

1. Match List - I with List - II.

**List - I (Test and Theories)**

- A. MMPI inventory
- B. Thematic Apperception Test
- C. Five factor model
- D. Analytical Psychology

**List - II (Authors)**

- I. Paul Costa and Robert McCrae
- II. Hathaway and Mckinley
- III. Morgan and Murray
- IV. Carl Jung

Choose the correct answer from the options given below:

- 1. A-I, B-III, C-II, D-IV      2. A-IV, B-III, C-II, D-I
- 3. A-II, B-III, C-I, D-IV      4. A-II, B-I, C-III, D-IV

2. Naina learnt from the elder sister, by watching the way she behaved in various social settings. This technique of learning is known as \_\_\_\_\_.

- 1. Token economy
- 2. Modeling
- 3. Rational emotional therapy
- 4. Relaxation therapy

3. Who among the following is known for his theory of personality under the trait approach ?

- 1. Hippocrates                      2. Jung
- 3. Cattell                            4. Sheldon

4. Anxiety disorders have been linked to the low activity of \_\_\_\_\_ neurotransmitter

- 1. Dopamine
- 2. Serotonin
- 3. Gamma Aminobutyric Acid
- 4. Acetylcholine

5. With reference to the Rorschach Inkblot Test identify the correct sequence in which test is administered

- A. In performance proper phase subjects are shown the cards.
- B. Fine judgement is made to place the subject's response in meaningful context.
- C. The cards bearing Inkblot are administered individually in two phases.
- D. Subjects are asked to tell what they see in each card.
- E. Response is prepared by asking the subject to share on what bases particular response is made.

Choose the correct answer from the options given below

- 1. ADBCE                              2. CADEB
- 3. BEADC                             4. CDABE

6. Arrange the process of Impression formation in correct sequence:

- A. On the basis of information collected we draw a conclusion about the kind of the person a target is
- B. The selected information is combined in a systematic way
- C. For impression formation we select some bits of information about the target
- D. The person who forms the impression is called the perceiver. Individual about whom the impression is formed is called the target.

Choose the correct answer from the options given below:

- 1. A, B, C, D                          2. B, D, C, A
- 3. D, C, B, A                          4. C, A, D, B

7. Somesh is overly occupied with the thought that he is getting symptoms of cancer. He had visited doctors many times and no such disease was diagnosed. He might be suffering from:-

- 1. Somatic Symptom disorder
- 2. Obsessive-compulsive disorder
- 3. Illness anxiety disorder
- 4. Conversion disorder

8. Shivi watches TV when she is stressed due to pending assignments in school. According to Endler and Parker, she is using \_\_\_\_\_ mechanism of coping

- 1. Avoidance oriented      2. Emotion oriented
- 3. Task oriented              4. Problem oriented

9. Hans Selye studied the bodily responses to prolonged stress and developed General Adaptation Syndrome involving three stages. Arrange the below mentioned statements in order.

- A. The parasympathetic nervous system calls for more cautious use of the body's resources.
- B. This triggers tire release of hormones and person is ready for fight or flight
- C. The organism makes efforts to cope with the threat as through confrontations.
- D. The physiological system involved in alarm reaction and resistance becomes ineffective.

E. Presence of a noxious stimuli or stressor leads to the activation of adrenal-pituitary-cortex system.

Choose the correct answer from the options given below:

1. BCEDA
2. DBECA
3. EBACD
4. ADBEC

10. Which of these, statements is true about counselling.

- A. Counselling involves a basic acceptance of the client's feeling without judgement.
- B. Counselling is a non-voluntary process in which counsellor approaches client.
- C. Counselling involves responding to the feeling thoughts and action of the client.
- D. Confidentiality is an essential ingredient in the counselling setting.
- E. Counselling is giving advice

Choose the answer from the options given below:

1. A, B & D only
2. A, C & E only
3. A, C & D only
4. B, C & E only

11. Rohit and his friends bought tickets to watch the IPL match. The collection of people assembled there would be an example of \_\_\_\_\_

1. Crowd
2. Team
3. Audience
4. Mob

12. Match List - I with List - II

**List - I**

- A. Sudarshan Kriya Yoga
- B. Meditation
- C. Kundalini Yoga
- D. Vipasana

**List - II**

- I. Practicing on focusing attention on breath or on an object or thought
- II. Mindfulness based meditation
- III. Rapid breathing techniques
- IV. Combines Pranayam with chanting of Mantras

Choose the correct answer from the options given below:

1. A-III, B-II, C-IV, D-I
2. A-IV, B-I, C-III, D-II
3. A-III, B-I, C-IV, D-II
4. A-I, B-III, C-IV, D-II

13. Match List - I with List - II

**List - I (Author)**

- A. Howard Gardner
- B. Salovey and Mayer
- C. William Stern

D. Robert Sternberg

**List - II (Concept Theory)**

- I. Emotional Intelligence
- II. Theory' of Multiple Intelligence
- III. Triarchic Theory
- IV. Intelligence Quotient

Choose the correct answer from the options given below

1. A-I, B-II, C-III, D-IV
2. A-II, B-I, C-IV, D-III
3. A-II, B-III, C-IV, D-I
4. A-IV, B-I, C-II, D-III

14. The notion of Buddhi has affective and motivational component. From the options given below identify which is not the correct competency according to the Indian tradition.

1. Speed and Precision
2. Self regulation
3. Recognising others perspectives
4. Commitment and Patience

15. Individuals falling in the category of "intellectually gifted" have IQ above \_\_\_\_\_

1. 100
2. 110
3. 120
4. 130

16. Identify the correct options amongst the given statements.

- A. Deviation from social norms indicate behaviour which is different from societal norms
- B. Different societies have different social norms
- C. Social norms indicate history and culture of society
- D. People who do not conform to the norms are respected by others
- E. Societal norms change with time and so do the acceptable behaviours

Choose the correct answer from the options given below:

1. A, B & C only
2. B, E & C only
3. C, A & D only
4. A, B & E only

17. Ramya is being provided with books and uniforms by the school. Identify the kind of support that she is receiving

1. Informational support
2. Tangible support
3. Emotional support
4. Positive focused

18. Groups go through different stages. Arrange the following according to Tuckman's development sequence for groups.

- A. Performing
- B. Norming
- C. Forming
- D. Storming
- E. Adjourning

Choose the correct answer from the options given below:

- 1. A, B, C, D, E
- 2. B, D, E, C, A
- 3. C, D, B, A, E
- 4. C, B, A, E, D

19. Environmental pollution includes :

- 1. Air, noise pollution
- 2. Air, water pollution
- 3. Noise, water, soil pollution
- 4. Air, noise, water, soil pollution

20. Wolpe introduced \_\_\_\_\_ technique for treating phobia or irrational fears

- 1. Token economy
- 2. Systematic Desensitisation
- 3. Classical Conditioning
- 4. Positive reinforcement

21. Classify the descriptive labels on the basis of their IQ in increasing order:

- A. Borderline
- B. Superior
- C. Average
- D. Intellectually Disabled
- E. Low average

Choose the correct answer from the options given below:

- 1. C, B, A, D, E
- 2. D, A, E, C, B
- 3. A, E, B, C, D
- 4. B, C, E, D, A

22. The phenomenon of \_\_\_\_\_ is a consequence of extreme cohesiveness.

- 1. Group Structure
- 2. Status
- 3. Group think
- 4. Group Polarisation

23. Choose the statements which are not true for Friedman and Rosenmen's typology of personality

- A. Type-D personalities are more susceptible to problems like hypertension and coronary heart disease.
- B. Type A personality seem to possess high motivation, lack patience, feel short of time, always feel burdened with work.

C. Type B personalities can be best understood as the absence of Type-A traits.

D. The risk of developing CHD with Type A personality is sometimes even greater than the risks caused by high blood pressure.

E. Type-C personality is prone to covid and colic pain.

Choose the correct answer from the options given below:

- 1. A and E only
- 2. B and A only
- 3. C and E only
- 4. D and C only

24. Formal Assessment is \_\_\_\_\_

- 1. Standardized and Objective
- 2. Open to subjective interpretation
- 3. Dependent on the assessor
- 4. Not scientific

25. The humanistic existential therapies postulate that psychological distress arises from \_\_\_\_\_

- 1. faulty parental expectations
- 2. feelings of loneliness and alienation and inability to find meaning in life
- 3. intrapsychic conflicts
- 4. faulty learning

26. Which of the given self report inventories can be used as a tool for psychiatric diagnoses as well as in identifying varieties of psychopathology?

- 1. EPQ: Eysenck Personality Questionnaire
- 2. MMPI: Minnesota Multiphasic Personality Inventory
- 3. 16PF : 16 Personality Factor Questionnaire
- 4. Nominations

27. Match List I with List II

**List - I**

- A. Verbal Aggression
- B. Physical Aggression
- C. Proactive Aggression
- D. Hostile Aggression

**List - II**

- I. Hitting
- II. Bullying without provocation
- III. Swearing
- IV. directed at inflicting injury to others

Choose the correct answer from the options given below:

- 1. A-III, B-I, C-II, D-IV
- 2. A-I, B-II, C-III, D-IV
- 3. A-IV, B-III, C-II, D-I
- 4. A-III, B-II, C-I, D-IV

28. \_\_\_\_\_ are socially defined expectations that individuals in a given situation are expected to fulfill.

1. Norms
2. Roles
3. Status
4. Cohesiveness

29. \_\_\_\_\_ consists of recurrent anxiety attacks, abrupt surge of intense anxiety rising to peak, when thoughts of particular stimuli are present.

1. Specific Phobia
2. Generalised Anxiety disorder
3. Separation Anxiety Disorder
4. Panic disorder

30. A person with strong sexual urges, who channels his energy into religious fervour, presents a classical example of:-

1. Rationalisation
2. Projection
3. Reaction formation
4. Denial

31. Oedipus Complex is a phenomenon that usually takes place in which stage of Freud's psychosexual stages of development ?

1. Oral Stage
2. Phallic Stage
3. Latency Stage
4. Genital Stage

32. Erik Erikson's theory lays stress on conscious ego processes and his concept of \_\_\_\_\_ has drawn considerable attention.

1. Archetypes
2. Identity Crisis
3. Basic Anxiety
4. Desire for Freedom

33. Match List - I with List - II.

**List - I**

- A. T cells
- B. B cells
- C. Natural Killer cells
- D. Virus

**List - II**

- I. Foreign bodies, antigens
- II. These cells destroy invaders
- III. They produce antibodies
- IV. Cells involved in the fight against both viruses and tumours

Choose the correct answer from the options given below:

1. A-II, B-III, C-IV, D-I
2. A-I, B-II, C-III, D-IV
3. A-IV, B-III, C-II, D-I
4. A-II, B-IV, C-III, D-I

34. Identify the type of interpersonal physical distance during a formal parent teacher meeting

- A. Intimate distance (up to 18 inches)
- B. Personal distance (18 inches to 4 feet)

C. Social distance ( 4-10 feet)

D. Public distance (10 feet onwards)

Choose the correct answer from the options given below:

1. A, C only
2. B, C only
3. A, B only
4. C, D only

35. RET is an abbreviation for

1. Relatable Emotive Therapy
2. Rational Emotional Therapy
3. Rationalised Emotive Therapy
4. Rational Emotive Therapy

36. Identify the statements which are true about componential intelligence.

- A. Analysis of information to solve problems.
- B. Includes 3 components each serving different function.
- C. Involves past experiences for generating ideas for solving new problems
- D. It is also known as 'street smartness'
- E. The second component is the 'business sense'.

Choose the correct answer from the options given below:

1. A & D only
2. A & B only
3. C & E only
4. C & D only

37. The state of physical, emotional and psychological exhaustion is known as:

1. Resistance
2. Stress
3. Burnout
4. Coping

38. A student who is irregular in attendance and does not complete and submit assignments timely is rewarded whenever s/he comes to school on time and continues with the behaviour. S/he is also applauded for completion and timely submission of assignment. Name the behavioural technique being used.

1. Positive Reinforcement
2. Negative Reinforcement
3. Aversive Conditioning
4. Token Economy

39. Distinctiveness and variations among people's physical, psychological and behaviour patterns refers to

1. Variability
2. Situationism
3. Individual Differences
4. Traits

40. The disorder in which an individual may eat excessive amount of food then purge by using laxatives or by vomiting is termed as

1. Binge Eating
2. Addictive disorder
3. Anorexia Nervosa
4. Bulimia Nervosa

**Directions for questions 41 to 45:** Read the passage below and answer the questions as instructed:-

A driver in the army went through an experience that transformed his life. On one mission, he narrowly escaped death although all his companions got killed. Wondering about the purpose of his life he gave up his job in the army, returned to the native village in Maharashtra and worked actively as a community leader. His strong positive attitude towards community upliftment and his efforts completely changed the face of his village for which he was awarded by the State government.

41. Which factor of attitude formation brought about a change in the driver's attitude towards life?

1. Family and School Environment
2. Reference group
3. Media related information
4. Personal experience

42. After narrowly escaping from death and seeing his companion dead, the driver's life changed. His experience played a significant role in shaping his \_\_\_\_\_.

1. Temperament
2. Attitude
3. Impression formation
4. attribution

43. Attitudes towards various topics such as political, religious social group, occupation, national & other issues, are developed through \_\_\_\_\_ group

1. Friends group
2. Media influence
3. Family and school environment
4. Reference group

44. One factor of attitude formation that exert both good and bad influence on an attitude is

1. Cognitive dissonance
2. Cognitive Consistency
3. Personal teachings
4. Media influences

45. Which feature of attitude is reflected in the driver's attitude towards community upliftment ?

1. Valence
2. Extremeness
3. Simplicity
4. Centrality

**Direction for questions 46 to 50:** Driving back home Shriya experienced increased heart beat, shortness of breath, dizziness, trembling, palpitations and she started having a feeling of discomfort. She was so scared that she stopped the car and sat on the pavement. In the next few months, frequency of these attacks increased, and the fear of being caught in the traffic was so high that she stopped driving. She felt that she was going crazy and losing control on herself.

46. Identify the disorder that Shriya is suffering from?

1. Schizophrenia
2. Generalized Anxiety Disorder
3. Separation Anxiety Disorder
4. Panic Disorder

47. Which of the following is a symptom of the disorder identified?

1. Apprehensions
2. Restlessness
3. Hyper vigilance
4. Recurrent anxiety attacks

48. High level of anxiety that is distressing and interferes with effective functioning indicates:

1. Examination Anxiety
2. Normal Anxiety
3. Psychotic Disorder
4. Anxiety Disorder'

49. Identify which of these is not an anxiety disorder-

1. Generalised Anxiety disorder
2. Separation anxiety disorder
3. Attention Deficit Hyperactivity Disorder
4. Agoraphobia

50. Which neurotransmitter is responsible for the disorder highlighted in the case study?

1. Low activity of GABA
2. Excess activity of Dopamine
3. Low activity of Serotonin
4. Excess activity of GABA