

1. Psychology is the scientific study of
  - A) Overt behaviour of living beings
  - B) Covert behaviour of living beings
  - C) Overt and covert behaviour of living beings
  - D) Overt and covert behaviour of human beings
  
2. The process by which we select, organize and interpret information from our senses is
  - A) Perception
  - B) Learning
  - C) Problem solving
  - D) Thinking
  
3. The smallest change in the intensity of a stimulus than can be detected by a person is
  - A) Absolute noticeable threshold
  - B) Just noticeable difference
  - C) Minimal threshold
  - D) Minimum noticeable difference
  
4. Perceptual constancy enables one to perceive a stable and consistent world and that includes
  - A) Shape constancy only
  - B) Size constancy only
  - C) Both shape and size constancy
  - D) More of shape and less of size constancy
  
5. A key element in perception, enabling us to focus on only a few of the many stimuli that constantly bombard our senses
  - A) Attention
  - B) Cognition
  - C) Consciousness
  - D) Selection
  
6. We interpret and identify stimuli in part by matching them to
  - A) Schemas
  - B) Memory
  - C) Sources
  - D) Genesis
  
7. Under certain conditions learned helplessness occurs
  - A) Due to imagined failures
  - B) Due to cognitive failures
  - C) Due to combative failures
  - D) Due to inevitable failures
  
8. A. Conflict in which a choice must be made between two attractive goals is called
  - A) Approach-Avoidance conflict
  - B) Approach-Approach conflict
  - C) Avoidance-Avoidance conflict
  - D) Double Approach-Avoidance conflict
  
9. In Token Economy, tokens are
  - A) Primary reinforcers
  - B) Secondary reinforcers
  - C) Add on reinforcers
  - D) Principal reinforcers

10. In changing behaviour of children, the technique of “Modeling” has been used by  
 A) Benson B) Barlow  
 C) Bandura D) Bates
11. The statement, classical conditioning by past events may explain many of the fears manifested by human adults is  
 A) True in abnormal situations B) True in selective situations  
 C) True in most of the situations D) True in clinical situations
12. A reinforcement schedule in which the reinforcer is given only after a specific number of responses is  
 A) Fixed interval schedule B) Intermittent schedule  
 C) Fixed ratio schedule D) Continuous schedule
13. A learned strategy for approaching a learning task is  
 A) Practice set B) Rate set  
 C) Solving set D) Learning set
14. Learning through Insight is due to  
 A) A sudden creative change that solves the problem  
 B) A sudden affective change that solves the problem  
 C) A sudden conative change that solves the problem  
 D) A sudden cognitive change that solves the problem
15. The belief that every one sees the world and responds to it as one does because of the inability to distinguish between the self and the external world in young children is known as  
 A) Ego centrism B) Ego expansiveness  
 C) Egolessness D) Ego centeredness
16. The cognitive process through which information is used to reach a goal that is blocked by some obstacle is  
 A) Intellectual processing B) Problem solving process  
 C) Information processing D) Obstacle riding process
17. Efficient problem solving strategies that do not guarantee a correct solution is named  
 A) Algorithms B) Trial and Error  
 C) Heuristic D) Implied insight
18. The ability to learn or invent new strategies for dealing with new kinds of problem is called  
 A) Fluid intelligence B) Crystallized intelligence  
 C) Multiple intelligence D) Creative intelligence
19. Structure of intellect was proposed by  
 A) Eysenck B) Dollard  
 C) Cattell D) Guilford

20. The study of computers that are programmed to perform like human brain is  
 A) Robotics B) Artificial intelligence  
 C) Cybernetics D) Man-Machine Intelligence
21. The term creativity indicates one's ability to think  
 A) Unusually B) Idiosyncratically  
 C) Unconventionally D) Individualistically
22. The theory that conscious emotional experiences are caused by feedback to the cerebral cortex from physiological reactions and behaviour is  
 A) Cognitive theory of emotion  
 B) Cannon-Bard theory of emotion  
 C) Cognitive-Affective theory of emotion  
 D) James-Lange theory of emotion
23. The consequence of serious emotional stress during pregnancy is  
 A) Foetal retardation in growth B) Foetal slowness in maturation  
 C) Foetal hyperactivity D) Foetal hyper emotionality
24. Psychologically potent ideas that direct behaviour towards goals such as power, friendship and achievement are  
 A) Motives B) Drives  
 C) Habits D) Emotions
25. Stimuli that arouse a drive or motive are called  
 A) Instincts B) Promoters  
 C) Incentives D) Catalysts
26. Urge to attain optimal levels of performance on valued tasks is  
 A) Affiliation motivation B) Task motivation  
 C) Achievement motivation D) Normative motivation
27. Freud suggested that behaviour is often driven by motives  
 A) Outside of conscious awareness  
 B) Inside of conscious awareness  
 C) Inside of subconscious awareness  
 D) Outside of unconscious awareness
28. Components of emotions have  
 A) Physiological arousal, subjective feelings, Cognitive processes and behavioural reactions  
 B) Subjective feelings, Cognitive processes, behavioural reactions but no physiological arousal  
 C) Physiological arousal, Cognitive processes, subjective feelings but no behavioural reactions  
 D) Physiological arousal, subjective feelings, behavioural reactions but no cognitive processes

29. Hierarchy of needs like that of Maslow is essentially a theory of  
 A) Emotional gratification      B) Self realisation  
 C) Motivation                      D) Self evolution
30. Emotional adjustment is very important to  
 A) Psychological adjustment      B) Physiological adjustment  
 C) Social adjustment              D) Cultural adjustment
31. The process by which a mental representation is formed in memory is called  
 A) Storage                              B) Encoding  
 C) Decoding                            D) Retrieval
32. Sensory memory that allows auditory information to be stored for brief durations is  
 A) Iconic memory                      B) Echoic memory  
 C) Declarative memory              D) Procedural memory
33. Long term memories for autobiographical events and the contexts in which they occurred are called  
 A) Semantic memories              B) Event memories  
 C) Contextual memories              D) Episodic memories
34. People are given a scrambled word and asked to give the first unscrambled word that comes to mind is called  
 A) Identification                      B) Anagram  
 C) Stem completion                  D) Fragment completion
35. Implicit or explicit knowledge about memory abilities and effective memory strategies; cognition about memory is known as  
 A) Meta memory                      B) Encoding specificity  
 C) Decoding specificity              D) Beta memory
36. The processes of choosing between alternatives; selecting or rejecting available options is  
 A) Decision deciphering              B) Decision scanning  
 C) Decision spanning                  D) Decision making
37. One of the following tests is most representative of our intelligence  
 A) Verbal test                            B) Non verbal test  
 C) Performance test                  D) Non performance test
38. A consistent pattern of cyclical body activities, usually lasting 24 hours and determined by an internal biological clock is called  
 A) Bio rhythm                            B) Brain rhythm  
 C) Circadian rhythm                  D) Synchronic rhythm
39. The EEG waves of 3 to 7 cycles per second is representative of  
 A) Stage 1 sleep                        B) Stage 2 sleep  
 C) Stage 3 sleep                        D) Stage 4 sleep

40. The theory that conscious awareness of dreaming is learnable skill that enables dreamers to control the direction and content of their dreams is  
 A) Vivid dreaming                      B) Lucid dreaming  
 C) Awareness dreaming                D) Contemplative dreaming
41. A measure of reliability; the degree to which a test yields similar scores across its different parts, such as an odd versus even item is called its  
 A) Split-half reliability                B) Odd-Even reliability  
 C) Internal consistency                D) Inter item consistency
42. The branch of measurement that involves the construction of an instrument that associates qualitative constructs with quantitative metric units is known as  
 A) Qualitative measuring                B) Measuring by quantification  
 C) Measuring by scaling                D) Multiple measuring
43. Among the parenting styles, the healthiest one is  
 A) Authoritative                        B) Authoritarian  
 C) Permissive                            D) Democratic
44. Tests of personality in which scoring and administration are relatively simple and follow well defined rules represent  
 A) Situational test                        B) Objective test  
 C) Analog test                            D) Self rating test
45. One of the factors that does not have anything to do with stress tolerance is  
 A) Neutrality                            B) Hardiness  
 C) Optimism                              D) Social support
46. It has long been thought that individual with low self esteem held strong negative views about themselves but in reality the views of these individuals are not more negative but their self concepts are  
 A) More abnormal                        B) More ineffective  
 C) More confused                        D) More rigid
47. Modifying negative self talk is a technique used in  
 A) Building mental health                B) Building Self-performance  
 C) Building Family health                D) Building Self-esteem
48. In achieving flexible assertive behaviour, one needs  
 A) A change in notions                B) A change in emotionality  
 C) A change in cognition                D) A change in attitude
49. Forgetting information because of competition from other learned material is  
 A) Negative transference                B) Conflict  
 C) Interference                         D) Fatigue
50. The study of communication through body movements is known as  
 A) Non verbal method                    B) Kinesics  
 C) Body language                        D) Calisthenics

51. Reappearance of an extinguished Conditioned Response after the passage of time is known as
- A) Response generalization      B) Spontaneous recovery  
C) Secondary elaboration      D) Intermittent response
52. A highly detailed memory of an emotionally charged event or experience is
- A) Flashlight memory      B) Explosive memory  
C) Chunking      D) Flashbulb memory
53. The incentive to pursue an activity because that activity is inherently compelling and satisfying is technically called
- A) Intrinsic motivation      B) Internal motivation  
C) Instinctual motivation      D) Implied motivation
54. Jung's approach to psychoanalytic theory is known as
- A) Psychoanalytical psychology      B) Psycho-synthesis  
C) Analytical psychology      D) Collective psychology
55. The tendency of a Conditioned Response to be weaker or not to occur to Conditioned Stimulus that is dissimilar to the original Conditioned Stimulus is termed
- A) Stimulus discrimination      B) Response discrimination  
C) Stimulus familiarity      D) Response familiarity
56. Total acceptance of individuals for who and what they are, even if one disagrees with their actions is termed?
- A) Genuineness  
B) Self worth  
C) Unconditional positive regard  
D) Congruence
57. Most recent personality theory which describes personality in terms of multiple sets of complimentary factors
- A) Eysenck's Multi Dimensional theory  
B) Cattell's 16 P.F theory  
C) Jung's Analytical theory  
D) McCrae and Costa's Big Five theory
58. The ability to reason about concrete object and relate object and events to a larger context is called
- A) Sensorimotor level  
B) Preoperational level  
C) Concrete operational level  
D) Formal operational level
59. Among the stressors which cause the most threatening stress is:
- A) Intense stress      B) Sudden stress  
C) Chronic stress      D) Intermittent stress

60. Adler's cardinal contribution to personality theory is the concept of  
 A) Creative self                      B) Striving for superiority  
 C) Organ inferiority                  D) Self realisation
61. The perspective which believes that humans are striving for growth and development of their potential is  
 A) The Existential approach  
 B) The Humanistic approach  
 C) The General Systems theory approach  
 D) The Positive Psychology approach
62. Anxiety can serve as a useful alarm that warns us of threat. Thus it is  
 A) A threatening role                  B) A beneficial role  
 C) A malevolent role                  D) None of the above
63. A description of the way in which people explain the causes of their own and other people's behaviours is named  
 A) Attitude accessibility theory    B) Attitude theory of compliance  
 C) Attitude theory of influence    D) Attribution theory
64. A facial expression where one part of the face is registering one emotion and another part of the face is registering a different emotion is  
 A) Affect based attitude blending  
 B) Ambivalent affect blending  
 C) Bipolar affect blending  
 D) Affect blends
65. A change in behaviour due to a direct request from another person is  
 A) Compliance                      B) Conformity  
 C) Consideration                      D) Contagion
66. The distortion of evidence because of the personal motives and expectations of the viewer is  
 A) Unconscious distortion            B) Judgmental bias  
 C) Observer bias                      D) Onlooker bias
67. The finding that the greater the number of bystanders who witness an emergency, the less likely any one of them is to help is called  
 A) Bystander effect                  B) Bystander crowd effect  
 C) Bystander defacing effect        D) Bystander leaderless effect
68. The role played by friends and relatives in providing advice and help and opportunity to confide is  
 A) Peer support                      B) Social support  
 C) Contemporary support            D) Group support

69. The study of how we form impressions of and make inferences about other people is  
 A) Social impression perception B) Social inference perception  
 C) Socialized perception D) Social perception
70. The concept of the self that emphasizes separateness, internal characteristics and uniqueness of individuals is called  
 A) Intra independent self B) Inter independent self  
 C) Independent self D) Intra-inter independent self
71. The brain structure that regulates the body's basic life processes is  
 A) Medulla B) Pons  
 C) Limbic system D) Brain stem
72. How people are required to behave in order to achieve positive social evaluation depends largely on  
 A) Normative system of the culture  
 B) Unique system of the culture  
 C) Idiopathic system of the culture  
 D) Idiosyncratic system of the culture
73. Model of social influence which assumes that both majorities and minorities are sources and targets of persuasion is  
 A) Independence model B) Dependence model  
 C) Confrontation model D) Conflict model
74. Culturally based but often unfounded generalization about groups is termed as a  
 A) Stereotype B) Hasty generalization  
 C) Prejudice D) Belief
75. Evaluation of oneself, other people, events, issues and material things with some degree of favour and disfavour is  
 A) Acceptance B) Attitude  
 C) Halo effect D) Prejudice
76. Any act performed with the goal of benefiting another person is  
 A) Altruism B) Pro-Socialism  
 C) Conscientiousness D) Pro-social behaviour
77. Ego defense mechanism in which individual's conscious attitude and overt behaviour are opposite to his repressed unconscious wishes is termed  
 A) Denial B) Projection  
 C) Reaction Formation D) Sublimation
78. Loss of muscle coordination is known as  
 A) Apraxia B) Agnosia  
 C) Ataxia D) Alexia



79. A state of mental confusion, disorientation and extreme difficulty in focusing attention is called  
A) Dementia  
B) Delirium  
C) Amentia  
D) Alzheimer's
80. Marriage maintained at the expense of distorted relationship is known as  
A) Marital Skew  
B) Marital Schism  
C) Martial Discord  
D) Marital Deterioration
81. Strong belief opposed to reality but maintained in spite of logical persuasion and strong evidence to the contrary is termed as  
A) Misinterpretation  
B) Delusion  
C) Persecution  
D) Misperception
82. A behaviour characterized by gross outbursts of rage and physical or verbal aggression is seen in  
A) Antisocial Personality disorder  
B) Aggressive Personality disorder  
C) Explosive Personality disorder  
D) Hysterical Personality disorder
83. A chemical sometimes used in psychotherapy to produce a state of relaxation and suggestibility is  
A) Nembutal sodium  
B) Chlorpromazine  
C) Benzodiazepine  
D) Sodium Pentothal
84. Motor reaction to intense unexpected mild stimuli if a person is hypersensitive is known as  
A) Startle Reaction  
B) Alarm Reaction  
C) Fight or Flight Reaction  
D) Stress Reaction
85. The pathological reaction of the body to prolonged stress is most aptly called  
A) Chronic stress reaction  
B) Psycho physiological reaction  
C) Psychosomatic reaction  
D) Stress trait reaction
86. The dynamics of phobias is explained as which of the following?  
1. Displacement of anxiety    2. Defense against threatening impulses  
3. Conditioning and avoidance learning  
A) 1 & 2 only  
B) 1 only  
C) 1 & 3 only  
D) 1, 2, & 3
87. Headache, chocking sensations, coughing spells, difficulty in breathing, cold extremities, belching, nausea, vomiting etc. are  
A) Sensory symptoms in Hysteria  
B) Motor symptoms in Hysteria  
C) Somatic symptoms in Hysteria  
D) Visceral symptoms in Hysteria

88. The DSM classification of psychological disorders has been the work of:  
 A) American Psychological Association  
 B) American Psychiatric Association  
 C) World Health Organisation  
 D) United Nations Educational, Social & Cultural Organisation
89. Auto phobia denotes an irrational fear of  
 A) Automatic fears                      B) Automation  
 C) Autocracy                              D) Oneself
90. The techniques of Paradoxical intention and De-reflection are used in  
 A) Behaviour therapy                      B) Gestalt therapy  
 C) Logo therapy                            D) Cognitive Behaviour Therapy
91. The cause of disorders as stemming from genetic vulnerability with environmental stressors is known as  
 A) Diathesis-Stress hypothesis  
 B) Nature – Nurture hypothesis  
 C) Primary-Predisposition hypothesis  
 D) Predisposition-Precipitation hypothesis
92. A disorder now described as “a disease of civilization” is  
 A) Paranoia                                  B) Psycho physiological disorders  
 C) Bipolar disorders                      D) Depression
93. Suicidal people often suffer from what is called *Tunnel vision* which means a kind of misinterpretation that  
 A) Suicide is the only alternative  
 B) Suicide is the best alternative  
 C) Suicide is the effective alternative  
 D) Suicide is the bold alternative
94. People who threaten to kill themselves  
 A) Never do so                              B) Seldom do so  
 C) Often do so                                D) Rarely do so
95. Psycho-analytic psychotherapy became gradually impractical because  
 A) Of the long duration for treatment  
 B) Of the difficulty to get into the unconscious  
 C) Of the difficulty for dream interpretation  
 D) Of the inability to overcome resistance
96. A therapy which believes that all of us have within ourselves vast resources for self understanding and for altering our behaviour and that these resources can be tapped if proper climate for change can be provided is  
 A) Gestalt therapy                          B) Actualization therapy  
 C) Existential therapy                      D) Person-Centered therapy

97. Desensitization uses the following
- A) Anxiety hierarchy                      B) Fear hierarchy  
C) Need hierarchy                          D) Feared object hierarchy
98. Analysis that makes use of already existing data sources is
- A) Secondary analysis                      B) Ex-post facto analysis  
C) Verification analysis                    D) De-facto analysis
99. A behavioural technique in which a person who behaves in an undesirable way is removed from a reinforcing situation and placed in an unreinforcing environment for a short time is called
- A) Aversion                                      B) Time out  
C) Alteration                                    D) Time in
100. Symptoms associated with Schizophrenia that also occur in other mental disorders are called
- A) First-rank symptoms                      B) Second-rank symptoms  
C) Third-rank symptoms                      D) Same rank symptoms
101. In data entry the automated method of entering data a second time to improve accuracy is known as
- A) Twice entry                                    B) Secondary entry  
C) Dummy entry                                D) Double entry
102. The experimental technique in which both the experimenters and subjects are kept unaware as to which subjects have received which treatment is called
- A) Double-blind control                      B) Double-check control  
C) Before-after control                        D) Experimenter-subject control
103. The validation of a measure based on its relationship to another independent measure as predicted by one's theory of how the measures should behave is known as
- A) Criterion related validity                    B) Construct related validity  
C) Correlated validity                         D) Concept related validity
104. Faulty reasoning that results from making conclusions about individuals based only on analyses of group data is
- A) Averaging fallacy                            B) Situational fallacy  
C) Generalising fallacy                        D) Ecological fallacy
105. A sampling by people with known or demonstrable experience and expertise in some area is
- A) Expert sampling                              B) Professional sampling  
C) Informed sampling                          D) Accomplished sampling
106. Formative evaluations are used to programmes
- A) While they are still hypothetical  
B) While they are still under conception  
C) While they are still under development  
D) While they are still under analyses

107. Any sampling method where you sample until you achieve a specific number of sampled units for each sub group of a population is known as  
 A) Stratified random sampling    B) Quota sampling  
 C) Subgroup sampling                D) Proportional sampling
108. The criterion for fitting a regression line so that we minimize the sum of the squares of the residuals from the regression line is  
 A) Latin square                            B) Multiple regression  
 C) Least squares                         D) Moderating regression
109. A threat to construct validity that occurs because we use only a single method of measurement is called  
 A) Mono-method bias                    B) Mono-operation bias  
 C) Mono-validity bias                  D) Mono-assessment bias
110. In research 'mortality threat' means  
 A) A threat to validity that occurs because a significant number of participants end up dying  
 B) A threat to validity that occurs because a significant number of participants refuse to fill vital information  
 C) A threat to validity that occurs because a significant number of participants drop out  
 D) A threat to validity that occurs because a significant number of participants give unusual responses
111. The law that refers to laws that pertain to the general case is known as  
 A) Nomothetic                            B) Idiographic  
 C) Homothetic                            D) Panthetic
112. A particular type of correlation used when both variables can be assumed to be measured at an interval level of measurement is called  
 A) Biserial correlation                 B) Person product Moment Correlation  
 C) Rank order correlation             D) Point Biserial correlation
113. A sequential numerical response format is such as a 1-to-5 rating format is precisely referred to as  
 A) Response inventory                 B) Response format  
 C) Response schedule                 D) Response scale
114. An organized set of concepts that explains a phenomenon or a set of phenomena are called  
 A) Law                                        B) Theory  
 C) Rule                                        D) Regulation
115. A definition of a variable in terms of the specific operation or procedure used to determine its presence is known as  
 A) Actuarial definition                 B) Workable definition  
 C) Pragmatic definition                D) Operational definition

116. The spread of the averages around the average of averages in a sampling distribution is known as  
A) Standard deviation                      B) Statistical error  
C) Summated averages error              D) Standard error
117. The initial phase of research, in which observations, beliefs, information and general knowledge lead to a new idea or a different way of thinking about some phenomenon is  
A) Context of discovery                      B) Serendipity  
C) Creativity                                      D) Contest of justification
118. The doctrine that all events – physical, behavioural and mental are determined by specific causal factors that are potentially knowable is called  
A) Rationalism                                  B) Determinism  
C) Modernism                                      D) Positivism
119. A procedure conducted at the end of an experiment in which the researcher provides the participant with as much information about the study as possible is known as  
A) Systematic briefing                      B) Comprehensive briefing  
C) Debriefing                                      D) Summated briefing
120. The premise that knowledge should be acquired through observation is known as  
A) Empiricism                                      B) Observationism  
C) Objectivism                                      D) Experientialism

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