

	Course Name:	Psychology	Course Code:	SS 2019
	Degree Program:	BSCS	Semester:	Fall 2024
	Exam Duration:	20 Minutes	Total Marks:	15
	Paper Date:	03-12-2024	Weight	3 Absolutes
	Section:	3A	Content	Mental Health
	Quiz:	3	Course Instructor(s)	Ms. Aisha Bano

Student : Name: \_\_\_\_\_ Roll No. \_\_\_\_\_ Section: \_\_\_\_\_

Instruction/Notes: Overwritten answer will be marked Zero

Q-1 Column B holds 1 possible answer for Column A. Match and write all the selected answers in the manner attempted below (Marks:05)

Sample		
Column A	Column B	Answer
1. B.F. Skinner	A) Operant conditioning	1A
<b>Mental Health &amp; Psychological Disorders</b>		
1. Eustress	A) Increased heart rate	1 E
2. Biochemical	B) Altered hormone levels	2 B
3. Physiological	C) Making cynical and hostile comments	3 A
4. Assertive anger	D) Expressing anger without hurting others	4 D
5. Negative coping style	E) Promotes feelings of energy, focus, and excitement	5 F
	F) Avoidance, wishful thinking, self-blaming	

Q-2. Following is the scenario reported by a college teacher about one of his students. Read it carefully and answer the questions followed by its rationale. (Marks:10)

Anthony is a 22 year-old senior at a prestigious small college. His family has traditionally held high standards for Anthony, and his father had every expectation that his son would go on to enroll at Harvard Law School (5A). Anthony felt intensely pressured (5C) as he worked day and night to maintain a high-grade point average, while diligently preparing (5C) for the national examination for admission to law schools. His social life became devoid of any meaningful contact. He even began skipping meals, because he did not want to take time away from studying (5C). When Anthony received his scores for the law school admission exam (4B), he was devastated, because he knew that they were too low to allow him to get into any of the better law schools. He began crying uncontrollably, wandering around the dormitory hallways, screaming obscenities (atrocities) and telling people that there was a "plot" on the part of the college dean to keep him from getting into law school (1B & 2B). After two days of this behavior, Anthony's resident advisor convinced him to go to the infirmary (hospital/medical center), where his condition was diagnosed and treated. After a week of rest and some medication, Anthony returned to normal functioning and was able to assess his academic situation more rationally.

1. Which type of abnormal mental state Anthony is suffering from?

- a. Neurosis      b. Psychosis      c. Dissociative      d. Both B & C      e. None of these

**Rationale:**

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**2. Which of the following disorders explains best about Anthony's mental state during illness?**

- a. Panic Disorder      **b. Brief Psychotic Disorder**      c. Split Personality      d. Catatonic Schizophrenia  
e. All of these

**Rationale:**

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**3. Which of the following symptoms can be experienced by the individual with this disorder before returning to normal functioning?**

- a. Delusions      b. Hallucinations      c. Disorganized speech      d. Grossly disturbed      **e. All of these**

**Rationale:**

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**4. Which of the Anthony's symptoms are also found in paranoid schizophrenia?**

- a. Delusions      b. Hallucinations      c. Paranoia      d. Both A & B      **e. Both C & D**

**Rationale:** Patient can have delusions (false beliefs), hallucinations (false perceptual experiences), and apprehensions about the external world to harm him

**4. Which specific event led Anthony's mental condition to a mental disorder?**

- a. Admission to a prestigious school      **b. Announcement of result**      c. After knowing his father's expectations  
d. Wandering around the hallways      e. All of these

**Rationale:**

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**5. Which of the following factor(s) in Anthony's life appear related to his development of this disorder?**

- a. Social      b. Biological      c. Cognitive      d. Physical      **e. Both A & C**

**Rationale:**

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