

CUET UG (Psychology)

19 July 2024 Shift 1

Question 1

Identify the official manual that is currently in use to classify various kinds of psychological disorders:

Identify the official manual that is currently in use to classify various kinds of psychological disorders:

Options:

- A. DSM V
- B. ICD V
- C. GSM IV
- D. ISM V

Answer: A

Solution:

The correct answer is 'DSM V'

Key Points

- **DSM V:**
 - The DSM V, or the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, is the official manual used by clinicians and researchers to diagnose and classify mental disorders.
 - Published by the American Psychiatric Association (APA), it provides a comprehensive listing of all recognized mental health disorders, along with detailed criteria for diagnosing each condition.
 - The DSM V is widely used in the United States and around the world for clinical practice, research, and policy-making.
 - It serves as an essential tool for mental health professionals in diagnosing and treating mental health issues effectively.

Additional Information

- **ICD V:**

- The ICD V refers to the International Classification of Diseases, Fifth Edition, which is incorrect in this context as the current version is ICD-11.
 - Published by the World Health Organization (WHO), it includes a broad range of health conditions, including mental and behavioral disorders, but it is not the primary manual for classifying psychological disorders.
 - **GSM IV:**
 - GSM IV does not exist in the context of psychological disorder classification. It seems to be a mistaken reference.
 - **ISM V:**
 - ISM V is not a recognized manual for classifying psychological disorders and appears to be a fictional or incorrect option.
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Question 2

Identify the major disorder under which post traumatic stress disorder is categorized:

Identify the major disorder under which post traumatic stress disorder is categorized:

Options:

- A. Somatic Symptom and Related Disorders
- B. Dissociative Disorders
- C. Bipolar and Related Disorders
- D. Trauma and Stress Related Disorders

Answer: D

Solution:

The correct answer is 'Trauma and Stress Related Disorders'



Key Points

- **Trauma and Stress Related Disorders:**
 - These disorders are mental health conditions that are triggered by experiencing or witnessing a traumatic event.
 - Post Traumatic Stress Disorder (PTSD) falls under this category, characterized by flashbacks, nightmares, and severe anxiety following a traumatic event.
 - In the given passage, Major Chandra experiences flashbacks and nightmares after a traumatic encounter with terrorists, indicating PTSD.
 - Other examples in this category include Acute Stress Disorder and Adjustment Disorders.

Additional Information

- **Somatic Symptom and Related Disorders:**
 - These disorders involve physical symptoms that cause significant distress and impairment, often without a clear medical cause.
 - Examples include Somatic Symptom Disorder and Illness Anxiety Disorder.
 - These do not typically involve a traumatic event as a trigger, unlike PTSD.
 - **Dissociative Disorders:**
 - These disorders involve a disconnection and lack of continuity between thoughts, memories, surroundings, actions, and identity.
 - Examples include Dissociative Identity Disorder and Depersonalization/Derealization Disorder.
 - They are distinct from trauma and stress-related disorders and do not primarily involve symptoms like flashbacks or nightmares.
 - **Bipolar and Related Disorders:**
 - These disorders are characterized by extreme mood swings that include emotional highs (mania or hypomania) and lows (depression).
 - Bipolar Disorder is the most well-known example in this category.
 - They are not typically triggered by traumatic events and do not involve the specific symptoms associated with PTSD.
-

Question 3

Pick out the other symptoms related to Post Traumatic Stress Disorder:

Pick out the other symptoms related to Post Traumatic Stress Disorder:

Options:

- A. Paralysis
- B. Depressed mood
- C. Emotional Numbing
- D. Exfoliation

Answer: C

Solution:

The correct answer is "Emotional Numbing".

 **Key Points**

- Post-Traumatic Stress Disorder (PTSD) is a mental health condition that's triggered by experiencing or witnessing a terrifying event. While Major Chandra shows symptoms of flashbacks and recurring nightmares, there are other symptoms commonly associated with PTSD.
- **Emotional Numbing:**
 - Emotional numbing is a common symptom of PTSD where individuals may feel detached from others, have difficulty experiencing positive emotions, or feel a sense of emotional numbness. They might struggle to connect emotionally with family and friends.

Additional Information

- Paralysis:
 - Paralysis refers to the loss of the ability to move (and sometimes to feel anything) in part or most of the body. It is not typically a symptom of PTSD but rather a physiological condition resulting from injuries to the brain, spinal cord, or nerves.
 - Depressed mood:
 - Individuals with PTSD often exhibit symptoms of depression, including persistent sadness, hopelessness, and a decreased interest in activities they used to enjoy. This is a common symptom associated with PTSD.
 - Exfoliation:
 - Exfoliation refers to the shedding or peeling of the outer layer of the skin. This is a physical dermatological condition and is not related to PTSD.
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Question 4

Which of the following is also a type of Trauma and Stress-Related Disorder?

Which of the following is also a type of Trauma and Stress-Related Disorder?

Options:

- A. Adjustment Disorders
- B. Somatic Symptom Disorder
- C. Separation Anxiety Disorder
- D. Social Anxiety Disorder

Answer: A

Solution:

The correct answer is 'Adjustment Disorders'

Key Points

- **Adjustment Disorders**
 - Adjustment Disorders fall under the category of Trauma and Stress-Related Disorders in the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders).
 - These disorders occur when an individual experiences significant emotional or behavioral symptoms in response to an identifiable stressor (e.g., life changes, traumatic events, or loss).
 - In this case, Major Chandra has experienced a traumatic event, which can lead to disorders like PTSD (Post-Traumatic Stress Disorder) or Adjustment Disorder, making this the most relevant answer.

Additional Information

- **Somatic Symptom Disorder**
 - This disorder involves excessive focus on physical symptoms (such as pain or fatigue) that cause distress, often without a clear medical cause. It is not categorized under Trauma and Stress-Related Disorders but rather under Somatic Symptom and Related Disorders in DSM-5.
 - **Separation Anxiety Disorder**
 - This is an anxiety disorder that occurs when a person experiences excessive fear or distress about being separated from an attachment figure (e.g., a parent or loved one). It is more common in children and does not fit the context of a traumatic event.
 - **Social Anxiety Disorder**
 - This is characterized by intense fear of social situations due to a fear of being judged, embarrassed, or humiliated. It is an anxiety disorder, not a Trauma and Stress-Related Disorder, and does not relate to the trauma Major Chandra experienced.
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Question 5

Identify the disorder, Major Chandra is suffering from:

Identify the disorder, Major Chandra is suffering from:

Options:

- A. Conversion Disorder
- B. Post-traumatic Stress Disorder
- C. Illness-Anxiety Disorder
- D. Generalised Anxiety Disorder

Answer: B

Solution:

The correct answer is 'Post-traumatic Stress Disorder'

Key Points

- **Post-traumatic Stress Disorder**
 - PTSD is a mental health disorder that develops after experiencing or witnessing a traumatic event, such as combat, natural disasters, or violent attacks.
 - Common symptoms include flashbacks, nightmares, intrusive thoughts, hyperarousal, and emotional distress—all of which Major Chandra is experiencing.
 - Since he was involved in a life-threatening encounter with terrorists and continues to have flashbacks and nightmares, PTSD is the most appropriate diagnosis.

Additional Information

- **Conversion Disorder**
 - This disorder, also known as Functional Neurological Symptom Disorder, involves neurological symptoms (e.g., paralysis, blindness, seizures) that cannot be explained by a medical condition. Major Chandra is experiencing psychological distress (flashbacks, nightmares), not neurological symptoms, making this an incorrect choice.
- **Illness-Anxiety Disorder**
 - Previously called Hypochondriasis, this disorder is characterized by excessive worry about having a serious illness, despite little or no medical evidence. Major Chandra's symptoms are related to trauma, not excessive health concerns, so this is not the right diagnosis.
- **Generalized Anxiety Disorder (GAD)**
 - GAD involves excessive and persistent worry about various aspects of life (e.g., work, relationships, health) that lasts for at least six months. While anxiety is a part of PTSD, Major Chandra's symptoms (flashbacks and nightmares) specifically point to trauma rather than general anxiety.

Question 6

Which factor affect the shaping of attitudes in the early years of life?

Which factor affect the shaping of attitudes in the early years of life?

Options:

- A. Reference group
- B. Personal experience
- C. Media-related influences
- D. Family and School environment

Answer: D

Solution:

The correct answer is 'Family and School environment'



Key Points

- **Family and School environment:**
 - The family and school environment play a crucial role in shaping attitudes in the early years of life.
 - Children learn values, norms, and behaviors from their parents, siblings, and teachers, which significantly influence their attitudes and perceptions.
 - The interactions and experiences within the family and school settings form the foundation for a child's social and moral development.



Additional Information

- **Reference group:**
 - Reference groups are groups that individuals identify with and look to for guidance in behavior and attitudes, such as peers and social groups.
 - While reference groups influence attitudes, especially during adolescence and adulthood, they are not as impactful as family and school in the early years of life.
- **Personal experience:**
 - Personal experiences, including interactions with the environment and people, contribute to shaping attitudes.
 - These experiences become more influential as individuals grow older and start to navigate the world independently.
- **Media-related influences:**
 - Media, including television, internet, and social media, play a significant role in shaping attitudes by providing information and influencing perceptions.
 - However, media influences are more prominent during later childhood and adolescence rather than the very early years of life.

Question 7

Identify the process of attitude formation that has been demonstrated in the passage:

Identify the process of attitude formation that has been demonstrated in the passage:

Options:

- A. Learning attitudes by association
- B. Learning attitudes through group norms
- C. Learning attitudes through modelling

D. Learning attitudes through exposure to information

Answer: C

Solution:

The correct answer is 'Learning attitudes through modelling'

Key Points

- **Learning attitudes through modelling:**
 - This process involves acquiring attitudes by observing and imitating others, especially those who are significant or influential.
 - In the passage, Sanyogita acts as a role model for her colleagues, students, and children, demonstrating the importance of segregating garbage and maintaining a clean environment.
 - Her actions and commitment to the cause inspire others to follow suit, reflecting the concept of learning attitudes through modelling.

Additional Information

- **Learning attitudes by association:**
 - This involves forming attitudes by associating a particular object or situation with a positive or negative experience.
 - In the given passage, there is no mention of people forming attitudes through their associations with specific experiences related to garbage disposal.
- **Learning attitudes through group norms:**
 - This process involves adopting attitudes that are prevalent within a particular social group or community.
 - Although Sanyogita's efforts might influence group norms eventually, the passage primarily focuses on individual modelling rather than group norm adoption.
- **Learning attitudes through exposure to information:**
 - This method involves changing attitudes by providing information and raising awareness on a particular topic.
 - While Sanyogita educates people on waste segregation, the passage emphasizes her role as a model rather than merely providing information.

Question 8

"Sanyogita felt distressed when she observed how callous some people are towards keeping clean environment". Identify the component of attitude being expressed here.

"Sanyogita felt distressed when she observed how callous some people are towards keeping clean environment". Identify the component of attitude being expressed here.

Options:

- A. Affective
- B. Behavioural
- C. Cognitive
- D. Effective

Answer: A

Solution:

The correct answer is 'Affective'



Key Points

- **Affective Component of Attitude:**
 - The affective component of attitude refers to the emotional response or feelings an individual has towards a particular object, person, or situation.
 - In the given passage, Sanyogita feels distressed when she observes how callous some people are towards keeping a clean environment, which indicates an emotional response.
 - This distress is an example of the affective component because it shows her feelings of concern and frustration about the issue of improper garbage disposal.



Additional Information

- **Behavioural Component:**
 - This component refers to how an individual's attitudes influence their behavior or actions.
 - For example, Sanyogita organizing a team to educate people on waste segregation is an action reflecting the behavioral component of her attitude towards environmental cleanliness.
- **Cognitive Component:**
 - This involves an individual's beliefs, thoughts, or knowledge about a particular subject.
 - In the passage, Sanyogita's understanding of the methods used by developed countries for waste management reflects the cognitive component of her attitude.
- **Effective Component (Incorrect Option):**
 - This term appears to be a typographical error or confusion with 'affective.' 'Effective' is not a recognized component of attitude in psychological terms.

Question 9

Identify the behavioural component of the attitude displayed by Sanyogita towards the environment:

Identify the behavioural component of the attitude displayed by Sanyogita towards the environment:

Options:

- A. Sanyogita took the lead to organise a team of teachers and started going door to door in the nearby colonies.
- B. She avidly read about methods used by developed countries.
- C. She felt distressed when people were callous about their environment.
- D. Sanyogita's students and children joined her mission.

Answer: A

Solution:

The correct answer is 'Sanyogita took the lead to organise a team of teachers and started going door to door in the nearby colonies.'



Key Points

- **Behavioural component of attitude:**
 - The behavioural component of attitude refers to the way an individual behaves or acts in response to a particular object or situation.
 - It is an action-oriented aspect of attitude, reflecting how one intends or actually responds in particular scenarios.
- **Identifying Sanyogita's behavioural component:**
 - Sanyogita's action of taking the lead to organise a team and going door to door demonstrates a proactive behaviour aimed at resolving the issue of household garbage disposal.
 - This specific action illustrates her commitment and practical approach towards improving environmental cleanliness.



Additional Information

- **Other components of attitude:**
 - **Cognitive component:** Refers to beliefs, thoughts, and attributes associated with the object of the attitude. Example: Sanyogita avidly reading about methods used by developed countries.
 - **Affective component:** Relates to feelings or emotions linked with the attitude object. Example: Sanyogita feeling distressed when people were callous about their environment.
- **Incorrect Options:**
 - **Option 2:** She avidly read about methods used by developed countries - This represents the cognitive component of her attitude.
 - **Option 3:** She felt distressed when people were callous about their environment - This represents the affective component of her attitude.
 - **Option 4:** Sanyogita's students and children joined her mission - This reflects the influence and participation of others, not directly Sanyogita's behavioural component.

Question 10

"Sanyogita avidly read about methods used by other developed countries". Which component of attitude is being highlighted here?

"Sanyogita avidly read about methods used by other developed countries". Which component of attitude is being highlighted here?

Options:

- A. Affective
- B. Behavioural
- C. Cognitive
- D. Valance

Answer: C

Solution:

The correct answer is 'Cognitive'.



Key Points

- **Cognitive Component of Attitude:**
 - The cognitive component of attitude refers to the beliefs, thoughts, and knowledge an individual has about a particular subject or issue.
 - In the passage, Sanyogita avidly read about methods used by other developed countries to address waste management, which highlights her efforts to gain knowledge and information about the subject.
 - This knowledge acquisition process is a clear indication of the cognitive aspect of attitude.



Additional Information

- **Affective Component:**
 - The affective component involves the emotions and feelings that an individual associates with a subject or issue.
 - In the passage, Sanyogita's distress when observing how callous some people were towards keeping a clean environment could be linked to the affective component, but it is not the focus in the context of her reading habits.
- **Behavioural Component:**
 - The behavioural component of attitude refers to the way an individual behaves or acts concerning a particular subject or issue.
 - In the passage, Sanyogita's actions of educating people and leading a team to segregate garbage are examples of the behavioural component, but this is not highlighted in the context of her reading about waste management methods.
- **Valance:**
 - Valance refers to the intrinsic attractiveness or averseness of an event, object, or situation.

- While valance can influence attitudes, it is not a direct component of attitudes and is not relevant to the context of Sanyogita's reading about waste management methods.
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Question 11

Which one of the following is not a core/basic skill in the field of psychological services.

Options:

- A. Leadership skills
- B. Communication skills
- C. Psychological testing skills
- D. Counselling skills

Answer: A

Solution:

The correct answer is 'Leadership skills'



Key Points

- **Leadership skills:**
 - Leadership skills involve the ability to guide, inspire, and influence others towards achieving common goals.
 - While important in many fields, leadership skills are not considered a core skill in psychological services as they are not directly related to the primary functions of psychological professionals.



Additional Information

- **Communication skills:**
 - Communication skills are essential in psychological services for effectively conveying information, understanding clients, and building therapeutic relationships.
 - **Psychological testing skills:**
 - Psychological testing skills involve the ability to administer, score, and interpret various psychological tests, which are crucial for diagnosing and assessing mental health conditions.
 - **Counselling skills:**
 - Counselling skills are fundamental in providing therapeutic support, helping clients to manage and overcome personal and psychological challenges.
-

Question 12

While singing during school assembly you can see that some children are singing whereas some are only moving their legs or not singing at all. This phenomenon can be explained by _____.

Options:

- A. Social Facilitation
- B. Social Loafing
- C. Social Inhibition
- D. Social Motivation

Answer: B

Solution:

The correct answer is 'Social Loafing'



Key Points

- **Social Loafing:**
 - Social loafing refers to the phenomenon where individuals exert less effort when they are part of a group compared to when they work alone.
 - This occurs because individuals feel less accountable and believe their contributions are less noticeable within a group setting.
 - In the context of the school assembly, some children might be singing less or not singing at all because they perceive that their individual contribution will not be singled out or missed.



Additional Information

- **Social Facilitation:**
 - Social facilitation refers to the tendency of people to perform certain tasks better when they are in the presence of others.
 - This typically applies to tasks that are simple or well-rehearsed, where the presence of others can boost performance.
 - In the case of the school assembly, if social facilitation were at play, we would expect all children to sing more enthusiastically rather than some not participating at all.
- **Social Inhibition:**
 - Social inhibition occurs when individuals perform worse on tasks in the presence of others, particularly if the tasks are complex or not well-learned.
 - This is due to the anxiety or pressure of being observed.
 - While social inhibition might explain some children not singing, it doesn't fully capture the group dynamic where some children sing while others do not.

- **Social Motivation:**
 - Social motivation refers to the drive to engage in social interactions and gain social approval.
 - While social motivation could influence behavior in a group, it does not specifically explain the reduced effort or lack of participation seen in the described scenario.
-

Question 13

George was in New York, when he saw the Twin Towers being destroyed by the terrorist airplanes. Now he has recurrent dreams, flashback and emotional numbing. These are characteristic of:-

Options:

- A. Generalised Anxiety Disorder
- B. Post-Traumatic Stress Disorder
- C. Separation Anxiety Disorder
- D. Pre-Traumatic Stress Disorder

Answer: B

Solution:

The correct answer is 'Post-Traumatic Stress Disorder'

Key Points

- **Post-Traumatic Stress Disorder (PTSD):**
 - PTSD is a mental health condition triggered by experiencing or witnessing a traumatic event.
 - Symptoms include recurrent dreams, flashbacks, and emotional numbing, which are the experiences described by George.
 - Other symptoms can include severe anxiety, uncontrollable thoughts about the event, and changes in physical and emotional reactions.
 - PTSD can develop after any event that causes intense fear, helplessness, or horror.

Additional Information

- **Generalised Anxiety Disorder (GAD):**
 - GAD is characterized by chronic and exaggerated worry and tension, even when there is little or nothing to provoke it.
 - People with GAD find it difficult to control their worry and experience symptoms such as restlessness, fatigue, difficulty concentrating, irritability, muscle tension, and sleep disturbance.
- **Separation Anxiety Disorder:**

- This disorder is characterized by excessive anxiety concerning separation from home or from those to whom the individual is attached.
 - It is more common in children but can also affect adults.
 - Symptoms include recurrent distress when anticipating or experiencing separation, excessive worry about losing major attachment figures, and reluctance or refusal to leave home.
 - **Pre-Traumatic Stress Disorder:**
 - Pre-Traumatic Stress Disorder is not a recognized medical condition.
 - The term might be used informally to describe anxiety or stress about an upcoming event that one anticipates to be traumatic, but it is not an official diagnosis.
-

Question 14

Dhruv has been consuming alcohol for many years. Recently he has joined an alcohol rehabilitation center. During his group therapy session, Dhruv shared the amount of alcohol he could drink to feel 'high'. He started with a peg and to get the same effect now he has to take greater amount. Identify the reason for this change:

Options:

- A. Withdrawal
- B. Tolerance
- C. Poor quality of alcohol
- D. Fixation

Answer: B

Solution:

The correct answer is 'Tolerance'

Key Points

- **Tolerance:**
 - Tolerance refers to the process by which the body becomes accustomed to a substance, requiring higher doses to achieve the same effect that was once achieved with a smaller amount.
 - This occurs because of the body's adaptation to the presence of the substance, reducing its effects over time.
 - In Dhruv's case, his body has become used to the amount of alcohol he initially consumed, so he now needs to consume more to feel the same 'high'.
 - Developing tolerance is a common aspect of substance use disorders and is one of the reasons why professional help from a rehabilitation center is often necessary.

Additional Information

- **Withdrawal:**
 - Withdrawal refers to the physical and mental symptoms that occur after stopping or reducing intake of a substance. It is the body's reaction to the absence of the substance it has become dependent on.
 - Symptoms can include anxiety, tremors, and nausea, among others. Withdrawal is not related to the need for increased amounts to achieve the same effect.
 - **Poor quality of alcohol:**
 - This option suggests that the decreased effect is due to the alcohol being of lesser quality, which is not relevant to Dhruv's situation of needing more alcohol to feel 'high'.
 - Poor quality of alcohol can cause different issues, such as health risks, but it does not explain the increased tolerance level.
 - **Fixation:**
 - Fixation refers to an obsessive focus on a particular thing or activity. It does not explain the physiological need for increased amounts of alcohol to achieve the same effect.
 - While fixation can be a component of addictive behavior, it is not the reason for the increased tolerance described in Dhruv's case.
-

Question 15

The Clinical formulation of a client's problem has the following advantages:

(A) Identification of areas to be targetted for treatment in psychotherapy

(B) Understanding the status of the client

(C) Understanding the problems

(D) To make money

(E) Choice of techniques for treatment

Choose the correct answer from the options given below:

Options:

A. (B), (C) & (E) only

B. (C), (D) & (E) only

C. (A), (B) & (C) only

D. (A), (C) & (E) only

Answer: D

Solution:

The correct answer is '(A), (C) & (E) only.'

Key Points

- **Clinical Formulation of a Client's Problem:**
 - Clinical formulation refers to the process by which a therapist or clinician integrates and synthesizes information about a client's psychological issues to understand their underlying causes, contributing factors, and how they manifest in the client's life.
 - This formulation is essential for tailoring effective treatment plans and interventions that address the specific needs and challenges of the client.
- **Advantages of Clinical Formulation:**
 - **Identification of areas to be targeted for treatment in psychotherapy:** By understanding the client's issues, a clinician can pinpoint the specific areas that need to be addressed in therapy, ensuring a focused and effective approach.
 - **Understanding the problems:** A comprehensive clinical formulation allows the therapist to gain a deep understanding of the client's problems, including their origins, triggers, and maintaining factors.
 - **Choice of techniques for treatment:** Based on the clinical formulation, the therapist can select the most appropriate therapeutic techniques and interventions that will be most effective for the client's unique situation.

Additional Information

- **Understanding the status of the client:**
 - While understanding the client's status is important, it is part of the overall assessment and not a distinct advantage of clinical formulation.
 - **To make money:**
 - This is not a legitimate advantage of clinical formulation. The primary goal of clinical formulation is to improve client outcomes, not financial gain.
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Question 16

Discussed below are elements of triarchic theory. Choose the correct options from the statements given below.

(A) The triarchic theory of intelligence was given by Howard Gardner

(B) According to this theory intelligence is the ability to adapt, to shape and select environment to accomplish ones goals.

(C) There are three basic types of intelligence: componential, contextual and experiential

(D) Componential intelligence may also be called street smartness or business sense

(E) Experiential or creative intelligence is involved in using past experiences creatively to solve novel problems

Choose the correct answer from the options given below:

Options:

A. (A), (C) and (D) only

B. (B), (C) and (D) only

C. (B), (C) and (E) only

D. (A), (B) and (C) only

Answer: C

Solution:

The correct answer is 'B, C, and E only'



Key Points

- **Triarchic Theory of Intelligence:**

- The Triarchic Theory of Intelligence was proposed by Robert J. Sternberg, not Howard Gardner. Howard Gardner is known for his theory of Multiple Intelligences.
- According to Sternberg's theory, intelligence is the ability to adapt to, shape, and select environments to accomplish one's goals and those of one's society and culture.
- Sternberg identified three types of intelligence:
 - **Componential (Analytical) Intelligence:** This refers to the ability to analyze, evaluate, compare, and contrast. It involves problem-solving abilities and logical reasoning.
 - **Experiential (Creative) Intelligence:** This involves the ability to deal with new situations using past experiences and current skills. It is about being innovative and creative in approach.
 - **Contextual (Practical) Intelligence:** Often referred to as "street smarts," this involves the ability to apply knowledge to real-world scenarios and to adapt to, shape, and select

environments.

Additional Information

- **Incorrect Statements:**
 - **Statement A:** Incorrect because the Triarchic Theory of Intelligence was given by Robert J. Sternberg, not Howard Gardner. Gardner proposed the Multiple Intelligences theory.
 - **Statement D:** Incorrect because Componential intelligence is related to analytical thinking and problem-solving abilities, not "street smartness" or "business sense." These attributes are more aligned with Contextual (Practical) intelligence.
 - **Howard Gardner's Multiple Intelligences:**
 - Gardner's theory suggests that intelligence is not a single general ability but consists of various specific types. These include linguistic, logical-mathematical, musical, bodily-kinesthetic, spatial, interpersonal, intrapersonal, and naturalistic intelligences.
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Question 17

When a large audience is asked to clap as loudly as possible, it was observed that the bigger the group size the more the increase in noise, but the amount of noise each participant made was reduced. This phenomenon is called:

Options:

- A. Social facilitation
- B. Social Loafing
- C. Social rejection
- D. Social participation

Answer: B

Solution:

The correct answer is 'Social Loafing'

Key Points

- **Social Loafing:**
 - Social loafing is the phenomenon where individuals exert less effort when working in a group compared to when working alone.
 - This reduction in individual effort occurs because people feel less accountable and believe their contribution is less noticeable in a larger group.

- In the context of the given statement, when a large audience is asked to clap as loudly as possible, each participant's effort decreases as the group size increases, illustrating social loafing.

Additional Information

- **Social Facilitation:**
 - Social facilitation refers to the tendency for people to perform better on simple tasks and worse on complex tasks when in the presence of others.
 - This concept is not applicable to the given scenario, as it focuses on individual performance enhancement rather than reduced effort in a group setting.
 - **Social Rejection:**
 - Social rejection involves being deliberately excluded from a social relationship or interaction.
 - This is unrelated to the phenomenon of reduced individual effort in group activities as described in the statement.
 - **Social Participation:**
 - Social participation generally refers to involvement in activities within a community or group.
 - While social participation is about engagement, it does not specifically address the reduction of individual effort in larger groups.
-

Question 18

**The concept of 'Balance' in Attitude Change is explained below.
Identify the correct options:**

- (A) Fritz Heider described this change in the form of P-O-X triangle, which explains relationship between the aspects.**
- (B) P is the person whose attitude is being studied. O is another person, X is the topic towards which attitude is studied.**
- (C) Attitude changes if there is a state of imbalance between P-O, O-X, P-X attitude.**
- (D) Imbalance is found when all three sides are positive.**
- (E) Balance is found when all three sides of the P-O-X triangle are negative.**

Choose the correct answer from the options given below:

Options:

- A. (A), (B) & (D) only
- B. (A), (B) & (C) only
- C. (A), (B) & (E) only
- D. (A), (D) & (E) only

Answer: B

Solution:

The correct answer is '(A), (B) & (C) only'

Key Points

- **Fritz Heider's Balance Theory:**
 - Fritz Heider introduced the concept of 'Balance' in attitude change through the P-O-X triangle, which helps explain the relationships between different aspects of attitudes.
 - In this theory, 'P' represents the person whose attitude is being studied, 'O' stands for another person, and 'X' denotes the topic or object towards which the attitude is directed.
 - According to Heider, an attitude changes if there is a state of imbalance between the relationships P-O, O-X, and P-X.

Additional Information

- **Incorrect Options:**
 - **Imbalance is found when all three sides are positive:** This statement is incorrect because imbalance is not necessarily found when all three sides are positive. Instead, imbalance occurs when the relationships among P-O, O-X, and P-X do not align or are conflicting.
 - **Balance is found when all three sides of the P-O-X triangle are negative:** This statement is also incorrect. Balance can be found when the relationships among P-O, O-X, and P-X are consistent, regardless of whether they are positive or negative. Heider's theory focuses on the consistency of these relationships rather than their individual positivity or negativity.
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Question 19

Find out the correct statements about alternative therapies:

(A) Yoga is an ancient Indian technique detailed in the Ashtanga Yoga of Patanjali's Yoga Sutras.

(B) Alternative therapies are treatment possibilities to the conventional drug treatment or psychotherapy.

(C)Sudarshan Karma Yoga does not benefit individuals with anxiety and depression but helps substance abuse.

(D)There are many alternative therapies like cognitive behaviour therapy and rational emotive therapy.

(E)Vipasana meditation is also known as mindfulness based meditation.

Choose the correct answer from the options given below:

Options:

A. (A), (B) & (C) only

B. (B), (C) & (D) only

C. (A), (B) & (E) only

D. (C), (D) & (E) only

Answer: C

Solution:

The correct answer is '(A), (B) & (E) only.'



Key Points

- **Yoga is an ancient Indian technique detailed in the Ashtanga Yoga of Patanjali's Yoga Sutras:**
 - Yoga, a practice that originated in ancient India, is comprehensively documented in Patanjali's Yoga Sutras under the Ashtanga (eight-limbed) Yoga.
 - This technique includes physical postures (asanas), breath control (pranayama), and meditation practices aimed at achieving mental clarity and spiritual growth.
- **Alternative therapies are treatment possibilities to the conventional drug treatment or psychotherapy:**
 - Alternative therapies refer to a range of medical therapies that are not regarded as orthodox by the medical profession.
 - These therapies are used instead of, or alongside, conventional treatments and can include practices such as acupuncture, herbal medicine, and yoga.
- **Vipasana meditation is also known as mindfulness based meditation:**
 - Vipassana meditation, also known as mindfulness meditation, focuses on the deep interconnection between mind and body through disciplined attention to physical sensations.
 - This practice helps individuals develop a heightened sense of awareness and a balanced mind.



Additional Information

- **Sudarshan Karma Yoga does not benefit individuals with anxiety and depression but helps substance abuse:**
 - This statement is incorrect as Sudarshan Kriya Yoga has been shown to benefit individuals with anxiety and depression, and it is also used in the treatment of substance abuse.
 - The practice involves a specific sequence of breathing techniques that help in reducing stress and improving mental health.
 - **There are many alternative therapies like cognitive behaviour therapy and rational emotive therapy:**
 - This statement is incorrect as cognitive behaviour therapy (CBT) and rational emotive behavior therapy (REBT) are forms of psychotherapy, not alternative therapies.
 - These therapies are part of conventional psychological treatments used by mental health professionals to treat various mental health conditions.
-

Question 20

Identify the neuro-developmental disorders:

(A) Autism Spectrum Disorder

(B) Intellectual Disability

(C) Specific Learning Disorder

(D) Hallucinations

(E) Conduct disorder

Choose the correct answer from the options given below:

Options:

A. (A), (B) & (E) only

B. (A), (B) & (D) only

C. (A), (B) & (C) only

D. (A), (D) & (E) only

Answer: C

Solution:

The correct answer is '(A), (B) & (C) only'

Key Points

- **Neuro-developmental Disorders:**
 - Neuro-developmental disorders are a group of conditions that typically manifest early in development and are characterized by developmental deficits that produce impairments of personal, social, academic, or occupational functioning.
 - These disorders are primarily associated with the functioning of the nervous system and brain.
 - The most commonly recognized neuro-developmental disorders include Autism Spectrum Disorder, Intellectual Disability, and Specific Learning Disorder.

Additional Information

- **Hallucinations:**
 - Hallucinations are perceptions in the absence of external stimuli and are typically associated with psychiatric disorders such as schizophrenia rather than neuro-developmental disorders.
 - **Conduct Disorder:**
 - Conduct disorder is characterized by a repetitive and persistent pattern of behavior that violates the rights of others or major age-appropriate societal norms or rules. It is considered a behavioral disorder rather than a neuro-developmental disorder.
-

Question 21

Beth, aged 18, has been trying to keep a secret from her family and friends. She is a binge eater. When others are not around, she gorges on cakes, ice cream and other food so fast that she hardly has time to chew. Once she begins there is no stopping until her stomach aches. After her binge, Beth feels disgusted with herself and makes herself vomit, then takes a double dose of laxative. Her life is totally dominated by her obsession with food. Beth is suffering from which disorder?

Options:

- A. Anorexia Nervosa
- B. Body Dysmorphic Disorder
- C. Bulimia Nervosa
- D. Conduct disorder

Answer: C

Solution:

The correct answer is 'Bulimia Nervosa.'

Key Points

- **Beth's symptoms align with Bulimia Nervosa, which is characterized by:**
 - Recurrent binge eating episodes (eating large amounts of food rapidly, with a sense of loss of control).
 - Compensatory behaviors such as self-induced vomiting and excessive laxative use to prevent weight gain.
 - Obsession with food and body image, leading to emotional distress.
 - These symptoms indicate Bulimia Nervosa rather than other disorders listed.

Additional Information

- **Anorexia Nervosa – Incorrect**
 - Anorexia Nervosa involves severe food restriction, an intense fear of gaining weight, and a distorted body image.
 - People with Anorexia typically avoid eating rather than bingeing and purging.
 - Beth engages in binge eating followed by purging, which aligns more with Bulimia than Anorexia.
- **Body Dysmorphic Disorder (BDD) – Incorrect**
 - BDD involves an obsessive preoccupation with perceived flaws in physical appearance, often unrelated to weight.
 - While Beth may have body image concerns, her primary issue is binge eating and purging, which fits Bulimia rather than BDD.
- **Conduct Disorder – Incorrect**
 - Conduct Disorder is a behavioral disorder characterized by aggressive, antisocial, or rule-breaking behavior (e.g., lying, stealing, violence).
 - Beth's struggles are with food and body image rather than behavioral misconduct.

Question 22

According to Holmes and Rahe, arrange stressful life events in sequence from highest to lowest in terms of their severity:

- (A) Unexpected accident or trauma**
- (B) Break-up with friend**
- (C) Illness of family member**
- (D) Death of a close family member**

(E) Change in eating habits

Choose the correct answer from the options given below:

Options:

- A. (D), (A), (C), (B), (E)
- B. (D), (C), (A), (B), (E)
- C. (D), (B), (A), (C), (E)
- D. (B), (D), (A), (E), (C)

Answer: A

Solution:

The correct answer is '(D), (A), (C), (B), (E)'

Key Points

- **Holmes and Rahe Stress Scale:**
 - Developed by psychiatrists Thomas Holmes and Richard Rahe in 1967.
 - Measures the stress load one carries and predicts the likelihood of illness following stressful life events.
- **Severity of Stressful Life Events:**
 - **Death of a close family member:** Ranked highest due to profound emotional impact and long-term effects.
 - **Unexpected accident or trauma:** High severity due to suddenness and potential physical and psychological damage.
 - **Illness of family member:** Significant stress due to emotional strain and potential caregiving responsibilities.
 - **Break-up with friend:** Moderate stress as it affects social support systems but not as severely as family-related events.
 - **Change in eating habits:** Lowest severity as it involves lifestyle adjustments rather than emotional or physical trauma.

Additional Information

- **Incorrect Options:**
 - **Option 2:** Incorrect because it places the illness of a family member before an unexpected accident or trauma, which typically has a higher stress impact.
 - **Option 3:** Incorrect because it places the break-up with a friend higher than an unexpected accident or trauma, which is usually more stressful.
 - **Option 4:** Incorrect because it places the break-up with a friend at the highest stress level, which is not accurate according to the Holmes and Rahe Stress Scale.
- **Understanding Stress Management:**

- Recognizing and ranking stressors can help individuals prioritize coping strategies and seek appropriate support.
 - Effective stress management includes practices such as mindfulness, exercise, and seeking social support.
-

Question 23

Which one is not a characteristic of crowding experience?

Options:

- A. Loss in privacy
- B. loss of control over social interaction
- C. Negative view of the space around the person
- D. Feeling of comfort

Answer: D

Solution:

The correct answer is 'Feeling of comfort'



Key Points

- **Crowding Experience:**
 - Crowding refers to the psychological response individuals experience when they perceive that the amount of available space is insufficient for their needs.
 - This experience is typically negative and can lead to stress and anxiety.
- **Loss in Privacy:**
 - In crowded environments, individuals often feel that their personal space is invaded, leading to a loss of privacy.
 - This can cause discomfort and anxiety as individuals feel exposed and unable to maintain their personal boundaries.
- **Loss of Control Over Social Interaction:**
 - Crowding can result in individuals feeling that they have no control over their social interactions.
 - This lack of control can lead to frustration and stress as people are forced into closer proximity with others than they would prefer.
- **Negative View of the Space Around the Person:**
 - When experiencing crowding, individuals often develop a negative perception of their surroundings.
 - This negative view can exacerbate feelings of stress and discomfort, as the environment is seen as oppressive and confining.



Additional Information

- **Feeling of Comfort:**
 - Feeling of comfort is not a characteristic of the crowding experience.
 - In fact, crowding typically leads to discomfort and stress rather than comfort.
 - Individuals in crowded situations are more likely to feel anxious and overwhelmed, rather than relaxed and comfortable.
-

Question 24

Match List-I with List-II

List – I		List - II	
A.	Self-esteem	I.	The extent to which individuals believe that they themselves control their life's outcomes.
B.	Self efficacy	II.	Judgements about our own value or worth.
C.	Social-Self	III.	The way we perceive ourselves and the ideas we hold about our competencies and attributes.
D.	Self concept	IV.	Familial or relational self.

Choose the correct answer from the options given below:

Options:

- A. A - II, B - III, C - IV, D - I
- B. A - II, B - IV, C - I, D - III
- C. A - II, B - I, C - IV, D - III
- D. A - II, B - IV, C - III, D - I

Answer: C

Solution:

The correct answer is 'A - II, B - I, C - IV, D - III'

Key Points

- **Self-esteem:**
 - Self-esteem refers to the judgments we make about our own value or worth.
 - It is an important aspect of our overall sense of self and influences our behavior and emotions.
- **Self-efficacy:**
 - Self-efficacy is the extent to which individuals believe that they themselves control their life's outcomes.
 - It reflects confidence in the ability to exert control over one's own motivation, behavior, and social environment.
- **Social-Self:**
 - The social-self is also known as the familial or relational self.
 - It refers to the part of an individual's self-concept derived from their relationships and social interactions.
- **Self-concept:**
 - Self-concept is the way we perceive ourselves and the ideas we hold about our competencies and attributes.
 - It encompasses our beliefs and knowledge about ourselves, including our strengths and weaknesses.

Additional Information

- **Other Options Explanation:**
 - The incorrect options mix up the definitions and associations of self-esteem, self-efficacy, social-self, and self-concept.
 - It is important to accurately match each term with its correct definition to understand their distinct psychological concepts.
 - **Understanding Key Psychological Terms:**
 - Knowing the precise definitions of these key psychological terms helps in better understanding human behavior and personality.
 - These concepts are foundational in fields such as psychology, counseling, and personal development.
-

Question 25

Who devised the concept of Intelligence Quotient (IQ) ?

Options:

- A. Alfred Binet
- B. Theodore Simon
- C. William Stern
- D. Lewis Terman

Answer: C

Solution:

The correct answer is 'William Stern.'

Key Points

- **William Stern:**
 - William Stern, a German psychologist, is credited with coining the term "Intelligence Quotient" or IQ.
 - He introduced the concept in the early 20th century, specifically in 1912, to quantify intelligence.
 - IQ is calculated as the ratio of mental age to chronological age, multiplied by 100.
 - His work laid the foundation for standardized intelligence testing.

Additional Information

- **Alfred Binet:**
 - Alfred Binet, a French psychologist, developed the first practical intelligence test, known as the Binet-Simon scale, in collaboration with Theodore Simon.
 - His work focused on identifying children who needed special educational assistance.
 - Although he did not devise the IQ concept, his contributions were crucial to the development of intelligence testing.
- **Theodore Simon:**
 - Theodore Simon worked with Alfred Binet to develop the Binet-Simon scale.
 - He played a significant role in creating the first intelligence test but was not responsible for the IQ concept.
- **Lewis Terman:**
 - Lewis Terman, an American psychologist, revised the Binet-Simon scale and created the Stanford-Binet Intelligence Scales.
 - He popularized the use of the IQ in the United States but did not originally devise the concept.

Question 26

While judging a personality pageant, raters gave high scores to contestants who were already famous because of their presence in popular T.V. serials or advertisements and tended to give low scores to those who were not so popular. This phenomena is called

Options:

- A. Halo effect
- B. Recency effect

- C. Primacy effect
- D. Rosenthal effect

Answer: A

Solution:

The correct answer is 'Halo effect'

Key Points

- **Halo effect:**
 - The Halo effect is a type of cognitive bias where the perception of one positive quality leads to the biased perception of other qualities.
 - In the context of the personality pageant, raters gave high scores to contestants who were already famous due to their presence in popular T.V. serials or advertisements, allowing their fame to influence their judgment of the contestants' other qualities.
 - This effect occurs because the positive impression of fame creates a 'halo' that affects the assessment of other traits, leading to a potentially biased evaluation.

Additional Information

- **Recency effect:**
 - The Recency effect refers to the tendency to remember the most recently presented information or events more vividly than earlier ones.
 - In this case, it is not applicable as the raters' judgment was influenced by the contestants' fame, not the order of presentation.
 - **Primacy effect:**
 - The Primacy effect is the tendency to remember the first pieces of information better than those presented later.
 - This effect does not apply here since the raters' scores were influenced by fame rather than the initial impression.
 - **Rosenthal effect:**
 - The Rosenthal effect, also known as the Pygmalion effect, occurs when higher expectations lead to an increase in performance.
 - This phenomenon is unrelated to the scenario where raters were influenced by the contestants' existing fame.
-

Question 27

Aarushi was a friendly, outgoing and relaxed girl who could be described as fat, round and soft. According to Sheldon's typology, Aarushi falls under which category?

Options:

- A. Ectomorphic
- B. Mesomorphic
- C. Phlegmatic
- D. Endomorphic

Answer: D

Solution:

The correct answer is 'Endomorphic'



Key Points

- **Endomorphic:**
 - According to Sheldon's typology, endomorphic individuals are characterized by a rounder, softer body type.
 - They are typically described as having a higher proportion of body fat and a more relaxed, sociable demeanor.
 - Aarushi, described as friendly, outgoing, relaxed, fat, round, and soft, fits this description well, placing her in the endomorphic category.



Additional Information

- **Ectomorphic:**
 - Ectomorphic individuals are characterized by a lean, slender body type with little body fat or muscle mass.
 - They are often described as having a delicate build and being more introverted and thoughtful.
 - This does not match Aarushi's description.
- **Mesomorphic:**
 - Mesomorphic individuals have a more muscular and athletic build with a lower proportion of body fat.
 - They are often associated with being active, assertive, and bold.
 - This also does not align with Aarushi's characteristics.
- **Phlegmatic:**
 - Phlegmatic is not part of Sheldon's typology but rather one of the four temperaments in ancient Greek medicine.
 - Phlegmatic individuals are typically calm, reliable, and thoughtful.
 - This term is more related to personality traits rather than body types, making it irrelevant in this context.

Question 28

Why are most Asian cultures characterised as collectivistic?

Options:

- A. The boundary between self and others is relatively fixed.
- B. The boundary between self and others is shifting thus at times fusing with the cosmos and at other times full withdrawn.
- C. Clear dichotomies between man and nature.
- D. The self and the group exist as two different entities remaining at a distance.

Answer: B

Solution:

The correct answer is 'The boundary between self and others is shifting thus at times fusing with the cosmos and at other times fully withdrawn.'



Key Points

- **Collectivistic Culture in Asia:**
 - Asian cultures are often characterized by collectivism, where the focus is on the group rather than the individual.
 - The boundary between self and others is fluid and can shift, creating a strong sense of interconnectedness and community.
 - This fluid boundary allows individuals to feel a part of the larger group or even the cosmos, fostering a sense of belonging and shared identity.



Additional Information

- **Other Options:**
 - The boundary between self and others is relatively fixed: This suggests a more individualistic perspective where personal boundaries are clearly defined, which is not typical of collectivistic cultures.
 - Clear dichotomies between man and nature: This is not a characteristic of collectivistic cultures, which often see humans as a part of nature rather than separate from it.
 - The self and the group exist as two different entities remaining at a distance: This describes individualistic societies where the group and the individual are seen as separate entities, not typical of collectivistic cultures.
-

Question 29

Which of the following is NOT a part of Gardner's theory of Multiple Intelligences?

Options:

- A. Musical
- B. Componential
- C. Interpersonal
- D. Intrapersonal

Answer: B

Solution:

The correct answer is 'Componential'

Key Points

- **Gardner's Theory of Multiple Intelligences:**
 - Howard Gardner proposed the theory of multiple intelligences in 1983, suggesting that individuals possess different kinds of intelligences.
 - This theory challenges the traditional view of a single, general intelligence (IQ) by identifying various domains in which people excel.
- **Musical Intelligence:**
 - This intelligence involves skill in the performance, composition, and appreciation of musical patterns.
 - Individuals with high musical intelligence have a strong sensitivity to rhythm, pitch, meter, tone, melody, and timbre.
- **Interpersonal Intelligence:**
 - This intelligence is the ability to understand and interact effectively with others.
 - People with high interpersonal intelligence are skilled at recognizing and understanding other people's moods, desires, motivations, and intentions.
- **Intrapersonal Intelligence:**
 - This intelligence involves the capacity to understand oneself, including one's own emotions, motivations, inner states, and self-reflection.
 - Individuals with high intrapersonal intelligence are introspective and have a deep understanding of their own strengths and weaknesses.

Additional Information

- **Componential Intelligence:**
 - Componential intelligence, also known as analytical intelligence, is a part of Robert Sternberg's Triarchic Theory of Intelligence.
 - It involves the ability to analyze, evaluate, judge, compare, and contrast, which is essential for academic tasks and problem-solving.
-

Question 30

Arrange in correct sequence the stages of group formation given by Tuckman:

(A) Norming

(B) Forming

(C) Storming

(D) Performing

(E) Adjourning

Choose the correct answer from the options given below:

Options:

A. (B), (C), (A), (D), (E)

B. (B), (A), (C), (D), (E)

C. (B), (C), (E), (D), (A)

D. (B), (E), (D), (A), (C)

Answer: A

Solution:

The correct answer is '(B), (C), (A), (D), (E)'



Key Points

- **Stages of Group Formation by Tuckman:**
 - **Forming:** This is the initial stage where the group members come together and start to get to know each other. They try to understand the group's goals and their roles within the group.
 - **Storming:** During this stage, group members may experience conflicts and differences of opinion as they begin to assert their individual perspectives and challenge the group's direction and leadership.
 - **Norming:** In this stage, the group begins to establish norms, roles, and a cohesive group identity. Members start to work together more effectively and resolve conflicts.
 - **Performing:** At this stage, the group is fully functional and works towards achieving its goals. Members are competent, autonomous, and able to handle the decision-making process effectively.
 - **Adjourning:** This final stage involves the dissolution of the group after the tasks are completed. Members may reflect on their achievements and the group process as they prepare to move on to

new opportunities.

Additional Information

- **Incorrect Options:**
 - **Option 2:** (B), (A), (C), (D), (E) – This option incorrectly places Norming (A) before Storming (C), which is not the correct sequence according to Tuckman's model.
 - **Option 3:** (B), (C), (E), (D), (A) – This option incorrectly places Adjourning (E) before Performing (D), which disrupts the correct sequence.
 - **Option 4:** (B), (E), (D), (A), (C) – This option completely disrupts the sequence by placing Adjourning (E) before Performing (D), Norming (A), and Storming (C).
-

Question 31

Reena and Rabiya love dogs hence they are likely to form a group due to:

Options:

- A. Proximity
- B. Similarity
- C. Status
- D. Self-esteem needs

Answer: B

Solution:

The correct answer is 'Similarity'

Key Points

- **Similarity:**
 - Similarity refers to the tendency of individuals to form connections with others who share similar interests, beliefs, or characteristics.
 - Reena and Rabiya both love dogs, which is a shared interest that can bring them together and form the basis of their relationship or group.
 - This principle is often observed in social psychology, where people are more likely to bond with those who have common preferences or hobbies.

Additional Information

- **Proximity:**

- Proximity refers to physical closeness, which can facilitate interactions and the formation of relationships.
- While proximity can lead to group formation, in this scenario, it is their shared interest in dogs that is the primary factor.
- **Status:**
 - Status involves the social standing or prestige of an individual within a group or society.
 - This option is not relevant here, as the focus is on their shared interest in dogs, not their social status.
- **Self-esteem needs:**
 - Self-esteem needs pertain to the desire for respect, recognition, and a sense of accomplishment.
 - While forming a group can enhance self-esteem, the primary reason for Reena and Rabiya's potential group formation is their shared love for dogs, not their self-esteem needs.

Question 32

Match List-I with List-II

List – I		List - II	
A.	Logotherapy	I.	Freiderick Perls and Laura Perls
B.	Client Centred Therapy	II.	Victor Frankl
C.	Gestalt Therapy	III.	Albert Ellis
D.	Rational Emotive Therapy	IV.	Carl Rogers

Choose the correct answer from the options given below:

Options:

- A. A - II, B - III, C - I, D - IV
- B. A - II, B - III, C - IV, D - I
- C. A - II, B - I, C - III, D - IV
- D. A - II, B - IV, C - I, D - III

Answer: D

Solution:

The correct answer is 'A - II, B - IV, C - I, D - III'

Key Points

- **Logotherapy (A - II):**
 - Logotherapy was developed by Victor Frankl, an Austrian neurologist and psychiatrist.
 - It is a form of existential analysis that focuses on the search for meaning in life as the central human motivational force.
- **Client-Centred Therapy (B - IV):**
 - Client-Centred Therapy, also known as Person-Centred Therapy, was developed by Carl Rogers.
 - This therapeutic approach emphasizes the importance of the therapist providing a supportive environment in which clients can reconnect with their self-worth and find their own solutions to problems.
- **Gestalt Therapy (C - I):**
 - Gestalt Therapy was founded by Freiderick Perls and Laura Perls.
 - It focuses on the individual's experience in the present moment and the therapist-client relationship, as well as the environmental and social contexts of a person's life.
- **Rational Emotive Therapy (D - III):**
 - Rational Emotive Therapy, now commonly known as Rational Emotive Behavior Therapy (REBT), was developed by Albert Ellis.
 - This approach focuses on identifying and changing irrational beliefs that cause emotional distress and replacing them with more rational and adaptive thoughts.

Additional Information

- **Other Options Explained:**
 - In the incorrect options, the associations between therapies and their founders are mismatched.
 - **Option 1:** A - II is correct, but B - III, C - I, D - IV are incorrect as Carl Rogers is associated with Client-Centred Therapy and Albert Ellis with Rational Emotive Therapy.
 - **Option 2:** A - II is correct, but B - III, C - IV, D - I are incorrect because Carl Rogers is associated with Client-Centred Therapy and Freiderick Perls and Laura Perls with Gestalt Therapy.
 - **Option 3:** A - II is correct, but B - I, C - III, D - IV are incorrect due to the same mismatches as mentioned above.

Question 33

Arrange steps in the correct sequence followed in systematic desensitization technique:

(A) The therapist relaxes the clients and asks him to think about the least anxiety provoking situation.

(B) The client is interviewed to elicit fear provoking situations.

(C) The therapist prepares a hierarchy of anxiety provoking stimulus with least anxiety provoking at the bottom.

(D)The client is asked to stop thinking of the fearful situation if the slightest tension is felt.

(E)Over the sessions, the client is able to imagine more severe fear provoking situations while maintaing the relaxation.

Choose the correct answer from the options given below:

Options:

A. (E), (B), (A), (D), (C)

B. (B), (C), (A), (D), (E)

C. (A), (B), (C), (E), (D)

D. (C), (D), (B), (A), (E)

Answer: B

Solution:

The correct answer is '(B), (C), (A), (D), (E)'



Key Points

- **Systematic Desensitization Technique:**
 - Systematic desensitization is a behavioral therapy used to reduce phobic reactions by gradually exposing a person to the feared object or context without any danger, in order to overcome the anxiety.
 - This technique is based on the principles of classical conditioning and involves three main steps: identification of anxiety-provoking stimuli, learning relaxation techniques, and gradually exposing the client to the feared stimuli while maintaining relaxation.
- **Steps Involved:**
 - **(B) The client is interviewed to elicit fear-provoking situations:** The process begins with identifying the specific situations that trigger the client's fear or anxiety.
 - **(C) The therapist prepares a hierarchy of anxiety-provoking stimulus with least anxiety provoking at the bottom:** The therapist then creates a list of these situations arranged in order from least to most anxiety-provoking.
 - **(A) The therapist relaxes the clients and asks them to think about the least anxiety-provoking situation:** The client is taught relaxation techniques and asked to visualize the least anxiety-provoking situation while staying relaxed.
 - **(D) The client is asked to stop thinking of the fearful situation if the slightest tension is felt:** If the client starts feeling anxious, they are instructed to stop and return to a relaxed state.
 - **(E) Over the sessions, the client is able to imagine more severe fear-provoking situations while maintaining the relaxation:** Gradually, the client is exposed to more anxiety-provoking situations while maintaining relaxation, eventually desensitizing them to the feared stimuli.

Additional Information

- **Other Options Explained:**
 - **Option 1:** Incorrect sequencing as it starts with the most advanced step of the process (E), which should be the last.
 - **Option 3:** Incorrect as it starts with relaxation (A) before identifying fear-provoking situations (B).
 - **Option 4:** Incorrect as it starts with the preparation of the hierarchy (C) without first identifying fear-provoking situations (B).
-

Question 34

An adolescent started therapy a week back. Based on formulating the adolescent's problem, the therapist feels that the boy will be capable of arriving at solutions through a process of personal growth. The therapist's approach to therapy is in an accepting environment. Identify the type of therapy being provided:

Options:

- A. Cognitive
- B. Behavioral
- C. Existential
- D. Psychodynamic

Answer: C

Solution:

The correct answer is 'Existential Therapy'.

Key Points

- **Existential Therapy:**
 - Existential therapy focuses on exploring the meaning and purpose of life and emphasizes personal responsibility and the freedom to shape one's life.
 - It is based on the belief that individuals have the capacity for self-awareness and self-determination.
 - The therapist creates an accepting environment that allows the client to explore their feelings, thoughts, and beliefs without judgment.
 - This type of therapy helps individuals confront existential issues such as isolation, meaninglessness, and mortality.

Additional Information

- **Cognitive Therapy:**
 - Cognitive therapy focuses on identifying and changing negative thought patterns and beliefs that contribute to emotional distress and dysfunctional behavior.
 - It is based on the idea that our thoughts influence our emotions and behaviors.
 - Therapists work with clients to develop healthier thinking patterns and coping strategies.
 - **Behavioral Therapy:**
 - Behavioral therapy focuses on changing maladaptive behaviors through the use of learning principles such as reinforcement, punishment, and modeling.
 - This type of therapy is often used to treat phobias, anxiety disorders, and other behavior-related issues.
 - It does not typically explore underlying thoughts and emotions as much as cognitive therapy does.
 - **Psychodynamic Therapy:**
 - Psychodynamic therapy is based on the theories of Freud and focuses on unconscious processes and past experiences that influence current behavior.
 - The goal is to help clients gain insight into their unconscious motivations and resolve inner conflicts.
 - It often involves exploring early childhood experiences and significant relationships.
-

Question 35

When an alcoholic is given a mild electric shock and asked to smell the alcohol repeatedly to form an association between the two then this form of treatment is known as:

Options:

- A. Negative Reinforcement
- B. Aversive Conditioning
- C. Systematic Desensitization
- D. Differential Reinforcement

Answer: B

Solution:

The correct answer is 'Aversive Conditioning'

Key Points

- **Aversive Conditioning:**

- Aversive conditioning is a type of behavior therapy that involves associating an unpleasant stimulus with an unwanted behavior, thereby discouraging that behavior.
- In the context of alcoholism treatment, a mild electric shock (the unpleasant stimulus) is paired with the smell of alcohol (the unwanted behavior) to create a negative association.
- The goal is to reduce the desire to consume alcohol by making the experience of smelling it unpleasant.
- This method relies on classical conditioning principles, where a neutral stimulus (alcohol smell) becomes associated with an aversive stimulus (electric shock).

Additional Information

- **Negative Reinforcement:**
 - Negative reinforcement involves the removal of an unpleasant stimulus to increase the likelihood of a behavior being repeated.
 - It is different from aversive conditioning, which introduces an unpleasant stimulus to reduce a behavior.
- **Systematic Desensitization:**
 - Systematic desensitization is a type of behavioral therapy used to reduce phobic responses through gradual exposure to the feared object or situation paired with relaxation techniques.
 - It is not used to create aversions but to eliminate them.
- **Differential Reinforcement:**
 - Differential reinforcement involves reinforcing a specific behavior while withholding reinforcement for other behaviors.
 - This technique is used to increase the occurrence of a desired behavior, unlike aversive conditioning, which aims to decrease an unwanted behavior.

Question 36

An 18 year old male had a severe dislike for touching door knobs. He feared contamination and spent hours washing his hands if he had to open a door at his office. He spent more than 3-4 hours taking a shower and spent a lot of time cleaning surfaces after "incidental contaminations". Eventually, he stopped waking up in the morning as it was not worth the effort. Identify the disorder, he is suffering from:

Options:

- A. Obsessive-Compulsive and Related disorders.
- B. Depressive Disorders.
- C. Post-Traumatic Stress Disorder.
- D. Somatic Symptom disorder.

Answer: A

Solution:

The correct answer is 'Obsessive-Compulsive and Related disorders'

Key Points

- **Obsessive-Compulsive and Related disorders:**
 - This disorder is characterized by unwanted and intrusive thoughts (obsessions) and repetitive behaviors or mental acts (compulsions) that the individual feels driven to perform.
 - The 18-year-old male described has a severe dislike for touching doorknobs due to fear of contamination, which is a common obsession in Obsessive-Compulsive Disorder (OCD).
 - He engages in repetitive behaviors such as excessive hand washing, showering for hours, and cleaning surfaces to neutralize the anxiety caused by his obsessions.
 - The significant amount of time spent on these compulsive behaviors interferes with his daily life and activities, including his ability to wake up in the morning, indicating a serious impairment.

Additional Information

- **Depressive Disorders:**
 - These disorders primarily involve persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in activities. While depressive symptoms can coexist with OCD, the primary issue in the given scenario is the compulsive behaviors, not depressive symptoms.
- **Post-Traumatic Stress Disorder (PTSD):**
 - PTSD is a condition triggered by experiencing or witnessing a traumatic event. Symptoms include flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the event. The described scenario lacks a specific traumatic event and focuses on contamination fears and compulsive behaviors.
- **Somatic Symptom Disorder:**
 - This disorder involves an excessive focus on physical symptoms, such as pain or fatigue, that causes major emotional distress and problems functioning. The male in the scenario does not exhibit physical symptoms, but rather obsessions and compulsions related to contamination.

Question 37

"How happy were you with your job on the whole?" Identify the type of question:

Options:

- A. Close ended question
- B. Open ended question
- C. Direct question

D. Bipolar question

Answer: B

Solution:

The correct answer is 'Open ended question'



Key Points

- **Open ended question:**
 - Open ended questions are those that allow respondents to answer in their own words, providing more detailed and nuanced responses.
 - These questions do not have predefined answers, enabling respondents to express their thoughts, feelings, and opinions freely.
 - The question "How happy were you with your job on the whole?" invites the respondent to elaborate on their feelings about their job, making it an open ended question.



Additional Information

- **Close ended question:**
 - Close ended questions have predefined answer options, such as "yes" or "no," or multiple-choice answers.
 - These questions are designed to gather specific, quantifiable data quickly and easily.
- **Direct question:**
 - Direct questions are straightforward and to the point, often requiring a brief and specific response.
 - While the sample question is direct, it is not categorized as a direct question type because it seeks an elaborate response.
- **Bipolar question:**
 - Bipolar questions are a type of close ended question that offer two opposite options, such as "yes" or "no," or "agree" or "disagree."
 - These questions are used to understand the extremities of the respondent's opinion.

Question 38

Match List-I with List-II

List – I		List - II	
A.	Task-Oriented Strategy	I.	Dynamic situation specific reaction to stress
B.	Emotion-Oriented Strategy	II.	Maintaining a time schedule
C.	Avoidance-Oriented Strategy	III.	Worry about what I am going to do
D.	Coping	IV.	Talent

Choose the correct answer from the options given below:

Options:

A. A - I, B - IV, C - III, D - II

B. A - IV, B - II, C - I, D - III

C. A - II, B - III, C - IV, D - I

D. A - III, B - II, C - I, D - IV

Answer: C

Solution:

The correct answer is 'A - II, B - III, C - IV, D - I'



Key Points

- **Task-Oriented Strategy:**
 - This strategy involves focusing on tasks and activities to manage stress and other challenges.
 - Maintaining a time schedule is a key example of a task-oriented strategy, as it helps in organizing tasks and managing time effectively.
- **Emotion-Oriented Strategy:**
 - This strategy focuses on managing emotions rather than the problem itself.
 - Worry about what I am going to do is an example of an emotion-oriented strategy, as it reflects an emotional response to a stressful situation.
- **Avoidance-Oriented Strategy:**
 - This strategy involves avoiding the stressor or distracting oneself from the problem.
 - Talent is an example of an avoidance-oriented strategy as it involves engaging in activities that one excels in to distract from stress.
- **Coping:**
 - Coping refers to the dynamic, situation-specific reaction to stress.
 - It involves various strategies and mechanisms to manage stress and deal with challenges effectively.



Additional Information

- **Option 1: A - I, B - IV, C - III, D - II:**
 - This option incorrectly matches Task-Oriented Strategy with dynamic situation-specific reaction to stress and Emotion-Oriented Strategy with Talent.
 - Task-Oriented Strategy should be matched with maintaining a time schedule, and Emotion-Oriented Strategy should be matched with worry about what I am going to do.
- **Option 2: A - IV, B - II, C - I, D - III:**
 - This option incorrectly matches Task-Oriented Strategy with Talent and Emotion-Oriented Strategy with maintaining a time schedule.
 - Task-Oriented Strategy should be matched with maintaining a time schedule, and Emotion-Oriented Strategy should be matched with worry about what I am going to do.

- **Option 4: A - III, B - II, C - I, D - IV:**

- This option incorrectly matches Task-Oriented Strategy with worry about what I am going to do and Emotion-Oriented Strategy with maintaining a time schedule.
 - Task-Oriented Strategy should be matched with maintaining a time schedule, and Emotion-Oriented Strategy should be matched with worry about what I am going to do.
-

Question 39

Psychoneuroimmunology studies the effects of stress on the immune system. Identify the correct statements describing its working:

- (A) The Leucocytes within the immune system identify and destroy antigens such as viruses**
- (B) Stress does not affect natural killer cell cytotoxicity**
- (C) Stress leads to the production of antibodies**
- (D) There are several kinds of Leucocytes including the T cells, B cells and natural killer cells**
- (E) D-cells produce antibodies**

Choose the correct answer from the options given below:

Options:

- A. (A), (B) & (C) only
- B. (B), (C) & (D) only
- C. (A), (C) & (D) only
- D. (A), (B) & (E) only

Answer: C

Solution:

The correct answer is '(A), (C) & (D) only'

Key Points

- **Psychoneuroimmunology:**
 - Psychoneuroimmunology is the study of how psychological factors, the nervous system, and the immune system interact and influence each other.
 - It explores how stress and other psychological factors can affect immune function and overall health.
- **Leucocytes and Immune Response:**
 - **(A) The Leucocytes within the immune system identify and destroy antigens such as viruses:** Leucocytes, or white blood cells, play a critical role in the immune response by identifying and destroying harmful pathogens like viruses and bacteria.
 - **(D) There are several kinds of Leucocytes including the T cells, B cells, and natural killer cells:** The immune system comprises various types of leucocytes, including T cells, B cells, and natural killer cells, each with specific functions in immune defense.
- **Stress and Immune Function:**
 - **(C) Stress leads to the production of antibodies:** Stress can influence the immune system, and in some cases, it may lead to an increased production of antibodies. However, chronic stress typically weakens the immune response over time.

Additional Information

- **Incorrect Statements:**
 - **(B) Stress does not affect natural killer cell cytotoxicity:** This statement is incorrect. Stress can indeed affect the cytotoxicity of natural killer cells, often reducing their effectiveness in combating infections and tumors.
 - **(E) D-cells produce antibodies:** This statement is also incorrect. It is the B cells, not D-cells, that are responsible for producing antibodies in the immune system.
-

Question 40

Identify the correct sequence according to the General Adaptation Syndrome.

- (A) Resistance**
- (B) Presence of a noxious stimulus**
- (C) Alarm Reaction**
- (D) Exhaustion**

Choose the correct answer from the options given below:

Options:

A. (B), (C), (A), (D)

B. (C), (A), (B), (D)

C. (B), (C), (D), (A)

D. (C), (B), (D), (A)

Answer: A

Solution:

The correct answer is 'Identify the correct sequence according to the General Adaptation Syndrome: (B), (C), (A), (D)'



Key Points

- **General Adaptation Syndrome (GAS):**
 - General Adaptation Syndrome is a three-stage response that the body has to stress.
 - It was first described by Hans Selye in 1936.
 - The three stages are Alarm Reaction, Resistance, and Exhaustion.
- **Stages of General Adaptation Syndrome:**
 - **Presence of a noxious stimulus (B):** This is the initial stage where the body detects a stressor.
 - **Alarm Reaction (C):** The body's immediate reaction to a stressor, initiating the fight-or-flight response.
 - **Resistance (A):** If the stress continues, the body adapts to the stressors it is exposed to. The body tries to return to normal functioning while still responding to the stressor.
 - **Exhaustion (D):** When the stressor is prolonged and the body's resources are depleted, the body can no longer maintain normal function, leading to potential burnout or health issues.



Additional Information

- **Incorrect Options:**
 - **(C), (A), (B), (D):** This sequence is incorrect because it starts with the Alarm Reaction without acknowledging the presence of a stressor.
 - **(B), (C), (D), (A):** This option incorrectly places Exhaustion before Resistance, which does not follow the natural progression of the body's response to stress.
 - **(C), (B), (D), (A):** This sequence starts with the Alarm Reaction, misses the initial detection of the stressor, and incorrectly places Exhaustion before Resistance.

Question 41

Before running a marathon, David experiences a sudden surge of energy, heightened awareness and excitement, which he recognizes as

a precursor of good performance on the ground. Identify the term in which David's feelings can be categorized :

Options:

- A. Distress
- B. Eustress
- C. Strain
- D. Frustration

Answer: B

Solution:

The correct answer is 'Eustress'



Key Points

- **Eustress:**
 - Eustress refers to positive stress that can motivate individuals and enhance their performance.
 - It typically manifests as feelings of excitement, heightened awareness, and energy, which are beneficial in achieving goals.
 - In the context of David's experience, the surge of energy and excitement before running a marathon is a form of eustress, helping him to perform well.



Additional Information

- **Distress:**
 - Distress is negative stress that can lead to anxiety, decreased performance, and health problems.
 - It is characterized by feelings of frustration, helplessness, and worry, which are not evident in David's situation.
- **Strain:**
 - Strain refers to the physical or emotional tension that results from demanding circumstances.
 - It may not necessarily have the positive connotations associated with eustress and is more related to the adverse impact of stress.
- **Frustration:**
 - Frustration is a feeling of annoyance or anger resulting from being unable to achieve something.
 - David's experience of energy and excitement does not align with the negative emotions associated with frustration.

Question 42

Which level of IQ is considered as Profound Level of Intellectual Disability?

Options:

- A. IQ (55-70)
- B. IQ (35-40 to 50-55)
- C. IQ (20-25 to 35-40)
- D. IQ (Below 20-25)

Answer: D

Solution:

The correct answer is 'IQ (Below 20-25)'



Key Points

- **Profound Level of Intellectual Disability:**
 - Individuals with an IQ below 20-25 are considered to have a profound level of intellectual disability.
 - This level of disability is characterized by significant limitations in intellectual functioning and adaptive behavior.
 - People with profound intellectual disability often require intensive support and supervision for daily activities and may have additional physical and sensory impairments.



Additional Information

- **Mild Intellectual Disability:**
 - Individuals with an IQ between 55 and 70 are considered to have a mild level of intellectual disability.
 - They may develop social and communication skills during preschool years and can often acquire academic skills up to a 6th-grade level.
- **Moderate Intellectual Disability:**
 - Individuals with an IQ between 35-40 and 50-55 are considered to have a moderate level of intellectual disability.
 - They can learn to communicate in basic ways and acquire some self-care and domestic skills.
- **Severe Intellectual Disability:**
 - Individuals with an IQ between 20-25 and 35-40 are considered to have a severe level of intellectual disability.
 - They may learn to talk and perform simple tasks under close supervision but generally require more support for most activities.

"I am one who easily gets hurt," is an example of which aspect of 'Self'?

Options:

- A. Self as a 'subject'
- B. Self as an 'object'
- C. Self as a 'knower'
- D. Self as a 'known'

Answer: B

Solution:

The correct answer is 'Self as an 'object''

Key Points

- **Self as an 'object':**
 - This perspective treats the self as something that can be described, analyzed, and evaluated.
 - The statement, "I am one who easily gets hurt," reflects self-assessment and self-description, indicating an introspective evaluation of personal characteristics.
 - Here, the self is seen as an object of reflection, where personal attributes and traits are considered.

Additional Information

- **Self as a 'subject':**
 - This perspective views the self as the active agent in experiences and actions.
 - Statements under this perspective focus on the "I" as the doer of actions rather than the one being described.
- **Self as a 'knower':**
 - Refers to the self that is aware and cognizant, the aspect of self that has knowledge.
 - This is more about the self's capacity to understand and make sense of experiences.
- **Self as a 'known':**
 - Similar to self as an object, it refers to the self that can be known or described.
 - It involves the aspects of self that are recognized and articulated.

Question 44

Which personality theorist emphasised on the concept of fully-functioning person and ideal self?

Options:

- A. Maslow
- B. Rogers
- C. Freud
- D. Eysenck

Answer: B

Solution:

The correct answer is 'Rogers'.

Key Points

- **Rogers' concept of fully-functioning person and ideal self:**
 - Carl Rogers, a prominent humanistic psychologist, introduced the concept of a fully-functioning person and the ideal self as part of his theory of personality development.
 - A fully-functioning person is someone who is living in harmony with their true self, experiencing personal growth, and realizing their potential.
 - The ideal self is the person one wishes to be, which often serves as a motivational force driving individuals towards self-actualization.
 - Rogers believed that congruence between the actual self and the ideal self leads to greater psychological well-being.

Additional Information

- **Maslow:**
 - Abraham Maslow is known for his hierarchy of needs theory, which outlines a progression of human needs from basic physiological needs to self-actualization.
 - Maslow emphasized the importance of fulfilling lower-level needs before achieving self-actualization, but he did not specifically focus on the concepts of the fully-functioning person or ideal self.
 - **Freud:**
 - Sigmund Freud is the founder of psychoanalysis and is known for his theories on the unconscious mind, psychosexual stages, and defense mechanisms.
 - Freud's work primarily focuses on the influence of the unconscious and early childhood experiences on personality development, rather than the concepts of fully-functioning person or ideal self.
 - **Eysenck:**
 - Hans Eysenck was a psychologist known for his work on the biological basis of personality and his trait theory, which includes dimensions like extraversion-introversion and neuroticism-stability.
 - Eysenck's theories do not specifically address the notions of a fully-functioning person or ideal self as proposed by Rogers.
-

Question 45

Which characteristic do not determine the effect of noise on task performance?

Options:

- A. Intensity
- B. Luminance
- C. Predictability
- D. Controllability

Answer: B

Solution:

The correct answer is 'Luminance'

Key Points

- **Effect of Noise on Task Performance:**
 - Noise can significantly impact a person's ability to perform tasks effectively. It is important to understand which characteristics of noise influence task performance.
 - The key characteristics that determine the effect of noise on task performance include intensity, predictability, and controllability.
- **Intensity:**
 - Refers to the loudness of the noise. Higher intensity noise can be more distracting and can impair task performance more significantly.
- **Predictability:**
 - Predictable noise is easier to ignore or adapt to, while unpredictable noise can be more disruptive and adversely affect task performance.
- **Controllability:**
 - If a person can control the noise (e.g., turn it off or reduce its volume), it tends to have a less detrimental effect on their task performance.

Additional Information

- **Luminance:**
 - Refers to the brightness of light. It does not determine the effect of noise on task performance. While luminance can affect visual tasks, it is unrelated to how noise influences performance.
-

Question 46

Match List-I with List-II

List – I		List - II	
A.	Intellectual deficiency	I.	Prodigy
B.	Intellectually gifted	II.	Below IQ score of 70
C.	Remarkable ability in a specific field	III.	IQ above 130
D.	Highly talented	IV.	Talent

Choose the correct answer from the options given below:

Options:

A. A - II, B - III, C - I, D - IV

B. A - II, B - III, C - IV, D - I

C. A - I, B - II, C - IV, D - III

D. A - I, B - III, C - II, D - II

Answer: B

Solution:

The correct answer is 'A - II, B - III, C - IV, D - I'.



Key Points

- **Intellectual deficiency (A - II):**
 - Intellectual deficiency is characterized by an IQ score below 70.
 - This condition affects cognitive functioning and can impair daily living skills.
- **Intellectually gifted (B - III):**
 - Individuals who are intellectually gifted have an IQ above 130.
 - They often exhibit exceptional problem-solving skills and advanced reasoning abilities.
- **Remarkable ability in a specific field (C - IV):**
 - People with remarkable abilities in specific fields are often recognized for their exceptional talent.
 - This can include areas such as music, mathematics, sports, or the arts.
- **Highly talented (D - I):**
 - Highly talented individuals, such as prodigies, show extraordinary skills at a young age.

- They often achieve levels of performance typically seen in adults.

Additional Information

- **Other options:**
 - Option 1 matches 'Remarkable ability in a specific field' incorrectly with 'Prodigy' rather than 'Talent'.
 - Option 3 incorrectly matches 'Intellectual deficiency' with 'Prodigy' and 'Highly talented' with 'IQ above 130'.
 - Option 4 provides incorrect matches for all items, showing a lack of understanding of the correct pairings.
 - **Understanding IQ scores:**
 - IQ scores typically range from 85 to 115 for the average population.
 - Scores below 70 indicate intellectual disability, while scores above 130 indicate giftedness.
 - **Importance of recognizing talent:**
 - Identifying and nurturing talent can lead to significant contributions in various fields.
 - Early recognition and support can help individuals maximize their potential.
-

Question 47

Arrange in correct sequence the stages of processing on the basis of PASS Model of Intelligence:

(A) The teacher announces a class test

(B) Focusing attention on reading, learning and revising the content of the chapters in the syllabus

(C) Planning a time schedule, group studies etc

(D) Simultaneously and successively processing the information given in the text book as well as the notes

(E) If the planning is not effective it is modified

Choose the correct answer from the options given below:

Options:

A. (C), (B), (A), (D), (E)

B. (B), (A), (C), (E), (D)

C. (A), (B), (D), (C), (E)

D. (A), (B), (E), (C), (D)

Answer: C

Solution:

The correct answer is (A), (B), (D), (C), (E).

Key Points

- **Stages of Processing according to PASS Model of Intelligence:**
 - The PASS Model (Planning, Attention, Simultaneous, and Successive Processing) is a theory of intelligence that focuses on the cognitive processes involved in learning and problem-solving.
 - The correct sequence of stages based on the PASS Model is as follows:
 - (A) The teacher announces a class test: This stage sets the context and initiates the need for cognitive processing.
 - (B) Focusing attention on reading, learning, and revising the content of the chapters in the syllabus: This involves the Attention component, where the student concentrates on the relevant material.
 - (D) Simultaneously and successively processing the information given in the textbook as well as the notes: This incorporates both Simultaneous and Successive processing, where the student integrates and sequences the information.
 - (C) Planning a time schedule, group studies, etc.: This involves the Planning component, where the student organizes their study approach.
 - (E) If the planning is not effective, it is modified: This is a part of the Planning component, where the student adjusts their strategy based on feedback.

Additional Information

- **Incorrect options explanation:**
 - Option 1: (C), (B), (A), (D), (E) - This sequence starts with planning before the announcement of the test, which is logically incorrect.
 - Option 2: (B), (A), (C), (E), (D) - This sequence puts attention before the test announcement and planning immediately after it, missing the initial context setting.
 - Option 4: (A), (B), (E), (C), (D) - This sequence places modification of planning before actual planning, which is not logically coherent.
-

Question 48

Agastya is a highly motivated executive who lacks patience, feels short of time and is forever burdened with work. He finds difficulty in slowing down. Identify his personality type on the basis of Friedman and Roserman's Classification.

Options:

- A. Type A
- B. Type B
- C. Type C
- D. Type D

Answer: A

Solution:

The correct answer is 'Type A personality'.



Key Points

- **Type A Personality:**
 - Individuals with Type A personality are characterized by their high levels of motivation, impatience, and a constant sense of urgency.
 - They often feel short of time and are frequently burdened with work, finding it difficult to slow down or relax.
 - Type A personalities are competitive, ambitious, and often experience stress and frustration due to their high expectations and drive.



Additional Information

- **Type B Personality:**
 - Individuals with Type B personality are generally relaxed, easy-going, and less prone to stress. They do not feel the same sense of urgency as Type A individuals and are often more patient and less competitive.
- **Type C Personality:**
 - Type C personalities are characterized by their tendency to suppress emotions, particularly negative ones.
 - They are often compliant, patient, and strive to avoid conflict, sometimes leading to higher levels of stress internally.
- **Type D Personality:**
 - Individuals with Type D personality are marked by their tendency towards negative emotions and social inhibition. They often experience stress, anxiety, and depression, and may avoid social interactions to prevent disapproval or rejection.

Question 49

Individuals with high _____ have been found to stop smoking the moment they decide to do so. What aspect of self is highlighted in this example?

Options:

- A. Self-esteem
- B. Self-concept
- C. Self-efficacy
- D. Self-motivation

Answer: C

Solution:

The correct answer is 'Self-efficacy'

Key Points

- **Self-efficacy:**
 - Self-efficacy refers to an individual's belief in their capability to execute behaviors necessary to produce specific performance attainments.
 - It plays a crucial role in how goals, tasks, and challenges are approached.
 - Individuals with high self-efficacy are more likely to take on challenging tasks, remain committed, and persevere in the face of difficulties.
 - In the context of smoking cessation, a person with high self-efficacy believes that they can successfully quit smoking and will take the necessary steps to do so immediately upon deciding.

Additional Information

- **Self-esteem:**
 - Self-esteem is the overall sense of one's own value or worth.
 - While self-esteem can influence behaviors, it is more about how much value individuals place on themselves rather than their belief in their ability to execute specific actions.
 - **Self-concept:**
 - Self-concept is the comprehensive understanding an individual has of themselves, including beliefs, feelings, and thoughts about their own identity.
 - It encompasses various aspects of self, such as self-image and self-esteem, but does not specifically pertain to the belief in one's ability to perform tasks.
 - **Self-motivation:**
 - Self-motivation refers to the ability to find personal reasons and strength to complete a task or pursue a goal without external influence.
 - While it is important for achieving goals, it is different from self-efficacy, which is more about the belief in one's capability to achieve those goals.
-

Question 50

According to Nature vs. Nurture studies, arrange the I.Q. of twins and siblings in order of high to low correlation:

(A) Identical twins reared in different environments

(B) Fraternal twins reared together

(C) Identical twins reared together

(D) Siblings reared apart

(E) Siblings reared together

Choose the correct answer from the options given below:

Options:

A. (C), (A), (B), (E), (D)

B. (A), (B), (C), (E), (D)

C. (B), (C), (D), (E), (A)

D. (C), (E), (D), (B), (A)

Answer: A

Solution:

The correct answer is '(C), (A), (B), (E), (D).'



Key Points

- **Nature vs. Nurture studies on I.Q.:**
 - These studies examine the influence of genetics (nature) and environment (nurture) on human intelligence.
 - They often focus on twins and siblings to understand the correlation between their I.Q. levels.
- **Order of I.Q. correlation from high to low:**
 - **Identical twins reared together:** They share 100% of their genes and the same environment, leading to the highest I.Q. correlation.
 - **Identical twins reared in different environments:** They share 100% of their genes, but different environments cause a slightly lower correlation compared to those reared together.
 - **Fraternal twins reared together:** They share about 50% of their genes and the same environment, resulting in a lower correlation than identical twins.

- **Siblings reared together:** They also share about 50% of their genes, and their shared environment leads to a moderate correlation.
- **Siblings reared apart:** They share about 50% of their genes, but different environments result in the lowest correlation among the groups listed.

Additional Information

- **Incorrect Options:**
 - **Option 2:** Incorrect order as it lists Identical twins reared in different environments before Identical twins reared together.
 - **Option 3:** Incorrect order as it places Fraternal twins reared together before Identical twins reared together.
 - **Option 4:** Incorrect order as it lists Siblings reared together before Identical twins reared in different environments.
 - **Significance of Twin Studies:**
 - Twin studies are crucial for understanding the balance between genetic and environmental influences on human traits and behaviors.
 - They help in identifying the extent to which genes influence various aspects of human development, including intelligence.
-