

PSY405 McQs

Psy405 Mcqs for Mid Term All Lesson and Topic Wise

Complied By A.N.Khuram Whatsapp 03401218603 Free of Cost Remind me in Your Prayers

Lesson No.1

What is the primary question that has intrigued humans throughout recorded history?

- A) How can we achieve happiness?
- B) What is the purpose of existence?
- C) What sort of creatures are we?
- D) How can we understand the universe?

Answer: C) What sort of creatures are we?

Why has it been challenging to identify common traits among human beings?

- A) Due to advances in genetics
- B) Because of the complexity and diversity among individuals
- C) Lack of technological tools for assessment
- D) Limited interest in psychological research

Answer: B) Because of the complexity and diversity among individuals

Which discipline is NOT mentioned as part of the quest to understand human nature? A) Astrology

B) Psychology

- C) Sociology
- D) Theology

Answer: C) Sociology

Why is the understanding of human nature considered more pressing today?

- A) Due to advancements in technology
- B) Because of global issues caused by human behavior
- C) Increased interest in philosophical debates
- D) To promote ecological sustainability

Answer: B) Because of global issues caused by human behavior

What is one objective of personality psychology?

- A) To study animal behavior
- B) To understand plant growth patterns
- C) To help people live more fulfilling lives
- D) To explore geological formations

Answer: C) To help people live more fulfilling lives

What does a good personality theory provide?

- A) A framework for understanding political structures
- B) A meaningful context to describe and interpret human behavior
- C) Solutions to environmental problems
- D) Predictions about cosmic phenomena

Answer: B) A meaningful context to describe and interpret human behavior

According to the text, what is one function of a personality theory?

- A) To predict historical events
- B) To explain past and present events only
- C) To describe past and present events, and predict future ones
- D) To analyze geological formations

Answer: C) To describe past and present events, and predict future ones

What is the criterion of "verifiability" used for evaluating theories of personality?

- A) The ability of a theory to inspire art
- B) The capacity of a theory to be confirmed or disconfirmed through empirical testing
- C) The popularity of a theory among psychologists
- D) The simplicity of a theory's explanation

Answer: B) The capacity of a theory to be confirmed or disconfirmed through empirical testing

What is meant by "internal consistency" as a criterion for evaluating theories?

- A) The ability of a theory to predict outcomes accurately
- B) The complexity of a theory's structure
- C) The theory's capacity to be understood by a wide audience
- D) The degree to which a theory does not contradict itself

Answer: D) The degree to which a theory does not contradict itself

How does psychometrics contribute to the field of personality psychology?

- A) By studying planetary movements
- B) By facilitating quantification and measurement of psychological aspects
- C) By exploring historical events
- D) By analyzing geological formations

Answer: B) By facilitating quantification and measurement of psychological aspects

Lesson No.2

Which of the following is NOT a method used in personality assessment?

- A) Interviews
- B) Observation
- C) Blood tests
- D) Rating scales

Answer: C) Blood tests

What is the primary purpose of structured interviews in psychological assessment?

- A) To allow clinicians to observe nonverbal behavior
- B) To gather specific diagnostic information systematically
- C) To encourage open-ended discussions
- D) To provide abstract descriptions of behavior

Answer: B) To gather specific diagnostic information systematically

Which assessment procedure involves observing a person's behavior without recording specific responses? A) Behavioral coding systems

B) Mental status examination

C) Personality inventories

D) Structured interviews

Answer: A) Behavioral coding systems

What type of assessment tool presents a series of statements for individuals to respond to as true or false? A) Projective tests

B) Observational procedures

C) Personality inventories

D) Rating scales

Answer: C) Personality inventories

Which projective test involves showing individuals inkblot cards and asking them to describe what they see?

A) Thematic Apperception Test (TAT)

B) Rotter's Incomplete Sentence Blank (RISB)

C) House Tree Person (HTP)

D) Rorschach Inkblot Test

Answer: D) Rorschach Inkblot Test

What is a potential limitation of projective tests?

A) Lack of standardization in administration and scoring

B) Reliability of scoring and interpretation is high

C) Quick and efficient for gathering information

D) Provides clear and straightforward results

Answer: A) Lack of standardization in administration and scoring

Lesson No.3

1. Which of the following is NOT considered a projective test? A) Rorschach inkblot test

B) Minnesota Multiphasic Personality Inventory (MMPI)

C) Thematic Apperception Test (TAT)

D) Rotter's Incomplete Sentence Blank (RISB)

Answer: B) Minnesota Multiphasic Personality Inventory (MMPI)

2. What is the main purpose of projective tests in personality assessment? A) To provide specific trait measurements

B) To evaluate cognitive abilities

C) To assess behavioral patterns

D) To reveal unconscious aspects of personality

Answer: D) To reveal unconscious aspects of personality

3. Which approach to personality emphasizes the role of unconscious conflicts and defense mechanisms? A) Dispositional Approach

B) Humanistic Approach

C) Behavioral Approach

D) Psychodynamic Approach

Answer: D) Psychodynamic Approach

4. What type of personality assessment involves presenting ambiguous stimuli to uncover unconscious thoughts and feelings? A) Objective tests

B) Behavioral coding systems

C) Observational procedures

D) Projective tests

Answer: D) Projective tests

5. Which of the following is NOT a common projective test mentioned in the text? A) House Tree Person (HTP)

B) Rorschach inkblot test

C) MMPI

D) Thematic Apperception Test (TAT) **Answer: C) MMPI**

6. What is a potential limitation of projective tests? A) High reliability

- B) Lack of standardization
 - C) Objective scoring
 - D) Direct measurement of conscious thoughts
- Answer: B) Lack of standardization**

7. Which approach to personality focuses on learned patterns of behavior in various situations?

- A) Dispositional Approach
- B) Psychodynamic Approach
- C) Behavioral Approach
- D) Humanistic Approach

Answer: C) Behavioral Approach

8. Which personality assessment tool relies heavily on self-descriptive statements and objective scoring?

- A) Rorschach inkblot test
- B) Thematic Apperception Test (TAT)
- C) Behavioral coding systems
- D) Minnesota Multiphasic Personality Inventory (MMPI)

Answer: D) Minnesota Multiphasic Personality Inventory (MMPI)

9. Which perspective of psychology emphasizes the unique perception of reality and personal growth?

- A) Dispositional
- B) Behavioral
- C) Humanistic
- D) Psychodynamic

Answer: C) Humanistic

10. Which of the following is NOT a common behavioral coding system mentioned in the text?

- A) Self-monitoring
- B) Observation of family interactions
- C) Thematic Apperception Test (TAT)
- D) Structured interviews

Answer: C) Thematic Apperception Test (TAT)

Lesson No.4

What was Sigmund Freud's primary method of treatment?

- A) Behavior therapy
- B) Psychoanalysis

- C) Cognitive restructuring
- D) Humanistic therapy

Answer: B) Psychoanalysis

Which concept represents the biological component of personality according to Freud?

- A) Ego
- B) Super ego
- C) Id
- D) Subconscious

Answer: C) Id

Which level of consciousness contains experiences that are not currently conscious but can be easily brought into awareness?

- A) Conscious
- B) Unconscious
- C) Subconscious
- D) Preconscious

Answer: D) Preconscious

What is the primary focus of the ego's operations?

- A) Pleasure principle
- B) Reality principle
- C) Super ego demands
- D) Unconscious desires

Answer: B) Reality principle

Which structure of personality seeks to resolve conflicts between the demands of the id and the superego?

- A) Ego
- B) Id
- C) Super ego
- D) Unconscious

Answer: A) Ego

Which term refers to Freud's theory that all behaviors have a purpose and are determined by mental processes? A) Psychic motivation

- B) Unconscious determination
- C) Psychological determinism
- D) Behavioristic principle

Answer: C) Psychological determinism

What did Freud emphasize as the predominance of human behavior?

- A) Conscious motives
- B) Preconscious desires
- C) Unconscious motives
- D) Rational decision-making

Answer: C) Unconscious motives

Which of the following methods did Freud develop for investigating mental processes? A) CBT techniques

- B) Free association

- C) Hypnosis
- D) Behavioral experiments

Answer: B) Free association

Lesson No.5

1. According to Freud, what is the source of psychic energy that drives behavior? A) Neurophysiologic states of relaxation

- B) Unconscious conflicts
- C) Libidinal energy
- D) Genetic predispositions

Answer: C) Libidinal energy

2. Which instinct represents the forces that serve to maintain vital life processes and ensure species propagation? A) Ego instincts

- B) Death instincts
- C) Life instincts
- D) Destructive instincts

Answer: C) Life instincts

3. During which psychosexual stage does the focus of libidinal energy shift to the genitals? A) Anal Stage

- B) Latency Period
- C) Phallic Stage
- D) Oral Stage

Answer: C) Phallic Stage

4. What is the main purpose of ego defense mechanisms according to Freud?

- A) To enhance libido
- B) To distort reality
- C) To reduce neurotic anxiety
- D) To suppress superego impulses

Answer: C) To reduce neurotic anxiety

5. Which defense mechanism involves attributing one's own unacceptable impulses to others? A) Repression

- B) Projection
- C) Rationalization
- D) Displacement

Answer: B) Projection

6. What is sublimation according to Freud? A) Redirecting impulses to socially approved thoughts or actions

B) Repressing unacceptable impulses completely

C) Disguising irrational behavior through fallacious reasoning

D) Expressing the opposite of a forbidden impulse consciously

Answer: A) Redirecting impulses to socially approved thoughts or actions

7. Which technique involves the patient giving a running account of thoughts without censoring them? A) Dream analysis

B) Countertransference

C) Free association

D) Transference

Answer: C) Free association

8. What does Freud refer to as a Freudian slip? A) Dream interpretation

B) Slip of tongue or pen revealing unconscious thoughts

C) Countertransference

D) Neurotic anxiety

Answer: B) Slip of tongue or pen revealing unconscious thoughts

9. Which aspect of the therapeutic relationship involves the therapist projecting positive feelings onto the patient? A) Negative transference B) Positive transference

C) Ambivalent transference

D) Countertransference

Answer: D) Countertransference

10. According to Freud, what psychological processes does humor often relate to? A) Genetic predispositions

B) Ego defense mechanisms

C) Unconscious conflicts

D) Superego functions

Answer: C) Unconscious conflicts

Lesson No.6

Which of the following represents one of the core elements of Freud's approach to personality? A) Moral conscience

B) Psychosexual stages of development

C) Cognitive restructuring

D) Behavioristic conditioning

Answer: B) Psychosexual stages of development

What did Freud emphasize as the primary stratum of the human mind?

A) Preconscious

B) Conscious

C) Unconscious

D) Superego

Answer: C) Unconscious

Which technique did Freud use to bring emotionally loaded material to the conscious level? A) Hypnosis

B) Dream analysis

C) Free association

D) Behavioral experiments

Answer: C) Free association

According to Freud, what is the role of the ego in personality?

A) Mediate conflicts between the id and the superego

B) Express and gratify the desires of the id without restrictions

C) Represent the moral arm of the personality

D) Maintain unconscious motives and processes

Answer: A) Mediate conflicts between the id and the superego

Which instinct is associated with bodily needs, survival, and pleasure according to Freud?

- A) Moral instinct
- B) Life instinct (Eros)
- C) Neurotic instinct
- D) Super ego

Answer: B) Life instinct (Eros)

What is the primary function of the superego in Freud's theory?

- A) Ensure immediate gratification of desires
- B) Mediate conflicts between reality and unconscious desires
- C) Maintain moral standards and conscience
- D) Represent unconscious fears and anxieties

Answer: C) Maintain moral standards and conscience

Which defense mechanism involves redirecting an impulse from a socially unacceptable target onto a more acceptable one?

- A) Repression
- B) Regression
- C) Displacement
- D) Reaction formation

Answer: C) Displacement

Which concept did Freud introduce to explain the process of revealing unconscious conflicts through therapy? A) Cognitive restructuring

- B) Psychosexual development
- C) Catharsis and insight

D) Behavior modification

Answer: C) Catharsis and insight

Lesson No.7

- 1. What is the driving force of personality according to Carl Jung?** A) Ego
B) Libido
C) Superego
D) Persona

Answer: B) Libido

- 2. What was the principle that Carl Jung associated with the fixed amount of psychic energy?** A) Entropy B) Equivalence
C) Principles of Opposites
D) Archetypes

Answer: B) Equivalence

- 3. Which term refers to the tendency of all components of the psyche to equalize their energy levels?** A) Libido
B) Archetypes
C) Equivalence
D) Entropy

Answer: D) Entropy

- 4. According to Carl Jung, what is responsible for our everyday functions and activities?** A) Persona
B) Animus
C) Ego
D) Anima

Answer: C) Ego

- 5. What concept refers to our inherited predisposition to respond to certain aspects of the world in certain ways?** A) Libido
B) Persona
C) Archetypes
D) Complexes

Answer: C) Archetypes

- 6. Which archetype represents the mask or public personality that individuals present to the world?** A) Shadow

- B) Anima
- C) Persona
- D) Self

Answer: C) Persona

7. What is the darkest, deepest part of the psyche according to Jung? A)

Persona

- B) Anima
- C) Shadow
- D) Self

Answer: C) Shadow

8. Which component of the psyche strives to unite and integrate all aspects of the individual? A) Persona

- B) Animus
- C) Shadow
- D) Self

Answer: D) Self

9. What was the role of libido in Jung's theory compared to Freud's concept?

- A) Libido was solely focused on sexual energy
- B) Libido represented the collective unconscious
- C) Libido was the driving force of personality growth
- D) Libido was responsible for conscious experiences

Answer: C) Libido was the driving force of personality growth

10. Which concept emphasizes the fixed amount of energy in the psyche, similar to the law of conservation of energy in thermodynamics? A)

- Equivalence
- B) Entropy
- C) Principles of Opposites
- D) Libido

Answer: A) Equivalence

Lesson No.8

What are the main psychological types discussed by Carl Jung in his book "Psychological Types"?

- A) Rational and irrational types

B) Sensing and intuitive types C) Extroverts and introverts

D) Thinking and feeling types

Answer: C) Extroverts and introverts

How many functions of the thinking process does Jung identify to categorize personality types?

A) Four

B) Six

C) Eight

D) Ten

Answer: A) Four

Which of the following stages of development is emphasized by Jung as the period where spiritual development begins to take shape?

A) Childhood

B) Young Adulthood

C) Middle Ages

D) Life after Retirement

Answer: C) Middle Ages

What concept does Jung propose as the goal of life, involving the harmonization of various parts of the personality into one?

A) Individuation

B) Transcendent function

C) Self

D) Harmony of the psyche

Answer: C) Self

What research technique did Jung extensively use with his patients, building upon Wundt's word association test?

- A) Dream analysis
- B) Free association
- C) Rorschach inkblot test
- D) Word Association Test

Answer: D) Word Association Test

How does Jung's view of dreams differ from Freud's perspective?

- A) Dreams are seen as reflections of unconscious conflicts
- B) Dreams are considered meaningful as they provide insights into problems and solutions
- C) Dreams have manifest and latent meanings
- D) Dreams are reflections of past traumatic experiences

Answer: B) Dreams are considered meaningful as they provide insights into problems and solutions

What does Jung emphasize as essential components of the psyche, contributing to the goal of individuation?

- A) Archetypes and collective unconscious
- B) Personal unconscious and superego
- C) Id and ego
- D) Conscious and unconscious mind

Answer: A) Archetypes and collective unconscious

How does Jung's theory of personality development differ from Freud's approach?

- A) Jung's theory focuses on biological instincts
- B) Jung emphasizes psychological and social factors
- C) Jung's theory highlights the role of sexuality in personality
- D) Jung's theory emphasizes the conflict between id, ego, and superego

Answer: B) Jung emphasizes psychological and social factors

Lesson No.9

1. What term did Alfred Adler coin to describe his approach to psychology?

- A) Analytical Psychology
- B) Individual Psychology
- C) Gestalt Psychology
- D) Behaviorism

Answer: B) Individual Psychology

2. According to Adler, how do individuals compensate for biological deficiencies or shortcomings?

- A) By emphasizing their weaknesses
- B) By ignoring their weaknesses
- C) By developing other functions or emphasizing strengths
- D) By isolating themselves from society

Answer: C) By developing other functions or emphasizing strengths

3. What concept did Adler emphasize as a driving force in all humans due to dependency during infancy?

- A) Feeling of Superiority
- B) Compensation
- C) Inferiority
- D) Neurosis

Answer: C) Inferiority

4. Which term refers to an individual's desire to strive for perfection and overcome feelings of inferiority?

- A) Neurosis
- B) Compensation
- C) Style of Life
- D) Striving for Superiority

Answer: D) Striving for Superiority

5. What does Adler identify as the means by which an individual attempts to gain superiority? A) Compensation

B) Inferiority Complex

C) Striving for Power

D) Style of Life

Answer: D) Style of Life

6. How does Adler define a mistaken style of life? A) One focused on betterment of society

B) One rooted in selfish motives

C) One characterized by harmony with others

D) One that ignores personal goals

Answer: B) One rooted in selfish motives

7. According to Adler, when does the style of life typically evolve? A) During adolescence B) In adulthood

C) Early in childhood

D) During old age

Answer: C) Early in childhood

8. What is the focus of an individual's style of life according to Adler? A)

Overcoming superiority complex

B) Contributing towards society's advancement

C) Isolating from others

D) Developing strong dependency

Answer: B) Contributing towards society's advancement

9. Which of the following did Adler believe is essential for living in harmony with others? A) Ignorance towards society

B) Selfish motives

C) Healthy style of life

D) Isolation

Answer: C) Healthy style of life

10. What was Adler's perspective on the role of childhood experiences in developing style of life? A) Adolescence is crucial for style of life

B) Style of life evolves in old age

C) Early childhood experiences shape style of life

D) Adult experiences are more influential

Answer: C) Early childhood experiences shape style of life

Lesson No.10

What does Adler refer to as guiding self-ideals that individuals invent to make life more meaningful and significant?

- A) Teleological principles
- B) Fictional finalism
- C) Teleonomic goals
- D) Creative aspirations

Answer: B) Fictional finalism

According to Adler, what is the innate need of all humans to live in harmony, peace, and friendship with others?

- A) Social aspiration
- B) Collective interest
- C) Social interest
- D) Personal harmony

Answer: C) Social interest

Which of the following is NOT considered a major problem requiring a welldeveloped social interest, according to Adler?

- A) Occupational tasks
- B) Love and marriage tasks
- C) Personal achievement tasks
- D) Societal tasks

Answer: C) Personal achievement tasks

What type of individual, according to Adler, seeks personal superiority and suffers from a superiority complex? A) Ruling dominant type

- B) Getting-leaning type
- C) Avoiding type
- D) Socially useful type

Answer: A) Ruling dominant type

What concept did Adler emphasize as involving the use of heredity and environment in a unique creative way to develop one's relationship with the world?

- A) Psychological determinism
- B) Biological destiny
- C) Creative self
- D) Fixed persona

Answer: C) Creative self

Which method did Adler use to study an individual's mental life, focusing on factors like birth order and first memories?

- A) Dream analysis
- B) Word association
- C) Birth order analysis
- D) Rorschach test

Answer: C) Birth order analysis

According to Adler, what is the goal of psychotherapy?

- A) Uncover repressed memories
- B) Resolve unconscious conflicts
- C) Encourage a healthy lifestyle and social interest
- D) Achieve ego strength

Answer: C) Encourage a healthy lifestyle and social interest

How does Adler's view of personality development differ from Freud's perspective?

- A) Adler emphasizes the role of biological instincts
- B) Adler believes personality is determined by heredity alone
- C) Adler stresses the importance of social interest and future goals
- D) Adler views personality as fixed and unchangeable

Answer: C) Adler stresses the importance of social interest and future goals

Lesson No.11

1. What does Karen Horney define as the anxiety created when a child is born into a bigger and more powerful world of older children and adults? A) Basic Hostility

- B) Neurotic Personality
- C) Basic Anxiety
- D) Ideal Self

Answer: C) Basic Anxiety

2. According to Horney, what are maladaptive ways of dealing with relationships, especially parent-child relationships, based on hostility or rejection? A) Neurotic Needs

- B) Basic Hostility
- C) Adjustment to Basic Anxiety
- D) Neurotic Personality

Answer: D) Neurotic Personality

3. What term did Horney use to classify individuals according to ten neurotic needs in three categories? A) Basic Hostility and Basic Anxiety

- B) Adjustment Techniques
- C) Relationship between Real Self and Ideal Self
- D) Moving Towards People, Moving Against People, Moving Away from People

Answer: D) Moving Towards People, Moving Against People, Moving Away from People

4. Which of the following is NOT one of Karen Horney's categories of neurotic needs? A) Need for affection and approval

B) Need for social recognition

C) Need for biological survival

D) Need for personal admiration

Answer: C) Need for biological survival

5. What did Horney emphasize as the relationship between the real self and the ideal self? A) Total dissimilarity

B) Mutual exclusivity

C) A healthy relationship

D) Independence

Answer: C) A healthy relationship

6. Which of the following is one of Karen Horney's adjustment techniques used in psychotherapy? A) Aggression

B) Neurotic Reversal

C) Procrastination

D) Compartmentalization

Answer: D) Compartmentalization

7. What was Karen Horney's goal of psychotherapy, as stated in her book "Self Analysis"? A) Minimize conflict

B) Maximize neurotic tendencies

C) Enhance real self

D) Create a realistic relationship between real self and ideal self

Answer: D) Create a realistic relationship between real self and ideal self

8. According to Horney, what happens when a child experiences abuse or rejection from parents? A) They develop hostility towards others

B) They develop a sense of superiority

C) They experience healthy development

D) They develop neurotic behavior

Answer: D) They develop neurotic behavior

9. What did Horney identify as the unhealthy fixation on one need, ignoring others, in neurotic individuals? A) Neurotic Behavior

B) Neurotic Reversal

C) Neurotic Fixation

D) Neurotic Needs

Answer: D) Neurotic Needs

10. In which book did Karen Horney classify the ten neurotic needs into three categories based on relationship tendencies? A) "The Neurotic Personality of Our Time"

B) "Our Inner Conflicts"

C) "Self Analysis"

D) "The Ideal Self"

Answer: B) "Our Inner Conflicts"

Lesson No.12

1. Which of the following is NOT one of Karen Horney's classified neurotic needs? A) Need for power B) Need for affection and approval

C) Need for financial stability

D) Need for self-sufficiency and independence **Answer: C) Need for financial stability**

2. Which category of neurotic adjustment mode is associated with individuals who seek affection, approval, and dependency from others? A) Moving Against People

B) Moving Away from People

C) Moving Towards People

D) Moving Within People

Answer: C) Moving Towards People

3. What is the neurotic need associated with individuals who seek power, prestige, and personal achievement? A) Need for affection and approval

B) Need for self-sufficiency and independence

C) Need for power

D) Need for personal admiration **Answer: C) Need for power**

4. Which adjustment mode is characterized by individuals who withdraw from others and seek self-sufficiency and perfection? A) Moving Towards People

B) Moving Against People

C) Moving Away from People

D) Moving Around People

Answer: C) Moving Away from People

5. According to Horney, what does the real self represent? A) Future aspirations

B) Current aspirations

C) Actual characteristics of an individual

D) Unrealistic characteristics

Answer: C) Actual characteristics of an individual

6. Which adjustment technique is similar to Freud's concept of repression? A) Rationalization

B) Excessive self-control

C) Compartmentalization

D) Blind Spots

Answer: D) Blind Spots

7. What does Karen Horney emphasize as the goal of psychotherapy in creating a realistic relationship between the real self and ideal self? A) Minimizing conflict

B) Maximizing conflict

C) Achieving perfection

D) Establishing peace and harmony

Answer: D) Establishing peace and harmony

8. Which adjustment technique involves dividing one's life into various compartments with different rules and behaviors? A) Rationalization

B) Compartmentalization

C) Externalization

D) Arbitrary Rightness

Answer: B) Compartmentalization

9. What is the opposite adjustment technique of arbitrary rightness, where a person avoids making decisions to evade criticism? A) Elusiveness

B) Cynicism

C) Rationalization

D) Externalization

Answer: A) Elusiveness

10. According to Karen Horney, what leads to the development of basic anxiety and neurosis? A) Unfulfilled neurotic needs

B) Unresolved childhood conflicts

C) Inadequate ego defense mechanisms

D) Unattainable ideal self

Answer: B) Unresolved childhood conflicts

Lesson No.13

1. Erik Erikson's theory emphasizes: A) Social relationships and cultural influences

B) Biological determinants of personality

C) The role of the superego in personality development

D) Psychosexual stages of development

Answer: A) Social relationships and cultural influences

2. According to Erik Erikson, what is the main focus of an individual's life span? A) Family dynamics

B) Social development

C) Education

D) Physical growth

Answer: B) Social development

3. Which of the following is a concept associated with Erik Erikson's theory?

A) Anatomy and Destiny

B) Psychosexual stages

C) Ego Suppression

D) Social Rejection

Answer: A) Anatomy and Destiny

4. According to Erik Erikson, what role does the ego play in personality development? A) It serves the id and develops its own functions

B) It suppresses the superego

C) It controls biological impulses

D) It dictates cultural norms

Answer: A) It serves the id and develops its own functions

5. How many stages of human development did Erik Erikson propose in his theory? A) Five stages

B) Ten stages

C) Twelve stages

D) Eight stages

Answer: D) Eight stages

6. Which principle did Erikson propose, stating that each stage of development gives rise to the next and is genetically determined? A) Genetic Determinism

B) Sequential Determination

C) Epigenetic Principle

D) Stage Progression

Answer: C) Epigenetic Principle

7. In Erik Erikson's theory, what happens if an individual resolves a stage crisis positively? A) The id becomes dominant

B) The ego weakens

C) The superego develops

D) The ego strengthens

Answer: D) The ego strengthens

8. Which stage of Erikson's theory involves the development of a sense of identity? A) Autonomy vs. Shame and Doubt

B) Initiative vs. Guilt

C) Identity vs. Role Confusion

D) Intimacy vs. Isolation

Answer: C) Identity vs. Role Confusion

9. What is the goal of psychotherapy according to Erik Erikson? A) To minimize ego development

B) To focus on id impulses

C) To strengthen the ego to cope with life's challenges

D) To enhance superego control

Answer: C) To strengthen the ego to cope with life's challenges

10. What area did Erik Erikson's theory make important contributions to? A) Psychoanalysis only

B) Education and child rearing

C) Physical development

D) Genetics

Answer: B) Education and child rearing

Lesson No.14

1. Erik Erikson developed a theory that emphasizes: A) Biological determinants

B) Psycho-sexual stages

- C) Social relationships and the lifespan
- D) Unconscious conflicts

Answer: C) Social relationships and the lifespan

- 2. Erik Erikson's theory is known for focusing on:**
- A) Unconscious conflicts
 - B) Social and cultural influences
 - C) Biological instincts
 - D) Parental relationships

Answer: B) Social and cultural influences

- 3. According to Erik Erikson, the goal of psychotherapy is to:**
- A) Resolve unconscious conflicts
 - B) Strengthen the patient's ego identity
 - C) Uncover repressed memories
 - D) Enhance biological determinants

Answer: B) Strengthen the patient's ego identity

- 4. Which concept best describes Erikson's view of the ego?**
- A) Master control between id and superego
 - B) Autonomous entity serving the id
 - C) Unconscious reservoir of desires
 - D) Socially shaped personality

Answer: A) Master control between id and superego

- 5. Erik Erikson's theory proposes that individuals pass through how many stages of development?**
- A) Five
 - B) Seven
 - C) Eight
 - D) Ten

Answer: C) Eight

- 6. In Erik Erikson's theory, each stage of development is characterized by:**
- A) Physical growth milestones
 - B) Genetic influences
 - C) Crisis with positive or negative resolutions
 - D) Fixed and unchangeable traits

Answer: C) Crisis with positive or negative resolutions

- 7. Which of Erikson's stages occurs during early adulthood?**
- A) Initiative versus Guilt

- B) Identity versus Role Confusion
- C) Intimacy versus Isolation
- D) Generativity versus Stagnation

Answer: C) Intimacy versus Isolation

8. According to Erik Erikson, what emerges if a crisis is successfully resolved in a stage of development? A) Frustration

- B) Hatred
- C) Competence
- D) Despair

Answer: C) Competence

9. Erikson's theory is distinguished from Freud's in its focus on: A) Biological drives

- B) Unconscious conflicts
- C) Social and cultural factors
- D) Ego defenses

Answer: C) Social and cultural factors

10. Erik Erikson's theory has applications in which of the following areas? A) Dream analysis

- B) Psycho-sexual development
- C) Psychohistory
- D) Biological determinants

Answer: C) Psychohistory

Lesson No.15

Question 1:

According to Sullivan's Theory, what is the focus of personality?

- A) Personality as a hypothetical entity
- B) Personality as a part of an interpersonal situation and interpersonal behavior
- C) Personality as a biological construct
- D) Personality as an individual's thoughts and feelings

Answer:

B) Personality as a part of an interpersonal situation and interpersonal behavior

Question 2:

Which of the following examples best illustrates an interpersonal relationship as per Sullivan's Theory?

- A) A child playing with toys
- B) A student studying alone in a library
- C) A child's relationship with their family
- D) An individual's personal hobby

Answer:

- C) A child's relationship with their family

Question 3:

Which concept in Sullivan's Theory describes the relatively enduring pattern of recurrent interpersonal situations?

- A) Dynamism
- B) Self System
- C) Cognitive Process
- D) Dynamics of Personality

Answer:

- D) Dynamics of Personality

Question 4:

Sullivan's threefold classification of experience includes all of the following modes except: A) Prototaxic

- B) Parataxic
- C) Syntactic
- D) Prototypic

Answer:

- D) Prototypic

Question 5:

Which mode of experience in Sullivan's Theory is described as a series of momentary states without necessary connections or meaning?

- A) Prototaxic
- B) Parataxic
- C) Syntactic

Answer:

- A) Prototaxic

Question 6:

According to Sullivan, what does the self-system primarily guard an individual against?

- A) Physical illness
- B) Criticism and anxiety
- C) External threats
- D) Cognitive dissonance

Answer:

- B) Criticism and anxiety

Lesson No.16

1. According to Sullivan, which of the following is NOT one of the modes of experience described in his theory? A) Prototaxic

B) Parataxic

C) Syntactic

D) Phonetic

Answer: D) Phonetic

2. Which mode of experience is characterized by discrete, momentary states of the sensitive organism without necessary connections or meaning? A)

Prototaxic

B) Parataxic

C) Syntactic

D) Phonotaxic

Answer: A) Prototaxic

3. Parataxic mode of thinking involves: A) Logical relationships between events

B) Connections between sensations and images

C) Causal relationships between unrelated events

D) Symbolic validation of experiences

Answer: C) Causal relationships between unrelated events

4. The syntactic mode of experience is characterized by: A) Raw sensations and images

B) Logical order and consensually validated symbols

C) Discrete momentary states

D) Unconscious conflicts

Answer: B) Logical order and consensually validated symbols

5. Sullivan's conception of personality views it as: A) A static entity

B) An energy system focused on reducing tension

C) Determined solely by genetics

D) Unrelated to social experiences

Answer: B) An energy system focused on reducing tension

6. According to Sullivan, anxiety arises from: A) Satisfying physiological needs

B) Interpersonal conflicts

C) Logical thinking

D) Positive social interactions

Answer: B) Interpersonal conflicts

7. The development of language and syntactic thinking is associated with which stage of Sullivan's theory? A) Infancy

B) Childhood

C) Juvenile Era

D) Preadolescence

Answer: B) Childhood

8. Which stage of Sullivan's developmental sequence focuses on the development of gender identification and symbolic ability? A) Juvenile Era

B) Preadolescence

C) Early Adolescence

D) Late Adolescence

Answer: D) Preadolescence

9. Sullivan's approach to therapy emphasizes: A) Unconscious conflicts

B) Participant observation in interpersonal situations

C) Classical conditioning

D) Hierarchical needs

Answer: B) Participant observation in interpersonal situations

10. What method did Sullivan develop for studying communication and interpersonal dynamics? A) Dream analysis

B) Free association

C) The psychiatric interview

D) Behavior modification

Answer: C) The psychiatric interview

Lesson No.17

1. According to Sheldon's Somatotype Theory, which of the following is NOT one of the primary components of physique? A) Endomorphy

B) Dysplasia

C) Mesomorphy

D) Ectomorphy

Answer: B) Dysplasia

2. Which component of physique is characterized by softness, a spherical appearance, and underdevelopment of bone and muscle? A) Endomorphy

B) Mesomorphy

- C) Ectomorphy
- D) Dysplasia

Answer: A) Endomorphy

3. Which physique type is described as hard, rectangular, muscular, and resistant to injury? A) Endomorphy

- B) Mesomorphy
- C) Ectomorphy
- D) Dysplasia

Answer: B) Mesomorphy

4. An individual high in ectomorphy and low in other components is characterized by being: A) Linear and fragile

- B) Soft and rounded
- C) Muscular and vigorous
- D) Plump and spherical

Answer: A) Linear and fragile

5. Sheldon's somatotyping involves assessing physique based on measurements from which areas of the body? A) Head-neck, chest-trunk, legs

- B) Arms, legs, stomach-trunk
- C) Head-neck, arms, stomach-trunk
- D) Chest-trunk, stomach-trunk, legs

Answer: D) Chest-trunk, arms, stomach-trunk, legs

6. Which of the following is NOT one of the secondary components of Sheldon's somatotype theory? A) Dysplasia

- B) Female Somatotyping
- C) Analysis of behavior
- D) Relation of physique to behavior

Answer: C) Analysis of behavior

7. Dysplasia in Sheldon's theory refers to: A) High variability in physique across different regions of the body

- B) Harmonious development of physique components
- C) Consistent physique measurements across the body
- D) Consistent temperamental characteristics

Answer: A) High variability in physique across different regions of the body

8. Sheldon's somatotype numerals range from 1 to 7, where J represents: A) Maximum endomorphy

- B) Maximum mesomorphy
- C) Maximum ectomorphy
- D) Minimum endomorphy

Answer: D) Minimum endomorphy

9. Which type of physique is characterized by a preponderance of surface over mass and delicate body structure? A) Endomorphy

- B) Mesomorphy
- C) Ectomorphy
- D) Dysplasia

Answer: C) Ectomorphy

10. Sheldon's research primarily focused on understanding the relationship between physique and: A) Socioeconomic status

- B) Behavior and temperament
- C) Academic achievement
- D) Psychological disorders

Answer: B) Behavior and temperament

Lesson No.18

1. What does Constitutional Psychology primarily focus on explaining? A)

- Human cognition
- B) Human behavior based on physique
- C) Human emotion
- D) Human language development

Answer: B) Human behavior based on physique

2. Which primary components of physique are identified in Sheldon's Somatotype Theory? A) 1- Endomorphy, 2- Dysplasia, 3- Ectomorphy

- B) 1- Endomorphy, 2- Mesomorphy, 3- Somatotyping
- C) 1- Ectomorphy, 2- Mesomorphy, 3- Dysplasia
- D) 1- Endomorphy, 2- Mesomorphy, 3- Ectomorphy

Answer: D) 1- Endomorphy, 2- Mesomorphy, 3- Ectomorphy

3. What does Sheldon's Atlas of men (1954) provide a complete description of?

- A) Theories of mental disorder
- B) The process of somatotyping the male body
- C) Theories of delinquency
- D) Theories of temperament

Answer: B) The process of somatotyping the male body

4. How many primary components of temperament did Sheldon identify? A)

Three

B) Five

C) Ten

D) Two

Answer: A) Three

5. Which of the following is NOT a primary component of temperament identified by Sheldon? A) Love of comfort

B) Deep sleep

C) Vocal restraint

D) Desire for social approval **Answer: C) Vocal restraint**

6. According to Sheldon, what does the frail ectomorphic body type limit in terms of behavior? A) Aggressive and domineering behavior

B) Introverted behavior

C) Assertive behavior

D) Emotional behavior

Answer: A) Aggressive and domineering behavior

7. Which of the following is NOT suggested as a factor mediating the association between physique and temperament? A) Biological and genetic orientation

B) Social stereotypes

C) Unconscious processes

D) Socioeconomic status

Answer: D) Socioeconomic status

8. What did Sheldon emphasize as being of overwhelming importance in accounting for human behavior? A) Socioeconomic factors

B) Biological factors

C) Cultural factors

D) Psychological factors

Answer: B) Biological factors

9. What did Sheldon equate unconscious determinants of behavior to? A)

Social stimuli

B) Temperamental factors

C) Biological factors

D) Cultural norms

Answer: C) Biological factors

10. Sheldon's work is primarily characterized by its focus on: A) Psychological theories

B) Theoretical frameworks

C) Empirical studies

D) Ethical considerations

Answer: C) Empirical studies

Lesson No.19

1. Which perspective in psychology emphasizes the positive aspects of life, free choices, and personal growth experiences? A) Psychoanalytic

B) Behaviorist C)

Humanistic

D) Cognitive

Answer: C) Humanistic

2. According to the humanistic view, abnormal behavior results from: A)

Genetic factors

B) Environmental influences

C) Refusal to accept personal responsibility

D) Unconscious conflicts

Answer: C) Refusal to accept personal responsibility

3. Who proposed the hierarchy of needs, beginning with physiological needs at the base and self-actualization at the top? A) Sigmund Freud

B) B.F. Skinner

C) Abraham Maslow

D) Ivan Pavlov

Answer: C) Abraham Maslow

4. Maslow's hierarchy of needs is often depicted as a pyramid, with the most basic needs at the bottom. What is at the top of this hierarchy? A) Safety needs

B) Belongingness and love needs

C) Self-actualization needs

D) Physiological needs

Answer: C) Self-actualization needs

- 5. Which of the following is NOT one of Maslow's hierarchy of needs?** A) Self-esteem needs B) Security needs C) Affiliation needs D) Cognitive needs

Answer: D) Cognitive needs

- 6. According to Maslow, which needs must be met first before an individual can strive for higher-level needs?** A) Self-actualization needs B) Safety needs C) Belongingness needs D) Physiological needs

Answer: D) Physiological needs

- 7. Maslow believed that only a few individuals in the population achieve self-actualization. What percentage did he estimate?** A) 5% B) 10% C) Less than 1% D) 25%

Answer: C) Less than 1%

- 8. Maslow distinguished between basic needs and meta-needs. What are metaneeds?** A) Needs related to physical survival B) Instinctual needs that include justice, goodness, and beauty C) Needs for belongingness and love D) Needs for self-esteem and recognition

Answer: B) Instinctual needs that include justice, goodness, and beauty

- 9. What is the topmost level in Maslow's hierarchy of needs?** A) Belongingness and love needs B) Self-esteem needs C) Safety needs D) Self-actualization needs

Answer: D) Self-actualization needs

- 10. Which term describes Maslow's belief that individuals naturally strive to fulfill their potential and become everything they are capable of becoming?** A) Self-enhancement B) Self-actualization C) Self-realization D) Self-fulfillment

Answer: B) Self-actualization

Lesson No.20

1. According to the humanistic view, what is the primary cause of human behavior? A) Biological determinants

B) Socioeconomic factors

C) Choices made voluntarily

D) Unconscious processes

Answer: C) Choices made voluntarily

2. Which psychologist is known for postulating a hierarchy of needs, including self-actualization at the top? A) Sigmund Freud

B) B.F. Skinner

C) Abraham Maslow

D) Carl Rogers

Answer: C) Abraham Maslow

3. Maslow's Hierarchy of Needs places which of the following needs at the highest level? A) Physiological needs

B) Safety needs

C) Belongingness and love needs D) Self-actualization needs

Answer: D) Self-actualization needs

4. What concept does Maslow emphasize as the fulfillment of one's highest potential in all areas of functioning? A) Self-esteem

B) Self-actualization

C) Safety

D) Physiological needs

Answer: B) Self-actualization

5. Which category of individuals did Maslow refer to as striving toward selfactualization but never quite attaining it? A) Fairly sure cases

B) Partial cases

C) Potential or possible cases

D) Superior individuals

Answer: C) Potential or possible cases

6. What is a characteristic of self-actualizing individuals according to Maslow's research? A) Dependence on social approval

B) Absence of genuine compassion

- C) Reliance on external validation
- D) Independence of culture and environment

Answer: D) Independence of culture and environment

7. What do self-actualizers exhibit in their day-to-day living, according to Maslow? A) Confusion and inconsistency

- B) Respect for all persons
- C) Dependency on physical and social environment
- D) Reliance on external opinions

Answer: B) Respect for all persons

8. Which of the following is NOT a characteristic of self-actualizing individuals according to Maslow's research? A) Philosophical humor

- B) Conformity to popular opinions
 - C) Detachment and need for privacy
 - D) Deep capacity to appreciate ordinary events
- Answer: B) Conformity to popular opinions**

9. Maslow's concept of peak experiences refers to: A) Ordinary life events

- B) Unusual talent or genius
- C) Intense moments of excitement and stillness
- D) Moments of social interaction

Answer: C) Intense moments of excitement and stillness

10. What is the primary goal of psychotherapy according to Maslow? A) Resolving unconscious conflicts

- B) Modifying behavior through conditioning
- C) Facilitating self-actualization and personal development
- D) Achieving conformity to societal norms

Answer: C) Facilitating self-actualization and personal development

Lesson No.21

1. What is the fundamental premise of Carl Rogers' phenomenological theory of personality? A) Behavior is determined by unconscious conflicts

- B) Behavior is shaped by environmental reinforcement
- C) Behavior is dependent on an individual's subjective experience and interpretation of the world
- D) Behavior is inherited through genetic predispositions

Answer: C) Behavior is dependent on an individual's subjective experience and interpretation of the world

2. According to Rogers, what is the actualizing tendency? A) A basic need for survival and growth

B) A tendency to conform to societal expectations

C) A drive for dominance and control

D) A motive for seeking pleasure and avoiding pain

Answer: A) A basic need for survival and growth

3. What is the term Rogers used to describe a person who is utilizing their capacities and realizing their potentials? A) Self-aware person

B) Fully functioning person

C) Ideal self

D) Unconditional self

Answer: B) Fully functioning person

4. What does Rogers' phenomenological position emphasize in the study of personality? A) Objective observations of behavior

B) Unconscious motives and conflicts

C) Subjective experiences and interpretations

D) Genetic determinants of behavior

Answer: C) Subjective experiences and interpretations

5. What is the self-concept according to Carl Rogers? A) The individual's perception of others

B) The individual's image of their ideal self

C) The individual's awareness of being and function

D) The individual's unconscious desires

Answer: C) The individual's awareness of being and function

6. What does Rogers identify as the primary motive for all behavior? A) Drive for power and dominance B) Actualizing tendency

C) Need for positive regard

D) Fear of punishment

Answer: B) Actualizing tendency

7. What is the term used to describe the need for warmth, respect, and acceptance from significant others? A) Unconditional positive regard

B) Conditions of worth

- C) Need for positive self-concept
- D) Need for social conformity

Answer: A) Unconditional positive regard

8. What are conditions of worth, as described by Rogers? A) Innate drives that motivate behavior

- B) Learned standards that dictate self-worth
- C) Biological instincts that guide survival
- D) Unconscious desires that influence personality

Answer: B) Learned standards that dictate self-worth

9. Which of the following is NOT a characteristic of a fully functioning person, according to Rogers? A) Openness to experience

- B) Experiential freedom
 - C) Need for social approval
 - D) Creativity or psychological maturity
- Answer: C) Need for social approval**

10. What is the ideal approach to child rearing, according to Rogers? A)

- Imposing strict conditions of worth
- B) Providing unconditional positive regard
- C) Focusing on discipline and control
- D) Encouraging conformity to societal norms

Answer: B) Providing unconditional positive regard

Lesson No.22

1. According to Carl Rogers' phenomenological theory of personality, behavior is obtained through observation of: A) External factors

- B) Environmental influences
- C) Internal frame of reference
- D) Social norms

Answer: C) Internal frame of reference

2. What is the emphasis of the humanistic view in psychology? A) Emphasis on external influences

- B) Emphasis on negative aspects of life
- C) Emphasis on positive aspects of life and personal growth
- D) Emphasis on deterministic behaviors

Answer: C) Emphasis on positive aspects of life and personal growth

3. What is the actualizing tendency, according to Carl Rogers? A) A need for survival and growth

B) A desire for material possessions

C) An innate drive for competition

D) A tendency towards self-destruction

Answer: A) A need for survival, growth, and self-enhancement

4. What does Rogers mean by a "fully functioning person"? A) A person who conforms to societal norms

B) Someone who hides their true self

C) An individual who is using their capacities and talents

D) A person with no personal goals

Answer: C) An individual who is using their capacities and talents

5. Which characteristic is NOT associated with Rogers' concept of a fully functioning person? A) Openness to experience

B) Trust in others

C) Existential living

D) Creativity and psychological maturity **Answer: B) Trust in others**

6. Rogers' view of science is primarily based on: A) Empiricism

B) Behaviorism

C) Phenomenology

D) Rationalism

Answer: C) Phenomenology

7. What method did William Stephenson develop for investigating an individual's self-concept? A) Q method

B) A method based on behaviorism

C) Psychoanalytic approach

D) Q sort

Answer: D) Q sort

8. How does Rogers define the process of defense in response to threat? A) Perceptual awareness of threat

B) Acceptance of incongruity

C) Behavioral response to maintain self-structure

D) Denial of subjective experiences

Answer: C) Behavioral response to maintain self-structure

9. According to Rogers, what leads to personality disorganization and

- psychopathology?** A) Lack of social conformity
B) Excessive openness to experience
C) Incongruence between self-concept and experience
D) Strong sense of trust in others

Answer: C) Incongruence between self-concept and experience

- 10. What analogy does Rogers draw between therapy and gardening?** A) Both involve manual labor
B) Both require strict adherence to rules
C) Both are processes of nurturing growth
D) Both are forms of scientific experimentation

Answer: C) Both are processes of nurturing growth

Error and Omission Are Accepted

The End