q92) Which of the following is a symptom of major depressive disorder?**

a) Hallucinations

b) Delusions

c) Persistent sadness and loss of interest in activities

d) Mania

Correct Answer: Option (c)

Explanation: Persistent sadness and loss of interest in activities are common symptoms of major depressive disorder. Hallucinations and delusions are symptoms of psychotic disorders, while mania is a symptom of bipolar disorder.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q93) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1JDOfKUxShd6igKtFSW03u3G\_llS69wKy/view?usp=share\_link**](https://drive.google.com/file/d/1JDOfKUxShd6igKtFSW03u3G_llS69wKy/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following is a characteristic of borderline personality disorder?**

a) Extreme fear of abandonment

b) Delusions of grandeur

c) Apathy and lack of emotions

d) Disorganized speech and behaviour

Correct Answer: Option (a)

Explanation: Extreme fear of abandonment is a characteristic of borderline personality disorder. Delusions of grandeur are a symptom of narcissistic personality disorder, apathy and lack of emotions are symptoms of depressive disorders, and disorganized speech and behaviour are symptoms of schizophrenia.

Thus, the correct answer is option (a).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q94) Which of the following is a treatment option for anxiety disorders?**

a) Cognitive-behavioural therapy

b) Electroconvulsive therapy

c) Antipsychotic medication

d) Deep brain stimulation

Correct Answer: Option (a)

Explanation: Cognitive-behavioural therapy is a treatment option for anxiety disorders. Electroconvulsive therapy is used to treat severe depression and some other mental illnesses, antipsychotic medication is used to treat psychotic disorders, and deep brain stimulation is a treatment option for some neurological and psychiatric disorders.

Thus, the correct answer is option (a).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q95) Which of the following is not a symptom of anxiety disorder?**

a) Excessive worry

b) Fear

c) Panic attacks

d) Hallucinations

Correct Answer: Option (d)

Explanation: Hallucinations, which involve experiencing sensations that are not based in reality, are not typically associated with anxiety disorders. However, individuals with anxiety disorders may experience a range of distressing symptoms, including excessive worry, fear, panic attacks, and physical symptoms like sweating, shaking, or palpitations.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q96) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1UtzFpbVuPhw3SJwYq3NLvdR27nGMpwWk/view?usp=share\_link**](https://drive.google.com/file/d/1UtzFpbVuPhw3SJwYq3NLvdR27nGMpwWk/view?usp=share_link)**)**

**TYPE: Audio**

**Bipolar disorder is also known as:**

a) Manic-depressive disorder

b) Schizophrenia

c) Obsessive-compulsive disorder

d) Dissociative identity disorder

Correct Answer: Option (a)

Explanation: Bipolar disorder, characterized by periods of manic and depressive episodes, is also referred to as manic-depressive disorder. Schizophrenia, obsessive-compulsive disorder, and dissociative identity disorder are among the many other types of psychological disorders that can affect individuals.

Thus, the correct answer is option (a).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q97) Which of the following is a type of eating disorder?**

a) Social anxiety disorder

b) Post-traumatic stress disorder

c) Anorexia nervosa

d) Attention-deficit/hyperactivity disorder

Correct Answer: Option (c)

Explanation: Anorexia nervosa is a type of eating disorder that involves a distorted body image and an intense fear of gaining weight. Social anxiety disorder, post-traumatic stress disorder, and attention-deficit/hyperactivity disorder are other types of psychological disorders.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q98) Which of the following is a symptom of depression?**

a) Excessive happiness

b) Extreme fear

c) Loss of interest in activities

d) Delusions

Correct Answer: Option (c)

Explanation: Depression is often characterized by a loss of interest in activities that were once enjoyable, along with feelings of sadness, hopelessness, and low energy. Other symptoms may include changes in appetite, sleep patterns, and difficulty concentrating. However, excessive happiness, extreme fear, and delusions are not typical symptoms of depression and may indicate other mental health conditions.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q99) Which of the following is a symptom of depression?**

a) Hallucinations

b) Delusions

c) Pessimism

d) Mania

Correct Answer: Option (c)

Explanation: Pessimism is a common symptom of depression, which is a mood disorder characterized by persistent feelings of sadness and loss of interest. Hallucinations and delusions are more commonly associated with psychotic disorders, while mania is a symptom of bipolar disorder.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q100) Which of the following is a characteristic of Obsessive-Compulsive Disorder (OCD)?**

a) Fear of social situations

b) Preoccupation with a specific physical symptom

c) Repetitive thoughts or behaviours

d) Loss of contact with reality

Correct Answer: Option (c)

Explanation: Repetitive thoughts or behaviours are a key characteristic of OCD, which is an anxiety disorder that is often characterized by recurrent and persistent thoughts, images, or impulses that are intrusive and unwanted, and by repetitive behaviours or mental acts that a person feels driven to perform.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q101) Which of the following is a symptom of Generalized Anxiety Disorder (GAD)?**

a) Panic attacks

b) Obsessive thoughts

c) Fear of social situations

d) Excessive worry

Correct Answer: Option (d)

Explanation: Generalized Anxiety Disorder (GAD) is a mental health condition that is often marked by persistent and overwhelming worry, fear, and apprehension about everyday events. These worries can interfere with daily activities and relationships, and may be accompanied by physical symptoms such as muscle tension, fatigue, and difficulty sleeping. Treatment for GAD may involve therapy, medication, or a combination of both.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q102) Which of the following is a characteristic of Borderline Personality Disorder (BPD)?**

a) Grandiosity and self-importance

b) Pervasive distrust and suspiciousness of others

c) Impulsivity and unstable moods

d) Lack of empathy or concern for others

Correct Answer: Option (c)

Explanation: Impulsivity and unstable moods are key characteristics of BPD, which is a personality disorder characterized by a pattern of unstable moods, relationships, self-image, and behaviour. Individuals with BPD often struggle with intense and unstable emotions, impulsive behaviour, and an unstable sense of self.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q103) Which of the following is a symptom of obsessive-compulsive disorder (OCD)?**

a) Intrusive thoughts

b) Delusions

c) Hallucinations

d) Apathy and lack of emotions

Correct Answer: Option (a)

Explanation: Intrusive thoughts are a common symptom of obsessive-compulsive disorder (OCD). Delusions and hallucinations are symptoms of psychotic disorders, while apathy and lack of emotions are symptoms of depressive disorders.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q104) Which of the following is a characteristic of dissociative disorders?**

a) Inability to feel pleasure or joy

b) Disruption in memory, identity, or consciousness

c) Extreme mood swings

d) Fear of social situations

Correct Answer: Option (b)

Explanation: Disruption in memory, identity, or consciousness is a characteristic of dissociative disorders. Inability to feel pleasure or joy is a symptom of depressive disorders, extreme mood swings are a symptom of bipolar disorder, and fear of social situations is a symptom of social anxiety disorder.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q105) Which of the following is a treatment option for major depressive disorder?**

a) Antipsychotic medication

b) Electroconvulsive therapy

c) Relaxation techniques

d) Exposure therapy

Correct Answer: Option (b)

Explanation: Electroconvulsive therapy is a treatment option for major depressive disorder, particularly for those who have not responded to other treatments. Antipsychotic medication is used to treat psychotic disorders, relaxation techniques are used to reduce anxiety, and exposure therapy is a treatment option for anxiety disorders.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q106) Which of the following is a symptom of schizophrenia?**

a) A persistent fear of social situations

b) Inability to experience pleasure or joy

c) Delusions and hallucinations

d) Repetitive behaviours and rituals

Correct Answer: Option (c)

Explanation: Delusions and hallucinations are common symptoms of schizophrenia. A persistent fear of social situations is a symptom of social anxiety disorder, inability to experience pleasure or joy is a symptom of depressive disorders, and repetitive behaviours and rituals are symptoms of obsessive-compulsive disorder.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q107) Which of the following is NOT a symptom of depression?**

a) Fatigue and loss of energy

b) Feelings of worthlessness or excessive guilt

c) Insomnia or hypersomnia

d) Rapid heartbeat and excessive sweating

Correct Answer: Option (d)

Explanation: Depression is a mood disorder that is characterized by a persistent feeling of sadness or loss of interest in activities. Common symptoms include fatigue, feelings of worthlessness, insomnia or hypersomnia, and changes in appetite or weight. Rapid heartbeat and excessive sweating are not typically associated with depression.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q108) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1mtSnQmQLnvr07n2BUpjBemlJasCICx7H/view?usp=share\_link**](https://drive.google.com/file/d/1mtSnQmQLnvr07n2BUpjBemlJasCICx7H/view?usp=share_link)**)**

**TYPE: Audio**

**A person with obsessive-compulsive disorder (OCD) is likely to experience:**

a) Uncontrollable fear and anxiety

b) Persistent and intrusive thoughts

c) Sudden and intense feelings of panic

d) Mood swings and irritability

Correct Answer: Option (b)

Explanation: OCD is an anxiety disorder characterized by persistent and intrusive thoughts, impulses, or images (obsessions) that cause anxiety or distress, as well as repetitive behaviours or mental acts (compulsions) that are performed in response to the obsessions. People with OCD may feel driven to perform these compulsive behaviours to alleviate their anxiety, even though they recognize that the compulsions are excessive or unreasonable.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q109) Which of the following is a characteristic of borderline personality disorder?**

a) Excessive preoccupation with orderliness and perfectionism

b) A pervasive distrust and suspiciousness of others

c) Intense and unstable relationships, emotions, and self-image

d) Persistent feelings of emptiness or boredom

Correct Answer: Option (c)

Explanation: Borderline personality disorder is a personality disorder characterized by intense and unstable relationships, emotions, and self-image. People with borderline personality disorder may also engage in impulsive and self-destructive behaviours.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q110) Which of the following is a symptom of borderline personality disorder?**

a) Fear of social situations

b) Difficulty regulating emotions and behaviour

c) Delusions and hallucinations

d) Repetitive behaviours and rituals

Correct Answer: Option (b)

Explanation: Difficulty regulating emotions and behaviour is a key symptom of borderline personality disorder. Fear of social situations is a symptom of social anxiety disorder, delusions and hallucinations are symptoms of psychotic disorders, and repetitive behaviours and rituals are symptoms of obsessive-compulsive disorder.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q111) Which of the following is a treatment option for anxiety disorders?**

a) Antipsychotic medication

b) Psychoanalytic therapy

c) Cognitive-behavioural therapy

d) Electroconvulsive therapy

Correct Answer: Option (c)

Explanation: Cognitive-behavioural therapy is a treatment option for anxiety disorders. Antipsychotic medication is used to treat psychotic disorders, psychoanalytic therapy is used to treat personality disorders, and electroconvulsive therapy is used to treat major depressive disorder.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q112) Which of the following is a symptom of dissociative identity disorder?**

a) Intrusive thoughts

b) Mood swings

c) Amnesia and memory loss

d) Fear of social situations

Correct Answer: Option (c)

Explanation: Amnesia and memory loss are common symptoms of dissociative identity disorder. Intrusive thoughts are a symptom of obsessive-compulsive disorder, mood swings are a symptom of bipolar disorder, and fear of social situations is a symptom of social anxiety disorder.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q113) Which of the following is a characteristic of bipolar disorder?**

a) Persistent feelings of sadness or hopelessness

b) Rapid shifts in mood and energy levels

c) Delusions and hallucinations

d) Disruption in memory, identity, or consciousness

Correct Answer: Option (b)

Explanation: Rapid shifts in mood and energy levels are a characteristic of bipolar disorder. Persistent feelings of sadness or hopelessness are a symptom of depressive disorders, delusions and hallucinations are symptoms of psychotic disorders, and disruption in memory, identity, or consciousness are symptoms of dissociative disorders.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q114) Which of the following is a symptom of borderline personality disorder?**

a) Delusions and hallucinations

b) Intense fear of abandonment

c) Persistent worry and anxiety

d) Apathy and lack of emotions

Correct Answer: Option (b)

Explanation: Intense fear of abandonment is a symptom of borderline personality disorder. Delusions and hallucinations are symptoms of psychotic disorders, persistent worry and anxiety are symptoms of anxiety disorders, and apathy and lack of emotions are symptoms of depressive disorders.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q115) Which of the following is a characteristic of antisocial personality disorder?**

a) Extreme mood swings

b) Disregard for the rights of others

c) Fear of social situations

d) Repetitive behaviours and rituals

Correct Answer: Option (b)

Explanation: Disregard for the rights of others is a characteristic of antisocial personality disorder. Extreme mood swings are a symptom of bipolar disorder, fear of social situations is a symptom of social anxiety disorder, and repetitive behaviours and rituals are symptoms of obsessive-compulsive disorder.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q116) Which of the following is a treatment option for panic disorder?**

a) Antidepressant medication

b) Exposure therapy

c) Psychodynamic therapy

d) Cognitive-behavioural therapy

Correct Answer: Option (d)

Explanation: Cognitive-behavioural therapy is a treatment option for panic disorder, which helps individuals change their negative thought patterns and behaviours related to anxiety. Antidepressant medication is also used in the treatment of panic disorder, exposure therapy is a treatment option for anxiety disorders, and psychodynamic therapy is a form of psychotherapy that focuses on childhood experiences and unconscious thoughts.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q117) Which of the following is a symptom of bipolar disorder?**

a) Repetitive behaviours and rituals

b) Intense fear of social situations

c) Periods of elevated or irritable mood

d) Apathy and lack of emotions

Correct Answer: Option (c)

Explanation: Periods of elevated or irritable mood, known as manic episodes, are a common symptom of bipolar disorder. Repetitive behaviours and rituals are symptoms of obsessive-compulsive disorder, intense fear of social situations is a symptom of social anxiety disorder, and apathy and lack of emotions are symptoms of depressive disorders.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q118) Which of the following is a characteristic of eating disorders?**

a) Delusions and hallucinations

b) Repetitive behaviours and rituals

c) Intense fear of abandonment

d) Distorted body image and disordered eating behaviours

Correct Answer: Option (d)

Explanation: Distorted body image and disordered eating behaviours are characteristics of eating disorders, such as anorexia nervosa and bulimia nervosa. Delusions and hallucinations are symptoms of psychotic disorders, repetitive behaviours and rituals are symptoms of obsessive-compulsive disorder, and intense fear of abandonment is a symptom of borderline personality disorder.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q119) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1FUrwF06HOYyERlf\_2NQ9uFiysJafSIC3/view?usp=share\_link**](https://drive.google.com/file/d/1FUrwF06HOYyERlf_2NQ9uFiysJafSIC3/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following is a key feature of dissociative identity disorder (DID)?**

a) Grandiose sense of self-importance

b) Recurrent and intrusive distressing memories

c) Disruption of identity characterized by two or more distinct personality states

d) Preoccupation with orderliness, perfectionism, and control

Correct Answer: Option (c)

Explanation: Dissociative identity disorder is characterized by disruption of identity, in which an individual experiences two or more distinct personality states or identities. Grandiose sense of self-importance is a symptom of narcissistic personality disorder, recurrent and intrusive distressing memories are a symptom of posttraumatic stress disorder, and preoccupation with orderliness, perfectionism, and control are symptoms of obsessive-compulsive personality disorder.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q120) Which of the following is a treatment option for schizophrenia?**

a) Psychoanalysis

b) Antidepressant medication

c) Electroconvulsive therapy

d) Antipsychotic medication

Correct Answer: Option (d)

Explanation: Antipsychotic medication is a primary treatment option for schizophrenia, which can help manage symptoms such as delusions and hallucinations. Psychoanalysis is a form of psychotherapy that focuses on exploring unconscious thoughts and feelings, antidepressant medication is used in the treatment of mood disorders, and electroconvulsive therapy is a treatment option for severe depression and other mental illnesses.

Thus, the correct answer is option (d).

Difficulty Level- Very Hard

Bloom’s Taxonomy- Remember

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**Q121) Which of the following is a goal of psychotherapy?**

a) To prescribe medication for mental illness

b) To change a person's personality traits

c) To help an individual improve their emotional, cognitive, or behavioural functioning

d) To diagnose mental illness

Correct Answer: Option (c)

Explanation: The goal of psychotherapy is to help an individual improve their emotional, cognitive, or behavioural functioning. While medication can be used in the treatment of mental illness, it is not the primary goal of psychotherapy. Changing a person's personality traits is not a goal of psychotherapy, as it is generally considered to be a stable aspect of an individual's identity. Diagnosing mental illness is important in determining appropriate treatment, but it is not a goal of psychotherapy.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q122) Which of the following is a type of psychotherapy that focuses on changing negative thought patterns and beliefs?**

a) Cognitive-behavioural therapy

b) Psychodynamic therapy

c) Humanistic therapy

d) Gestalt therapy

Correct Answer: Option (a)

Explanation: Cognitive-behavioural therapy is a type of psychotherapy that focuses on changing negative thought patterns and beliefs that contribute to psychological distress. Psychodynamic therapy emphasizes the role of unconscious thoughts and feelings, humanistic therapy focuses on personal growth and self-actualization, and Gestalt therapy emphasizes the importance of experiencing and expressing emotions in the present moment.

Thus, the correct answer is option (a).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q123) Which of the following is a type of therapy that involves exposure to feared stimuli to reduce anxiety?**

a) Cognitive-behavioural therapy

b) Psychodynamic therapy

c) Humanistic therapy

d) Gestalt therapy

Correct Answer: Option (a)

Explanation: Cognitive-behavioural therapy is a type of therapy that often includes exposure therapy, which involves gradually exposing an individual to feared stimuli to reduce anxiety. Psychodynamic therapy focuses on exploring unconscious thoughts and feelings, humanistic therapy emphasizes personal growth and self-actualization, and Gestalt therapy emphasizes the importance of experiencing and expressing emotions in the present moment.

Thus, the correct answer is option (a).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q124) Which of the following is a type of therapy that involves the use of relaxation techniques to reduce stress and anxiety?**

a) Cognitive-behavioural therapy

b) Psychodynamic therapy

c) Humanistic therapy

d) Mindfulness-based therapy

Correct Answer: Option (d)

Explanation: Mindfulness-based therapy is a type of therapy that involves the use of relaxation techniques such as deep breathing and meditation to reduce stress and anxiety. Cognitive-behavioural therapy focuses on changing negative thought patterns and beliefs, psychodynamic therapy explores unconscious thoughts and feelings, and humanistic therapy emphasizes personal growth and self-actualization.

Thus, the correct answer is option (d).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q125) Which of the following therapeutic approaches is based on the belief that problems arise due to faulty thinking?**

a) Humanistic Therapy

b) Cognitive Therapy

c) Behavioural Therapy

d) Psychodynamic Therapy

Correct Answer: Option (b)

Explanation: Through Cognitive Therapy, patients learn to identify and challenge negative thoughts and beliefs that may be causing or exacerbating their mental health symptoms. By replacing these negative patterns with more positive and realistic ones, patients can improve their mood, reduce anxiety, and develop more effective coping skills.

Thus, the correct answer is option (b).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q126) Which of the following is a form of behaviour therapy?**

a) Client-Centred Therapy

b) Rational Emotive Therapy

c) Exposure Therapy

d) Gestalt Therapy

Correct Answer: Option (c)

Explanation: Exposure Therapy is a type of psychological treatment that is often used to treat anxiety disorders, phobias, and PTSD. It involves gradual and controlled exposure to the feared object, situation, or memory, allowing the patient to confront and overcome their fear while learning to manage their anxiety. Over time, repeated exposure can desensitize the patient to the fear and reduce symptoms. This type of therapy can be conducted in a structured and safe environment, under the guidance of a trained therapist.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q127) Which of the following is a goal of psychodynamic therapy?**

a) To change irrational thoughts

b) To identify and change maladaptive behaviours

c) To increase self-awareness and insight

d) To reinforce desired behaviours

Correct Answer: Option (c)

Explanation: Psychodynamic therapy is a form of talk therapy that focuses on exploring and resolving unconscious conflicts and emotions that may be causing or contributing to mental health issues. The therapy aims to increase self-awareness and insight by examining patterns of behaviour and relationships, exploring past experiences, and fostering a deeper understanding of one's emotions and motivations. The goal is to develop a more integrated and authentic sense of self, leading to improved emotional well-being and more fulfilling relationships.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q128) Which of the following therapeutic approaches emphasizes the importance of the therapeutic relationship and unconditional positive regard?**

a) Cognitive Therapy

b) Behavioural Therapy

c) Humanistic Therapy

d) Psychodynamic Therapy

Correct Answer: Option (c)

Explanation: Humanistic Therapy emphasizes the importance of the therapeutic relationship and unconditional positive regard. The therapist provides a supportive and accepting environment in which the patient can explore their feelings and experiences.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q129) Which of the following therapies emphasizes the client's self-awareness and personal growth?**

a) Cognitive-behavioural therapy

b) Humanistic therapy

c) Psychodynamic therapy

d) Electroconvulsive therapy

Correct Answer: Option (b)

Explanation: Humanistic therapy emphasizes the client's self-awareness and personal growth. It emphasizes the individual's subjective experience and encourages them to take responsibility for their actions and choices. The other options listed are different types of therapies that focus on different aspects of mental health.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q130) The approach that involves identifying and changing negative thoughts, beliefs, and attitudes is called:**

a) Cognitive-behavioural therapy

b) Psychoanalytic therapy

c) Gestalt therapy

d) Systematic desensitization

Correct Answer: Option (a)

Explanation: Cognitive-behavioural therapy (CBT) involves identifying and changing negative thoughts, beliefs, and attitudes that contribute to mental health problems. This therapy approach is focused on changing maladaptive behaviour patterns, and it helps individuals to develop more effective coping strategies. The other options listed are different types of therapies that focus on different aspects of mental health.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q131) Which type of therapy involves exposing the client to anxiety-provoking stimuli in a safe and controlled environment?**

a) Cognitive-behavioural therapy

b) Psychodynamic therapy

c) Exposure therapy

d) Humanistic therapy

Correct Answer: Option (c)

Explanation: Exposure therapy is a type of therapy that involves exposing the client to anxiety-provoking stimuli in a safe and controlled environment. This is often used to treat anxiety disorders, phobias, and post-traumatic stress disorder (PTSD). The other options listed are different types of therapies that focus on different aspects of mental health.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q132) Which type of therapy involves a therapist guiding the client through a series of relaxation exercises while imagining anxiety-provoking scenarios?**

a) Systematic desensitization

b) Cognitive-behavioural therapy

c) Gestalt therapy

d) Rational emotive behaviour therapy

Correct Answer: Option (a)

Explanation: Systematic desensitization is a type of therapy that involves a therapist guiding the client through a series of relaxation exercises while imagining anxiety-provoking scenarios. This is often used to treat phobias and anxiety disorders. The other options listed are different types of therapies that focus on different aspects of mental health.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q133) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1PD-s3d33TkjsuEVkTHbrFabzp-UvwT7Y/view?usp=share\_link**](https://drive.google.com/file/d/1PD-s3d33TkjsuEVkTHbrFabzp-UvwT7Y/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following is a limitation of behaviour therapy?**

a) It focuses too much on the unconscious mind

b) It is not effective for treating phobias

c) It does not address underlying psychological issues

d) It is too expensive for most people

Correct Answer: Option (c)

Explanation: While behaviour therapy can be effective in treating specific behavioural problems, it may not address the underlying psychological issues that are contributing to those problems. This can be a limitation for patients who may require more comprehensive treatment that addresses the root causes of their issues. In such cases, a combination of behaviour therapy and other forms of psychotherapy may be more beneficial.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Analyze

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**Q134) Which of the following therapeutic approaches emphasizes the importance of the therapeutic alliance and the use of techniques such as reflection, clarification, and confrontation?**

a) Person-Centred Therapy

b) Existential Therapy

c) Gestalt Therapy

d) Psychodynamic Therapy

Correct Answer: Option (d)

Explanation: Psychodynamic Therapy emphasizes the importance of the therapeutic alliance and the use of techniques such as reflection, clarification, and confrontation to help the patient gain insight into unconscious thoughts and emotions.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q135) Which of the following is a technique used in Cognitive-Behavioural Therapy (CBT) to help patients change negative thought patterns?**

a) Exposure therapy

b) Systematic desensitization

c) Thought-stopping

d) Flooding

Correct Answer: Option (c)

Explanation: Thought-stopping is a useful tool in CBT to help individuals develop greater awareness of their negative thinking patterns and to gain control over their thoughts. By replacing negative thoughts with more positive or neutral ones, patients can reduce the impact of negative thinking on their emotions and behaviours, leading to improved mental health outcomes.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q136) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1GBsJKRDPGXNzU\_ZpU45ZP\_5bHhZ6qq7y/view?usp=share\_link**](https://drive.google.com/file/d/1GBsJKRDPGXNzU_ZpU45ZP_5bHhZ6qq7y/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following is a limitation of Humanistic Therapy?**

a) It does not address the role of the unconscious mind

b) It is not effective for treating anxiety disorders

c) It places too much emphasis on the therapeutic relationship

d) It is too directive and confrontational

Correct Answer: Option (a)

Explanation: Humanistic Therapy is a form of talk therapy that emphasizes the importance of personal growth, self-awareness, and the ability to make positive choices. However, a limitation of this approach is that it does not focus on the role of the unconscious mind, which can be a significant contributor to psychological problems. Therefore, it may not be as effective for individuals who require deeper exploration of their unconscious thoughts and emotions to address their mental health concerns.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q137) Which of the following is NOT a type of psychotherapy?**

a) Behavioural therapy

b) Cognitive therapy

c) Music therapy

d) Humanistic therapy

Correct Answer: Option (c)

Explanation: Music therapy is a complementary treatment that uses music to address physical, emotional, cognitive, and social needs. While it is not a form of psychotherapy, it can be used in conjunction with other therapies to enhance their effectiveness. Music therapy can involve listening to music, creating music, or playing instruments, and is used to promote relaxation, reduce stress, improve mood, increase social engagement, and support physical rehabilitation.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q138) Which of the following is a type of cognitive therapy?**

a) Rational emotive behaviour therapy (REBT)

b) Dialectical behaviour therapy (DBT)

c) Solution-focused brief therapy (SFBT)

d) Person-centred therapy

Correct Answer: Option (a)

Explanation: Rational Emotive Behaviour Therapy (REBT) is a psychotherapy approach that emphasizes the role of irrational beliefs in causing emotional and behavioural problems. By identifying and challenging these beliefs, REBT helps individuals develop more rational and healthy ways of thinking, which in turn can lead to improved emotional well-being and more effective coping strategies. The therapy is often used to treat a wide range of mental health conditions, including anxiety, depression, phobias, and addiction.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q139) Which of the following is NOT a goal of therapy?**

a) Helping the client gain insight into their thoughts and behaviours

b) Providing advice and guidance to the client

c) Helping the client develop coping strategies

d) Facilitating behaviour change in the client

Correct Answer: Option (b)

Explanation: In therapy, the therapist's role is not to provide direct advice or solutions to the client's problems, but rather to facilitate the client's own process of self-exploration and change. Through active listening, empathy, and a collaborative approach, therapists help clients gain insight into their thoughts, emotions, and behaviours, and develop the skills and strategies necessary to make positive changes in their lives. By empowering clients to take an active role in their own therapy, therapists help promote lasting growth and healing.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q140) Answer the following question with reference to the audio**

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**TYPE: Audio**

**Which of the following is a type of humanistic therapy?**

a) Psychodynamic therapy

b) Gestalt therapy

c) Exposure therapy

d) Cognitive-behavioural therapy

Correct Answer: Option (b)

Explanation: Gestalt therapy is an experiential form of psychotherapy that emphasizes personal responsibility, self-awareness, and the integration of all aspects of the self. It encourages clients to focus on their present experiences and emotions, and to take ownership of their thoughts and behaviours. Through various techniques, such as role-playing, empty-chair work, and dialogue, clients are encouraged to explore their inner experiences and identify patterns that may be contributing to their problems. By promoting self-awareness and self-acceptance, Gestalt therapy helps clients develop a greater sense of wholeness and well-being.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q141) Which of the following is not a characteristic of cognitive-behavioural therapy (CBT)?**

a) Collaborative

b) Short-term

c) Insight-oriented

d) Goal-oriented

Correct Answer: Option (c)

Explanation: Cognitive-behavioural therapy (CBT) is a goal-oriented and collaborative approach that focuses on the present problems and difficulties. CBT is known for being a short-term therapy that is typically structured and directive, and it emphasizes practical solutions and skills development. Unlike some other therapeutic approaches, CBT is generally not considered an insight-oriented therapy because it does not focus on exploring unconscious processes or deep-seated emotional conflicts.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q142) Which of the following is a technique used in the psychoanalytic approach to therapy?**

a) Exposure therapy

b) Systematic desensitization

c) Free association

d) Token economy

Correct Answer: Option (c)

Explanation: Free association is a technique used in psychoanalytic therapy, which involves the patient saying whatever comes to mind without censoring or filtering their thoughts. The idea is to allow unconscious material to surface and be explored in the therapeutic relationship. Exposure therapy and systematic desensitization are techniques used in behavioural therapies, which aim to reduce anxiety and fear by gradually exposing the patient to the feared stimulus. Token economy is a technique used in behaviour modification programs, which involves rewarding desired behaviours with tokens that can be exchanged for rewards.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q143) Which of the following is a key assumption of humanistic-existential therapy?**

a) Human behaviour is determined by unconscious conflicts

b) Mental disorders are caused by faulty learning and reinforcement

c) People have an innate drive towards self-actualization and personal growth

d) People's thoughts, behaviours, and emotions are interrelated

Correct Answer: Option (c)

Explanation: Humanistic-existential therapy is based on the assumption that people have an innate drive towards self-actualization and personal growth. This approach emphasizes the importance of subjective experience, individual choice, and personal responsibility, and it aims to help individuals achieve greater self-awareness, authenticity, and meaningfulness in their lives. In contrast, psychoanalytic theory assumes that behaviour is determined by unconscious conflicts, while behavioural theory emphasizes the role of learning and reinforcement in the development of mental disorders.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q144) Which of the following is a limitation of the medical model of mental illness?**

a) It does not account for the social and cultural context of mental illness

b) It relies too heavily on subjective self-report measures

c) It assumes that mental disorders are caused by biological abnormalities

d) It overlooks the importance of patient autonomy and self-determination

Correct Answer: Option (a)

Explanation: The medical model of mental illness is based on the assumption that mental disorders are caused by biological abnormalities, and it focuses on diagnosing and treating these disorders using medical interventions such as medication and psychotherapy. One limitation of this approach is that it does not account for the social and cultural context of mental illness, including factors such as poverty, discrimination, and trauma, which can contribute to the development and perpetuation of mental health problems.

Thus, the correct answer is option (a).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q145) Which of the following therapeutic approaches is based on the assumption that psychological problems arise from unresolved unconscious conflicts and repressed emotions?**

a) Cognitive Therapy

b) Humanistic Therapy

c) Behavioural Therapy

d) Psychodynamic Therapy

Correct Answer: Option (d)

Explanation: Psychodynamic Therapy is based on the assumption that psychological problems arise from unresolved unconscious conflicts and repressed emotions. The therapist helps the patient gain insight into these unconscious processes and develop new ways of coping with them.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q146) Which of the following is a technique used in Acceptance and Commitment Therapy (ACT) to help patients accept and manage difficult emotions?**

a) Exposure Therapy

b) Mindfulness Meditation

c) Cognitive Restructuring

d) Relaxation Training

Correct Answer: Option (b)

Explanation: Mindfulness meditation is a key component of Acceptance and Commitment Therapy (ACT), which aims to help individuals cope with challenging emotions. By practicing non-judgmental awareness of thoughts and feelings, patients can develop greater acceptance and psychological flexibility.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q147) Which of the following is a limitation of Cognitive-Behavioural Therapy (CBT)?**

a) It is not effective for treating anxiety disorders

b) It focuses too much on the unconscious mind

c) It may not be suitable for patients with cognitive deficits

d) It is too directive and confrontational

Correct Answer: Option (c)

Explanation: A limitation of CBT is that it may not be suitable for patients with cognitive deficits or intellectual disabilities, as the techniques used in CBT require a certain level of cognitive ability and understanding.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q148) Which of the following is a key goal of Narrative Therapy?**

a) To help the patient develop insight into unconscious processes

b) To identify and modify negative thought patterns

c) To help the patient construct a more positive and coherent life story

d) To increase the patient's awareness of the present moment

Correct Answer: Option (c)

Explanation: A key goal of Narrative Therapy is to help the patient construct a more positive and coherent life story by exploring and reframing their experiences and relationships in a new and empowering way.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q149) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1A5Pi5eMzg9DsE3jyEueAGrm4E2fVn-iv/view?usp=share\_link**](https://drive.google.com/file/d/1A5Pi5eMzg9DsE3jyEueAGrm4E2fVn-iv/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following is a characteristic of cognitive-behavioural therapy (CBT)?**

a) Focus on uncovering and resolving unconscious conflicts

b) Use of free association to access repressed memories

c) Emphasis on changing negative thoughts and behaviours

d) Reliance on the therapeutic relationship for healing

Correct Answer: Option (c)

Explanation: CBT is a type of therapy that focuses on identifying and changing negative patterns of thoughts and behaviours that are contributing to a person's problems. This is done through various techniques such as cognitive restructuring, behavioural activation, and exposure therapy. Unlike psychoanalytic therapies that focus on uncovering and resolving unconscious conflicts, CBT is more present-focused and action-oriented.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q150) Which of the following is a goal of dialectical behaviour therapy (DBT)?**

a) To develop insight into unconscious conflicts

b) To increase emotional regulation skills

c) To explore childhood experiences and their impact on current behaviour

d) To strengthen the therapeutic relationship

Correct Answer: Option (b)

Explanation: DBT is a type of therapy that was originally developed to treat individuals with borderline personality disorder. Its goal is to help individuals develop skills to regulate their emotions and improve their interpersonal relationships. This is done through various techniques such as mindfulness, distress tolerance, and interpersonal effectiveness training. Unlike traditional psychoanalytic therapies, DBT is more skills-based and focused on behaviour change.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q151) Which of the following is an example of an attitude?**

a) Feeling hungry

b) Believing that exercise is important for health

c) Having brown hair

d) Knowing how to swim

Correct Answer: Option (b)

Explanation: Attitudes refer to our overall evaluations of people, objects, or ideas. These evaluative beliefs can be positive, negative, or neutral. For instance, a positive attitude towards exercise, as a means of promoting good health, can motivate individuals to engage in physical activity.

Thus, the correct answer is option (b).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q152) What is the cognitive component of attitude?**

a) Emotional reactions to an object or idea

b) Behavioural intentions towards an object or idea

c) Beliefs and knowledge about an object or idea

d) None of the above

Correct Answer: Option (c)

Explanation: The cognitive component of attitude reflects an individual's thoughts, beliefs, and understanding about an object, person, or idea. It involves the evaluation of information and the formation of judgments, which in turn shape one's overall attitude towards the target.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q153) Which of the following is a source of social influence on attitude formation?**

a) Genetics

b) Personal experience

c) Cultural background

d) All of the above

Correct Answer: Option (c)

Explanation: Attitude formation can be influenced by a range of social factors, such as cultural values and norms, media messages, and social interactions with peer groups. These sources can shape an individual's beliefs, emotions, and behaviours, and ultimately contribute to the development of their attitudes.

Thus, the correct answer is option (c).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q154) Which of the following is an example of cognitive dissonance?**

a) A person enjoys smoking despite knowing it is bad for their health

b) A person dislikes their job but continues to work there because it pays well

c) A person donates money to a charity to feel good about themselves

d) A person believes in the importance of recycling but does not recycle themselves

Correct Answer: Option (b)

Explanation: Cognitive dissonance is the uncomfortable feeling of holding two conflicting beliefs or values. In this example, the person dislikes their job but continues to work there because it pays well, which creates cognitive dissonance.

Thus, the correct answer is option (b).

Difficulty Level- Easy

Bloom’s Taxonomy- Understand

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**Q155) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/16KDH2q2SKkvCYvWF8rVAb5xg4jRimMla/view?usp=share\_link**](https://drive.google.com/file/d/16KDH2q2SKkvCYvWF8rVAb5xg4jRimMla/view?usp=share_link)**)**

**TYPE: Audio**

**What is the self-serving bias?**

a) The tendency to attribute successes to internal factors and failures to external factors

b) The tendency to attribute successes to external factors and failures to internal factors

c) The tendency to attribute all outcomes to external factors

d) The tendency to attribute all outcomes to internal factors

Correct Answer: Option (a)

Explanation: The self-serving bias is a common cognitive bias where individuals attribute positive outcomes to their own abilities and efforts, while attributing negative outcomes to external factors beyond their control. This bias can help protect self-esteem and maintain a positive self-image, but may also limit personal growth and accountability.

Thus, the correct answer is option (a).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q156) Which of the following is an example of a cognitive component of attitude?**

a) Feeling anxious around spiders

b) Believing that spiders are dangerous

c) Jumping when surprised by a spider

d) Avoiding places where spiders are commonly found

Correct Answer: Option (b)

Explanation: The cognitive component of attitude refers to the beliefs or thoughts that a person has about an object, person, or situation. In this example, the belief that spiders are dangerous is a cognitive component of attitude.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q157) Which of the following is an example of social comparison?**

a) Evaluating one's own abilities based on personal standards

b) Evaluating one's own abilities based on the abilities of others

c) Evaluating others based on personal standards

d) Evaluating others based on the abilities of others

Correct Answer: Option (b)

Explanation: Social comparison is the process of evaluating one's own abilities, opinions, or feelings in relation to those of others. In this example, the evaluation is based on the abilities of others, making option (b) the correct answer.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q158) According to the elaboration likelihood model of persuasion, which of the following factors determines the route of persuasion that will be taken by the receiver?**

a) The message content

b) The source of the message

c) The receiver's level of involvement

d) The receiver's mood

Correct Answer: Option (c)

Explanation: The elaboration likelihood model of persuasion suggests that the route of persuasion that will be taken by the receiver depends on their level of involvement with the message. If the receiver is highly involved, they are more likely to take the central route, which involves careful consideration of the message content. If the receiver is less involved, they are more likely to take the peripheral route, which involves being influenced by factors such as the source of the message.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q159) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1MH4EndD8sqpei1Y8P0yUHKz16SjgbmVl/view?usp=share\_link**](https://drive.google.com/file/d/1MH4EndD8sqpei1Y8P0yUHKz16SjgbmVl/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following is a key characteristic of stereotype threat?**

a) It is a positive stereotype that affects performance

b) It is a belief that one's behaviour is determined by external factors

c) It is the fear of confirming a negative stereotype about one's group

d) It is a cognitive bias that leads to overconfidence in one's abilities

Correct Answer: Option (c)

Explanation: Stereotype threat is the fear of confirming a negative stereotype about one's group, which can lead to anxiety and reduced performance. It is a phenomenon that has been demonstrated in many different contexts, such as academic testing and athletic performance.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q160) What is the process of changing one's own behaviour to match that of others in a group called?**

a) Conformity

b) Obedience

c) Groupthink

d) Social loafing

Correct answer: Option (a)

Explanation: Conformity is the process of changing one's own behaviour to match that of others in a group. It occurs when an individual modifies their own attitudes or behaviour to align with social norms or the expectations of a group. Option (b) obedience refers to compliance with the demands or orders of an authority figure. Option (c) groupthink refers to the tendency for group members to conform to a consensus rather than expressing their own individual opinions. Option (d) social loafing refers to the tendency for individuals to exert less effort in a group setting than they would when working alone.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q161) Which of the following factors can influence the persuasiveness of a message?**

a) Source credibility

b) Message complexity

c) Audience age

d) All of the above

Correct answer: Option (d) All of the above

Explanation: The persuasiveness of a message can be influenced by a variety of factors, including the credibility of the source, the complexity of the message, and the age and characteristics of the audience. Option (a) source credibility refers to the perceived expertise, trustworthiness, and attractiveness of the person delivering the message. Option (b) message complexity refers to the level of difficulty or sophistication of the message content. Option (c) audience age is a demographic factor that can influence how a message is received or interpreted.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q162) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1KQ8dSf2PR4n\_jgIiqY\_DOXVZrSk3K2mb/view?usp=share\_link**](https://drive.google.com/file/d/1KQ8dSf2PR4n_jgIiqY_DOXVZrSk3K2mb/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following theories proposes that attitudes are formed through a process of observation and imitation?**

a) Social learning theory

b) Cognitive dissonance theory

c) Self-perception theory

d) Elaboration likelihood model

Correct answer: Option (a) Social

Explanation: Social learning theory proposes that attitudes are formed through a process of observation and imitation. According to this theory, individuals can acquire new attitudes or behaviours by observing others and then modelling their behaviour.

Cognitive dissonance theory suggests that individuals experience psychological discomfort or dissonance when their attitudes and behaviours are inconsistent.

Self-perception theory proposes that individuals infer their attitudes based on their own behaviour and the context in which it occurs.

Elaboration likelihood model is a dual process theory that describes how individuals process and respond to persuasive messages.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q163) Which of the following concepts refers to the tendency to attribute other people's behaviour to their internal dispositions rather than to situational factors?**

a) Self-serving bias

b) Fundamental attribution error

c) Actor-observer bias

d) False consensus effect

Correct answer: Option (b)

Explanation: The fundamental attribution error refers to the tendency to attribute other people's behaviour to their internal dispositions rather than to situational factors. This bias occurs when individuals overemphasize dispositional explanations for others' behaviour and fail to consider the influence of environmental or situational factors. Option (a) self-serving bias refers to the tendency to attribute one's own successes to internal factors and one's own failures to external factors. Option (c) actor-observer bias refers to the tendency to attribute one's own behaviour to situational factors and other people's behaviour to dispositional factors. Option (d) false consensus effect refers to the tendency to overestimate the degree to which others share our own attitudes or opinions.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q164) Which of the following is not an element of attitudes?**

a) Affective

b) Behavioural

c) Cognitive

d) Social

Correct Answer: Option (d)

Explanation: Attitudes are made up of three components: affective (emotional), behavioural (actions), and cognitive (thoughts and beliefs). Social is not one of the elements of attitudes, but rather a factor that can influence the formation and expression of attitudes.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q165) Which of the following refers to the process of interpreting and making sense of the world around us?**

a) Attitude

b) Social cognition

c) Stereotype

d) Prejudice

Correct Answer: Option (b)

Explanation: Social cognition is a crucial aspect of human behaviour and involves the ability to understand social cues, form judgments, and make decisions based on the perceptions of others. It plays a vital role in communication, relationships, and overall social functioning.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q166) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1-NoE9ezrS-mdMLj\_3nPGMO6pJSMPOoR3/view?usp=share\_link**](https://drive.google.com/file/d/1-NoE9ezrS-mdMLj_3nPGMO6pJSMPOoR3/view?usp=share_link)**)**

**TYPE: Audio**

**Which of the following is not a factor that influences attitude change?**

a) Source characteristics

b) Message characteristics

c) Audience characteristics

d) Time of day

Correct Answer: Option (d)

Explanation: Attitude change is a complex process influenced by various factors such as the credibility of the source, the content and delivery of the message, and the characteristics of the audience. However, the time of day has not been found to have a significant impact on attitude change.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q167) According to cognitive dissonance theory, what is the term for the discomfort we feel when our attitudes and behaviours are inconsistent?**

a) Self-esteem

b) Self-perception

c) Cognitive dissonance

d) Social comparison

Correct Answer: Option (c)

Explanation: According to cognitive dissonance theory, cognitive dissonance is the discomfort we feel when our attitudes and behaviours are inconsistent. It occurs when we are aware of two or more inconsistent cognitions, and it produces a feeling of discomfort or dissonance.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q168) Which of the following statements about cognitive dissonance theory is FALSE?**

a) Individuals experience discomfort when they hold inconsistent beliefs or attitudes

b) Cognitive dissonance can be reduced by changing one's beliefs or behaviours

c) The greater the inconsistency between beliefs, the greater the discomfort experienced

d) Cognitive dissonance only occurs when an individual is consciously aware of their inconsistent beliefs or attitudes

Correct Answer: Option (d)

Explanation: Cognitive dissonance theory suggests that individuals experience discomfort when they hold inconsistent beliefs or attitudes, which leads them to seek ways to reduce this discomfort. This can be done by changing one's beliefs or behaviours. The greater the inconsistency between beliefs, the greater the discomfort experienced. Cognitive dissonance can occur even when an individual is not consciously aware of their inconsistent beliefs or attitudes.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Analyze

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**Q169) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1VFHm1zX5lInsMAxt-OhcvIDoR3xDvMwA/view?usp=share\_link**](https://drive.google.com/file/d/1VFHm1zX5lInsMAxt-OhcvIDoR3xDvMwA/view?usp=share_link)**)**

**TYPE: Audio**

**According to the self-perception theory, individuals infer their attitudes from:**

a) Their emotions

b) The behaviour of others

c) The social context

d) Their own behaviour

Correct Answer: Option (d)

Explanation: Self-perception theory suggests that individuals infer their attitudes from their own behaviour. In other words, people observe their own behaviour and then draw conclusions about their attitudes based on this observation. This theory contrasts with cognitive dissonance theory, which suggests that attitudes drive behaviour.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q170) The concept of social identity refers to:**

a) The unique characteristics that make an individual different from others

b) The social groups to which an individual belongs and identifies with

c) The personal traits and attributes that an individual possesses

d) The cognitive processes that influence how individuals perceive others

Correct Answer: Option (b)

Explanation: Social identity refers to the social groups to which an individual belongs and identifies with. This can include groups based on factors such as race, ethnicity, religion, gender, and sexual orientation. Social identity theory suggests that people form their sense of self and self-esteem based on the social groups to which they belong.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q171) Which of the following best describes the fundamental attribution error?**

a) Overestimating the influence of situational factors on behaviour

b) Underestimating the influence of situational factors on behaviour

c) Overestimating the influence of dispositional factors on behaviour

d) Underestimating the influence of dispositional factors on behaviour

Correct Answer: Option (c)

Explanation: The fundamental attribution error is the tendency to overestimate the influence of dispositional factors (i.e. personal characteristics or traits) and underestimate the influence of situational factors (i.e. environmental or contextual factors) on behaviour. This bias can lead individuals to make incorrect judgments about others' behaviour and can contribute to stereotypes and prejudice.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q172) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1RXSLWaEZfjaZna6a5KH1J2cfuMHcQUxm/view?usp=share\_link**](https://drive.google.com/file/d/1RXSLWaEZfjaZna6a5KH1J2cfuMHcQUxm/view?usp=share_link)**)**

**TYPE: Audio**

**What is the bystander effect?**

a) The tendency for individuals to conform to group norms in order to fit in

b) The tendency for individuals to feel a sense of responsibility to help others in need

c) The phenomenon where individuals are less likely to offer help in an emergency situation when other people are present

d) The tendency for individuals to underestimate the impact of their actions on others

Correct Answer: Option (c)

Explanation: The bystander effect is the phenomenon where individuals are less likely to offer help in an emergency situation when other people are present. This is thought to occur due to diffusion of responsibility, where individuals feel less personal responsibility to help when others are present because they believe that someone else will take action.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q173) According to social exchange theory, individuals make decisions about whether to help others based on:**

a) The costs and benefits of helping versus not helping

b) The social norms and expectations of their community

c) Their level of empathy for the person in need

d) The level of personal responsibility they feel for the situation

Correct Answer: Option (a)

Explanation: Social exchange theory suggests that individuals make decisions about whether to help others based on the costs and benefits of helping versus not helping. This theory proposes that people weigh the potential costs (e.g. time, effort, resources) of helping against the potential benefits (e.g. feeling good about oneself, social approval) before making a decision.

Thus, the correct answer is option (a).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q174) Which of the following is an example of conformity?**

a) An individual deciding not to help someone in need because they assume someone else will step in

b) An individual adopting the behaviour of a group to fit in and be accepted

c) An individual making a decision based on the potential costs and benefits of the situation

d) An individual helping someone in need because they feel a sense of responsibility to do so

Correct Answer: Option (b)

Explanation: Conformity refers to the tendency for individuals to adopt the behaviour or attitudes of a group in order to fit in and be accepted. This can occur even when the individual's personal beliefs or attitudes differ from those of the group.

Thus, the correct answer is option (b).

Difficulty Level- Very Hard

Bloom’s Taxonomy- Understand

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**Q175) The concept of social loafing refers to:**

a) The tendency for individuals to work less hard when working in a group compared to working alone

b) The tendency for individuals to work harder when working in a group compared to working alone

c) The tendency for individuals to take on more responsibility in a group setting

d) The tendency for individuals to be more cooperative in a group setting

Correct Answer: Option (a)

Explanation: Social loafing refers to the tendency for individuals to work less hard when working in a group compared to working alone. This occurs because individuals feel less personal responsibility for the outcome of the task when others are present, and may assume that their efforts are not essential to the overall success of the group.

Thus, the correct answer is option (a).

Difficulty Level- Very Hard

Bloom’s Taxonomy- Understand

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**Q176) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1svRlAF8Sq2dvC9kn18F56-YA6OHqONj6/view?usp=share\_link**](https://drive.google.com/file/d/1svRlAF8Sq2dvC9kn18F56-YA6OHqONj6/view?usp=share_link)**)**

**TYPE: Audio**

**Conformity refers to:**

a) A process by which people are drawn to join groups

b) A process by which people adopt the behaviours, attitudes, and values of a group

c) A process by which people become more individualistic

d) A process by which people resist social influence

Correct Answer: Option (b)

Explanation: Conformity is the process by which people adopt the behaviours, attitudes, and values of a group. It can occur for a variety of reasons, including a desire for acceptance, a need for information, and a desire to fit in.

Thus, the correct answer is option (b).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q177) The tendency for people to exert less effort when working in a group is known as:**

a) Social facilitation

b) Social loafing

c) Group polarization

d) Deindividuation

Correct Answer: Option (b)

Explanation: Social loafing is the tendency for people to exert less effort when working in a group than when working alone. This can occur because individuals feel less responsible for the outcome of the task when working in a group, or because they believe their contributions will be less noticeable.

Thus, the correct answer is option (b).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q178) The phenomenon where group discussion leads to more extreme decisions than the initial individual decisions is called:**

a) Groupthink

b) Social facilitation

c) Social loafing

d) Deindividuation

Correct Answer: Option (a)

Explanation: Groupthink is a phenomenon where group discussion leads to more extreme decisions than the initial individual decisions. This can occur because group members prioritize group cohesion and agreement over critical thinking and alternative viewpoints.

Thus, the correct answer is option (a).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q179) The tendency for people to comply with a request if it is made by someone who is perceived to have authority is known as:**

a) Obedience

b) Conformity

c) Compliance

d) Social facilitation

Correct Answer: Option (a)

Explanation: Obedience is the tendency for people to comply with a request if it is made by someone who is perceived to have authority. This can occur even if the request goes against one's personal values or beliefs. A famous example of obedience is the Milgram experiment, where participants were asked to administer electric shocks to a person in another room at the request of an authority figure.

Thus, the correct answer is option (a).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q180) Which of the following is a type of social influence?**

a) Peer pressure

b) Personal preference

c) Logical reasoning

d) Emotional response

Correct Answer: Option (a) Peer pressure

Explanation: Peer pressure is a type of social influence in which an individual is influenced by their peers to conform to their behaviours or beliefs. This can be positive or negative, and can influence an individual's behaviour in a variety of situations.

Thus, the correct answer is option (a).

Difficulty Level- Easy

Bloom’s Taxonomy- Remember

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**Q181) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1DCunEfYWN6dUX3iIdUVweZNFJ4e-FlgY/view?usp=share\_link**](https://drive.google.com/file/d/1DCunEfYWN6dUX3iIdUVweZNFJ4e-FlgY/view?usp=share_link)**)**

**TYPE: Audio**

**What is the term used to describe the tendency for group members to conform to the group's norms?**

a) Social facilitation

b) Social loafing

c) Group polarization

d) Groupthink

Correct Answer: Option (d) Groupthink

Explanation: Groupthink is a phenomenon in which group members prioritize conformity and consensus over critical thinking and independent decision making. This can lead to poor decision making and an increased risk of errors or negative outcomes.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q182) Which of the following refers to the tendency for individuals to perform better on tasks when they are being watched or evaluated by others?**

a) Social facilitation

b) Social loafing

c) Group polarization

d) Groupthink

Correct Answer: Option (a) Social facilitation

Explanation: Social facilitation refers to the tendency for individuals to perform better on tasks when they are being watched or evaluated by others. This can be due to increased arousal or motivation, but can also lead to performance anxiety or distraction in some individuals.

Thus, the correct answer is option (a).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q183) What is the term used to describe the tendency for individuals to exert less effort when working in a group than they would if working alone?**

a) Social facilitation

b) Social loafing

c) Group polarization

d) Groupthink

Correct Answer: Option (b) Social loafing

Explanation: Social loafing is a phenomenon in which individuals exert less effort when working in a group than they would if working alone. This can be due to a diffusion of responsibility, decreased accountability, or reduced motivation to perform well in a group setting.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q184) Which of the following is NOT a type of social influence?**

a) Conformity

b) Obedience

c) Compliance

d) Individualism

Correct Answer: Option (d)

Explanation: Individualism is not a type of social influence. It is a cultural value that emphasizes individual freedom and autonomy over group conformity.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q185) Which of the following is an example of informational social influence?**

a) Conforming to the dress code at work

b) Following traffic laws

c) Buying the same brand of a product as your friends

d) Laughing at a joke even if you don't find it funny

Correct Answer: Option (b)

Explanation: Informational social influence occurs when individuals conform to the behaviour of others because they believe that those others have more accurate knowledge or information. Following traffic laws is an example of informational social influence because individuals may conform to the behaviour of others on the road because they believe that those others have a better understanding of the laws and how to drive safely.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q186) Which of the following is an example of normative social influence?**

a) Studying for an exam because you want to do well

b) Wearing a mask in public during a pandemic

c) Refusing to smoke because your parents disapprove

d) Buying a luxury car to impress your friends

Correct Answer: Option (d)

Explanation: Normative social influence occurs when individuals conform to the behaviour of others in order to be accepted and liked by them. Buying a luxury car to impress your friends is an example of normative social influence because individuals may conform to the behaviour of their social group in order to gain their approval and acceptance.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q187) Which of the following is an example of group polarization?**

a) A group of friends deciding to try a new restaurant based on a recommendation

b) A group of co-workers discussing a controversial issue and becoming more extreme in their views

c) A group of students forming a study group to prepare for an exam

d) A group of volunteers working together to clean up a park

Correct Answer: Option (b)

Explanation: Group polarization is the tendency for group discussion to lead to more extreme attitudes and behaviours. In this case, the group of co-workers discussing a controversial issue may become more extreme in their views as a result of their discussion. The other options are not examples of group polarization.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q188) Which of the following is not a form of social influence?**

a) Conformity

b) Compliance

c) Obedience

d) Isolation

Correct Answer: Option (d)

Explanation: Social influence refers to the ways in which individuals' thoughts, feelings, and behaviours are influenced by others. Conformity refers to the tendency to adjust one's behaviour or thinking to align with the norms of a group. Compliance refers to the tendency to agree to a request made by another person. Obedience refers to the tendency to follow the orders of an authority figure. Isolation, on the other hand, is not a form of social influence. It refers to the state of being alone or separated from others.

Thus, the correct answer is option (d).

Difficulty Level- Medium

Bloom’s Taxonomy- Remember

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**Q189) Which of the following is an example of a normative social influence?**

a) A person follows a traffic signal even when there are no cars around

b) A person wears a black suit to a funeral

c) A person chooses a particular brand of toothpaste because a celebrity endorses it

d) A person expresses their political views even if they differ from those of their friends

Correct Answer: Option (b)

Explanation: Normative social influence refers to the influence that others have on us because we want to be liked or accepted by them. The example of wearing a black suit to a funeral illustrates the influence of a norm, or a standard of behaviour, that is accepted by a group. The other options are examples of other forms of social influence. Option (a) refers to compliance with a rule, option (c) refers to the influence of persuasion, and option (d) refers to the expression of one's own beliefs.

Thus, the correct answer is option (b).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q190) Which of the following is an example of deindividuation?**

a) A person volunteers to help a stranger in need

b) A person feels a sense of responsibility to obey a police officer's commands

c) A person becomes more aggressive in a crowd

d) A person conforms to a group's norms to avoid rejection

Correct Answer: Option (c)

Explanation: Deindividuation refers to the loss of self-awareness and self-restraint that can occur in group situations that foster arousal and anonymity. The example of becoming more aggressive in a crowd illustrates the idea that individuals may behave in ways that they would not normally do when they are part of a large, anonymous group. The other options are examples of other forms of social influence. Option (a) refers to altruism, option (b) refers to obedience, and option (d) refers to conformity.

Thus, the correct answer is option (c).

Difficulty Level- Medium

Bloom’s Taxonomy- Understand

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**Q191) Which of the following is NOT a factor that contributes to groupthink?**

a) A strong leader who discourages dissenting opinions

b) A cohesive group that values unanimity over critical thinking

c) Exposure to alternative viewpoints and information

d) High stress and external threat

Correct Answer: Option (c)

Explanation: Groupthink is a phenomenon that occurs when a cohesive group values unanimity and cohesion over critical thinking and rational decision-making. Groupthink is more likely to occur when a strong leader discourages dissenting opinions, when the group is highly cohesive, and when there is high stress and external threat. Exposure to alternative viewpoints and information can actually help to reduce groupthink.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q192) According to the bystander effect, which of the following is a reason why people may be less likely to intervene in an emergency situation when others are present?**

a) They fear for their own safety

b) They do not want to get involved in someone else's problem

c) They assume that someone else will intervene

d) All of the above

Correct Answer: Option (c)

Explanation: The bystander effect is the phenomenon where individuals are less likely to intervene in an emergency situation when others are present. One reason for this is that individuals assume that someone else will intervene, leading to a diffusion of responsibility. Fear for one's own safety or not wanting to get involved may also contribute to the bystander effect.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Analyze

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**Q193) In social loafing, individuals may exert less effort on a group task because:**

a) They are not interested in the task

b) They believe that their individual efforts will not be recognized

c) They feel less accountable for their performance in a group setting

d) All of the above

Correct Answer: Option (d)

Explanation: Social loafing is the phenomenon where individuals exert less effort on a group task than they would on the same task performed individually. This can occur because individuals are not interested in the task, believe that their individual efforts will not be recognized, or feel less accountable for their performance in a group setting.

Thus, the correct answer is option (d).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q194) The Asch conformity experiment demonstrated that individuals are more likely to conform to a group when:**

a) The group is highly cohesive

b) The group is composed of individuals with similar backgrounds and beliefs

c) The group has at least three members

d) The task is unambiguous and easy to judge

Correct Answer: Option (a)

Explanation: The Asch conformity experiment demonstrated that individuals are more likely to conform to a group when the group is highly cohesive. In this experiment, participants were shown lines of different lengths and asked to match them with a standard line. When the group gave incorrect answers, participants were more likely to conform to the group when the group was highly cohesive. The other factors listed (similar backgrounds and beliefs, at least three members, and an unambiguous task) may also influence conformity to some extent, but they were not the primary focus of the Asch experiment.

Thus, the correct answer is option (a).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q195) In Asch's conformity experiment, what percentage of participants conformed to the incorrect answer given by the confederates?**

a) 30%

b) 50%

c) 70%

d) 90%

Correct Answer: Option (c)

Explanation: In Asch's conformity experiment, 70% of participants conformed to the incorrect answer given by the confederates. Asch conducted a series of experiments in which participants were asked to match the length of a line to a set of comparison lines. The confederates deliberately gave incorrect answers, and the real participants were more likely to conform to the group's incorrect answer in order to fit in.

Thus, the correct answer is option (c).

Difficulty Level- Hard

Bloom’s Taxonomy- Remember

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**Q196) Answer the following question with reference to the audio**

**(**[**https://drive.google.com/file/d/1JfS07aCtmm\_hs7MM8xqqyKWxR37ucihw/view?usp=share\_link**](https://drive.google.com/file/d/1JfS07aCtmm_hs7MM8xqqyKWxR37ucihw/view?usp=share_link)**)**

**TYPE: Audio**

**According to social identity theory, what is a consequence of in-group bias?**

a) Increased prejudice towards out-group members

b) Decreased identification with the in-group

c) Increased likelihood of intergroup contact

d) Decreased conformity to social norms

Correct Answer: Option (a)

Explanation: According to social identity theory, in-group bias leads to increased prejudice towards out-group members. Social identity theory proposes that people form their self-concept based on the groups to which they belong. This often leads to a sense of loyalty to the in-group and a bias against out-group members. In-group bias can lead to intergroup conflict, discrimination, and prejudice.

Thus, the correct answer is option (a).

Difficulty Level- Hard

Bloom’s Taxonomy- Understand

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**Q197) What is the relationship between group polarization and groupthink?**

a) Group polarization leads to groupthink

b) Groupthink leads to group polarization

c) Group polarization and groupthink are unrelated phenomena

d) Group polarization and groupthink are opposite phenomena

Correct Answer: Option (b)

Explanation: Groupthink is a phenomenon in which group members prioritize group harmony and conformity over critical thinking and individual expression. This can lead to poor decision-making and a lack of consideration for alternative viewpoints. Group polarization, on the other hand, is the tendency for group discussion to amplify the initial opinions of group members. This can lead to more extreme views and a lack of consideration for opposing viewpoints. Groupthink can lead to group polarization because group members may avoid expressing dissenting opinions, which can lead to a lack of diversity in viewpoints and a tendency towards more extreme positions.

Thus, the correct answer is option (b).

Difficulty Level- Hard

Bloom’s Taxonomy- Analyze

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**Q198) Which of the following is an example of the fundamental attribution error?**

a) Assuming a person is rude because they are having a bad day

b) Assuming a person is rude because they are generally a rude person

c) Assuming a person is rude because of the situation they are in

d) Assuming a person is not rude because they are a friend

Correct Answer: Option (b)

Explanation: The fundamental attribution error refers to the tendency to overestimate the role of dispositional (internal) factors and underestimate the role of situational (external) factors when explaining other people's behaviour. The example of assuming a person is rude because they are generally a rude person illustrates the tendency to make dispositional attributions even when situational factors may be more relevant. The other options are examples of situational attributions (option c) or personal relationships biasing attributions (option d).

Thus, the correct answer is option (c).

Difficulty Level- Very Hard

Bloom’s Taxonomy- Understand

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**Q199) Which of the following is an example of a situation that would increase the likelihood of social loafing?**

a) The task is highly challenging and requires individual effort

b) The task is highly rewarding and enjoyable

c) The group is highly cohesive and supportive

d) The individual is highly motivated to achieve the group's goals

Correct Answer: Option (a)

Explanation: Social loafing refers to the tendency for individuals to exert less effort when working in a group than when working alone. The example of a highly challenging task illustrates the idea that individuals may feel less accountable and may perceive that their contributions are less valuable in a group setting. The other options are examples of factors that may decrease the likelihood of social loafing.

Thus, the correct answer is option (c).

Difficulty Level- Very Hard

Bloom’s Taxonomy- Understand

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**Q200) Which of the following is an example of a situation that would increase the likelihood of groupthink?**

a) The group is composed of individuals with diverse backgrounds and perspectives

b) The group is encouraged to engage in critical thinking and constructive disagreement

c) The group is led by a facilitator who encourages individual expression and creativity

d) The group is under high pressure to reach a consensus quickly

Correct Answer: Option (d)

Explanation: Groupthink refers to the tendency for group members to strive for consensus and unanimity at the expense of critical thinking and objective evaluation of alternatives. The example of a high-pressure situation illustrates the idea that group members may prioritize reaching a decision quickly over considering all available information and alternatives. The other options are examples of factors that may decrease the likelihood of groupthink by promoting individual expression and diverse perspectives.

Thus, the correct answer is option (c).

Difficulty Level- Very Hard

Bloom’s Taxonomy- Understand

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