

## Mock Test With Answer

Maximum Marks : 200

Time : 45 Minutes

1. Bindu is a remarkable singer and she has won many accolades. She is known as a child prodigy. Which of the following terms best describe Bindu's abilities?  
(1) Talent  
(2) Giftedness  
(3) Naturalistic Intelligence  
(4) Interest
2. \_\_\_\_\_ is an individual's preference for engaging in one or more specific activities relative to others.  
(1) Interest (2) Intelligence  
(3) Aptitude (4) Personality
3. \_\_\_\_\_ proposed the Hierarchical model of Intelligence.  
(1) Alfred Binet (2) Charles Spearman  
(3) Louis Thurstone (4) Arthur Jensen
4. Which one of the following competencies is not identified as facets of intelligence in the Indian tradition?  
(1) Cognitive capacity  
(2) Social competence  
(3) Emotional competence  
(4) Aptitude
5. The notion of contextual intelligence implies that intelligence is a product of\_\_\_\_\_.  
(1) Culture (2) Gift  
(3) Intelligence (4) Performance
6. Value judgement of a person about himself/herself is called\_\_\_\_\_.  
(1) Self-Esteem (2) Self-Efficacy  
(3) Self-Regulation (4) Self-Cognition
7. Mir had no recollection of the bicycle he received as a gift on his tenth birthday. But when Nita reminded him about the same, he was able to recall it. This is because memories of his birthday were lying in the\_\_\_\_\_level.  
(1) Unconscious (2) Preconscious  
(3) Conscious (4) Superconscious
8. According to the Indian approach, personality is a combination of\_\_\_\_\_Gunas.  
(1) 2 (2) 3  
(3) 4 (4) None
9. Shobhita did not get admission in the college of her choice. She told her friends that she never really wanted to go there. She is using a defence mechanism called\_\_\_\_\_.  
(1) Repression (2) Projection  
(3) Reaction Formation (4) Denial
10. Which of these dimensions was added later on in the EPQ test?  
(1) Tough/Tender way of social interaction  
(2) Introvert/Extrovert  
(3) Emotionally stable/unstable  
(4) None of these
11. Who defined stress as "the nonspecific response of the body to any demand"?  
(1) Hans Selye (2) Lazarus  
(3) Holmes and Rahe (4) None of the above
12. \_\_\_\_\_ are the producers of antibodies.  
(1) B-cells (2) T-cells  
(3) Natural Killer cells (4) All of these

13. The state of physical, emotional and psychological exhaustion is known as:  
 (1) Resistance (2) Stress  
 (3) Burnout (4) Coping
14. \_\_\_\_\_ is the term used to describe the level of stress that is good for you.  
 (1) Super stress (2) Eustress  
 (3) Distress (4) Strict stress
15. A student blames her/his best friend for her/his poor performance rather than devoting time towards studies. She/he is said to be using \_\_\_\_\_ coping.  
 (1) Emotion oriented (2) Task oriented  
 (3) Both (1) and (2) (4) None of these
16. Which one of the following competencies is not identified as facets of intelligence in the Indian tradition?  
 (1) Cognitive capacity  
 (2) Social competence  
 (3) Emotional competence  
 (4) Aptitude
17. A patient in the ward is maintaining an upright posture for hours and refuses to respond. Identify the kind of symptom.  
 (1) Catatonic Rigidity (2) Catatonic Stupor  
 (3) Catatonic Posturing (4) None of the above
18. Aarav believes that he is being spied on, he feels threatened and victimised. He is suffering from \_\_\_\_\_.  
 (1) Delusion of Control  
 (2) Delusion of Persecution  
 (3) Delusion of Grandeur  
 (4) Delusion of Reference
19. The word diathesis refers to \_\_\_\_\_.  
 (1) Maintaining factor (2) Predisposition  
 (3) Genetic Factor (4) Environment
20. Bullying is a type of \_\_\_\_\_ aggression.  
 (1) Physical (2) Verbal  
 (3) Proactive (4) Hostile
21. Excess activity of Dopamine causes \_\_\_\_\_.  
 (1) Depression (2) Anxiety  
 (3) OCD (4) Schizophrenia
22. A young person who has acquired the malfunctioning behaviour of smoking and seeks help to get rid of smoking. Upon interviewing the client and the family members, it was revealed that the person started smoking when he was preparing for the annual examination. He had reported relief from anxiety upon smoking. What is the maintaining factor as per the behavioural analysis?  
 (1) Annual examination  
 (2) Relief from anxiety  
 (3) Habit  
 (4) Personality of the person
23. In \_\_\_\_\_, the aim is to establish a relationship between undesirable behaviour with painful consequences.  
 (1) Biofeedback  
 (2) Aversion therapy  
 (3) Creative visualization  
 (4) Negative reinforcement
24. \_\_\_\_\_ taught in the USA has been found to be effective in treatment of mental disorders. The Institute for Nonlinear Science, University of California, San Diego, USA has found that it is effective in the treatment of OCD.  
 (1) SKY (2) Kundalini Yoga  
 (3) Vipassana (4) Meditation
25. Nishant feels very strongly that everyone should love him and he should be selected to represent the school for all competitions. When this does not happen, he feels miserable and is unable to concentrate. Which form of therapy would be the most suitable for him to overcome this problem?  
 (1) Cognitive therapy  
 (2) Psychodynamic therapy  
 (3) Behaviour therapy  
 (4) Biomedical therapy
26. The rapid breathing techniques to induce hyperventilation is part of \_\_\_\_\_ yoga.  
 (1) Sudarshana Kriya (2) Pranayama  
 (3) Kundalini (4) Ashtanga
27. The positivity or negativity of an attitude is referred to as:  
 (1) Valence (2) Extremeness  
 (3) Complexity (4) Centrality
28. Schemas that function in the form of categories are called:  
 (1) Stereotype (2) Prejudice  
 (3) Prototype (4) Archetype
29. Liking a subject on account of being close to the teacher is indicative of:  
 (1) Impression formation  
 (2) Identification  
 (3) Facilitation  
 (4) Inhibition
30. Ritesh sees his parents achieve financial success through hard work. He considers his mother to be his role model. As a result, Ritesh develops a strong attitude towards success and hard work. This is an example of:  
 (1) Learning attitude through exposure to information  
 (2) Learning attitude through observation  
 (3) Learning attitude through group or cultural norms  
 (4) Learning attitude through rewards and punishment

31. Cooking food in a pressure cooker may point out the saving of fuel and time. The message given out here is:  
 (1) Rational appeal (2) Emotional appeal  
 (3) Attractiveness (4) Congruency
32. When the components of an attitude system are in the same direction, it is referred to as:  
 (1) Dissonance (2) Attribution  
 (3) Consonance (4) Impression
33. Preeti, Ajeet and Maya are working together to develop a marketing plan for one of their company's newest product lines. After some initial conflict, the group started to really come together. Now, the group is highly unified and very productive. The marketing plan is practically writing itself! Which stage of development is this group in?  
 (1) Forming (2) Performing  
 (3) Norming (4) Storming
34. \_\_\_\_\_ are special kinds of groups. Members of teams often have complementary skills and are committed to a common goal or purpose.  
 (1) Groups (2) Teams  
 (3) Crowd (4) Mob
35. Which of these stages is used to wrap up activities of the group and provide a sense of closure to its members?  
 (1) Forming (2) Performing  
 (3) Norming (4) Adjourning
36. Membership of a club is an example of:  
 (1) Primary group (2) Secondary group  
 (3) Out group (4) Mob
37. Social loafing will occur when:  
 (1) the group members feel more responsible.  
 (2) there is less motivation among members.  
 (3) belonging to the group is important.  
 (4) there is proper coordination among members.
38. Feeling of togetherness that keeps a group intact is called\_\_\_\_\_.  
 (1) Norms (2) Roles  
 (3) Status (4) Cohesiveness
39. A political party is a \_\_\_\_\_ and \_\_\_\_\_ social group.  
 (1) primary and formal  
 (2) primary and informal  
 (3) secondary and formal  
 (4) secondary and informal
40. The\_\_\_\_\_perspective suggests that the physical environment exists for use by human beings for their comfort and well-being.  
 (1) instrumentalist (2) minimalist  
 (3) spiritual (4) none of the above
41. An emotional state that arises when a person is prevented from reaching a goal, or attaining an object that s/he wants is called:  
 (1) aggression (2) frustration  
 (3) depression (4) none of the above
42. You are talking to your very good friend .Identify the interpersonal distance in this situation.  
 (1) intimate distance (2) public distance  
 (3) personal distance (4) social distance
43. \_\_\_\_\_ is defined as proficiency, facility or dexterity that is acquired or developed through training and experience.  
 (1) Skill (2) Talent  
 (3) Intelligence (4) none of the above
44. \_\_\_\_\_ communication refers to the communication that takes place between two or more persons who establish a communicative relationship.  
 (1) Verbal (2) Intrapersonal  
 (3) Interpersonal (4) none of the above
- Directions :** In the following questions, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice as:
45. **Assertion (A):** All life's challenges are not necessarily stressful.  
**Reason (R):** It depends on how a challenge is viewed.  
 (1) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).  
 (2) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).  
 (3) Assertion (A) is true, but Reason (R) is false.  
 (4) Assertion (A) is false, but Reason (R) is true.
46. **Assertion (A):** An individual's response to a stressful situation largely depends upon the perceived events and how they are interpreted or appraised.  
**Reason (R):** Lazarus has distinguished between two types of appraisals, i.e., primary and secondary.  
 (1) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).  
 (2) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).  
 (3) Assertion (A) is true, but Reason (R) is false.  
 (4) Assertion (A) is false, but Reason (R) is true.

**Read the below case and answer the questions that follow:**

#### **Thematic Apperception Test**

The most widely known and used story telling technique is the TAT. It was developed by Morgan and Murray (1935) in the belief that the content of imagined stories would provide clues to the underlying dynamics of a subject's interpersonal relationships and self-attitudes.

As elaborated by Murray (1943, 1971) and Bellak (1993), TAT data are expected to reveal the hierarchy of a person's needs and the nature of his or her dominant emotions and conflicts.

The TAT is a widely used projective test for the assessment of children and adults. It is designed to reveal an individual's perception of interpersonal relationships.

- Thirty one picture cards serve as stimuli for stories and descriptions about relationships or social situations.
- Cards include specific subsets for boys, girls, men, and women.
- The test is useful as part of a comprehensive study of personality and in the interpretation of behaviour disorders, psychosomatic illnesses, neuroses, and psychoses.

- 47.** In which year was TAT developed?  
**(1)** 1935                      **(2)** 1943  
**(3)** 1971                      **(4)** 1993
- 48.** Which of these is not considered as a part of the TAT card subset?  
**(1)** Boys                      **(2)** Rabbit  
**(3)** Girls                      **(4)** Women
- 49.** How many cards are used in TAT?  
**(1)** 30                      **(2)** 31  
**(3)** 32                      **(4)** 33
- 50.** TAT is used to study  
**(1)** neuroses                      **(2)** psychoses  
**(3)** behaviour disorders **(4)** All of these

# Solutions

1. Option (1) is correct.

**Explanation:** Talent refers to remarkable ability in a specific field, e.g., social, and talented people are often called prodigies.

2. Option (1) is correct.

**Explanation:** Interest is a feeling or emotion that causes attention to focus on an object, event, or process.

3. Option (4) is correct.

**Explanation:** Jensen (1969) proposed two level-theories of mental abilities.

According to this model, abilities operate at two levels - Level I (Associative learning, output is equal to input, rote memory,) and Level II (Cognitive competence, output is more than input).

4. Option (4) is correct.

**Explanation:** The following competencies are identified as facets of intelligence in the Indian tradition:

(a) **Cognitive capacity:** Sensitivity to context, understanding, discrimination, problem solving and effective communication.

(b) **Social competence:** Respect for social order, commitment to elders, the young and the needy concern about others, recognising others perspectives.

(c) **Emotional competence:** Self-regulation and self-monitoring of emotions, honesty politeness, good conduct and self-evaluation.

(d) **Entrepreneurial competence:** Commitment, persistence, patience, hard work, vigilance and goal-directed behaviours.

5. Option (1) is correct.

**Explanation:** Sternberg used the term "contextual intelligence" as synonym for his concept of practical intelligence, a subtheme within his theory of Triarchic Intelligence. He described it as the ability to apply intelligence practically, which includes considering social, cultural, and historical backgrounds.

6. Option (1) is correct.

**Explanation:** Self-esteem is the cognitive and behavioural aspect of self and is of two types - High self-esteem and Low self-esteem.

7. Option (2) is correct.

**Explanation:** Mental activity that people are unaware of is called unconscious level. Mental activity which people may become aware only if they attend to it closely is called preconscious level.

Thoughts, feelings and actions of which people are aware is called consciousness. Superconscious is not a state of consciousness as recognised under Psychology.

8. Option (2) is correct.

**Explanation:** There are three Gunas, or Trigunas. These are: sattva, rajas and tamas.

9. Option (3) is correct.

**Explanation:** Reaction Formation is an ego defence mechanism in which a person defends against anxiety by adopting behaviour opposite to his/her true feelings.

10. Option (1) is correct.

**Explanation:** The way of social interaction was not initially considered as a dimension by Eysenck but was added later on after a gap of five years of extensive research.

11. Option (1) is correct.

**Explanation:** Hans Selye is known as "The Father of Modern Stress Research" for his psychological study on stress and its effects.

12. Option (1) is correct.

**Explanation:** All these are types of leukocytes but B-cells are responsible for production of antibodies. T-cells destroy invaders and increase immunological activity. Natural Killer cells are responsible for fighting against tumours and viruses.

13. Option (3) is correct.

**Explanation:** Burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress.

14. Option (2) is correct.

**Explanation:** The term Eustress was coined by endocrinologist Hans Selye, consisting of the Greek prefix eu- meaning "good", and stress, literally meaning "good stress".

15. Option (1) is correct.

**Explanation:** The strategy used is basically emotion-oriented defence mechanism called escapism.

16. Option (4) is correct.

17. Option (1) is correct.

**Explanation:** People with schizophrenia also show psychomotor symptoms. Some show catatonic rigidity, *i.e.*, maintaining a rigid, upright posture for hours.

18. Option (2) is correct.

**Explanation:** Delusion of persecution is the most common symptom of schizophrenia. People with this delusion believe that they are being plotted against, spied on, and slandered.

19. Option (2) is correct.

**Explanation:** Diathesis is a constitutional predisposition toward a particular state or condition and especially one that is abnormal or diseased. The diathesis-stress model states that mental disorders develop from a genetic predisposition for that illness combined with stressful life.

20. Option (3) is correct.

**Explanation:** Children show many different types of aggressive behaviour, example proactive aggression (*i.e.*, dominating and bullying others without provocation).

21. Option (4) is correct.

**Explanation:** Excess of Dopamine is related to the schizophrenic disorder.

22. Option (2) is correct.

**Explanation:** Maintaining factors are those factors which lead to the persistence of the faulty behaviour. An example would be a young person who has acquired the malfunctioning behaviour of smoking and seeks help to get rid of smoking. The family members reveal that the person started smoking when he was preparing for the annual examination. He had reported relief from anxiety upon smoking. Thus, anxiety provoking situation becomes the causative or antecedent factor. The feeling of relief becomes the maintaining factor for him to continue smoking.

23. Option (2) is correct.

**Explanation:** Aversion therapy is a psychotherapy designed to cause a patient to reduce or avoid an undesirable behaviour pattern by conditioning the person to associate the behaviour with an undesirable stimulus. For example, eating Nicotex tablet to get rid of smoking. Here, the undesired behaviour of smoking is weakened when the person feels nauseous due to eating of Nicotex tablet.

24. Option (2) is correct.

**Explanation:** Kundalini Yoga taught in the USA has been found to be effective in treatment of mental disorders. The Institute for Nonlinear Science, University of California, San Diego, USA has found that Kundalini Yoga is effective in the treatment of obsessive-compulsive disorder.

25. Option (1) is correct.

**Explanation:** Cognitive therapy is based on the idea that the abnormality is a result of cognitive distortions. In the case of Nishant, he has a wrong belief that he should be part of all the competitions. For challenging this belief, cognitive therapy should be opted.

26. Option (1) is correct.

**Explanation:** Sudarshana Kriya Yoga is a unique breathing practice that involves cyclical breathing patterns that range from slow and calming to rapid and stimulating. In this Kriya, you take control of your breath, which positively affects your immune system, nerves, and psychological problems.

27. Option (1) is correct.

**Explanation:** In psychological terms, valence indicates the emotional value that is associated with a stimulus.

28. Option (3) is correct.

**Explanation:** A prototype is a mental representation that serves as a cognitive reference point for the category. The most salient features of the prototype are the first features that come to mind when the category is mentioned.

29. Option (2) is correct.

**Explanation:** Identification is a psychological process whereby the individual assimilates an aspect, property, or attribute of the other and is transformed wholly or partially by the model that other provides. It is by means of a series of identifications that the personality is constituted and specified.

30. Option (2) is correct.

**Explanation:** Often it is not through association, or through reward and punishment, that we learn attitudes. Instead, we learn them by observing others being rewarded or punished for expressing thoughts or showing behaviour of a particular kind towards the attitude object.

31. Option (1) is correct.

**Explanation:** A message can contain rational or an emotional appeal. For example a pressure cooker ad points out that using of pressure cooker will save fuel this gives a rational appeal whereas cooking in pressure cooker preserves the nutrients gives emotional appeal.

32. Option (3) is correct.

**Explanation:** In social psychology, consonance is the extent to which the components of an attitude are internally consistent or in agreement with each other.

33. Option (2) is correct.

**Explanation:** In the performing stage, it's time for the group to get things done. Members are motivated to work together as a cohesive group and they find ways to solve lingering or new disagreements. In this stage, group morale and loyalty are high, and the group is characterized by trust, experience, intimacy, and competence.

34. Option (2) is correct.

**Explanation:** Teams are special kinds of groups where members of teams often have complementary skills and are committed to a common goal or purpose.

35. Option (4) is correct.

**Explanation:** The adjourning stage is the fifth, and final, stage of group development that occurs when a group wraps up its work and then dissolves. At this time, it is important for members of the team to get appropriate closure as well as recognition for the work they accomplished.

36. Option (2) is correct.

**Explanation:** Secondary groups are often larger and impersonal. They may also be task-focused and time-limited. These groups serve an instrumental function rather than an expressive one, meaning that their role is more goal- or task-oriented than emotional.

37. Option (2) is correct.

**Explanation:** Social loafing refers to the concept that people are prone to exert less effort when working collectively as part of a group compared to performing a task alone. Social loafing is more evident in tasks where the contribution of each group member is combined into a group outcome, making it difficult to identify the contribution of a single person.

38. Option (4) is correct.

**Explanation:** Group cohesiveness (also called group cohesion and social cohesion) arises when bonds link members of a social group to one another and to the group as a whole. Although cohesion is a multi-faceted process, it can be broken down into four main components: social relations, task relations, perceived unity, and emotions.

39. Option (3) is correct.

**Explanation:** A political party is secondary and formal group. It is a secondary group as it is based on shared goals or interests in which the members are rarely if ever in face-to-face contact with each other. Like any formal group it is deliberately formed by its members or an external authority for some purpose.

40. Option (1) is correct.

**Explanation:** The instrumentalist perspective suggests that the physical environment exists for use by human beings for their comfort and well-being.

41. Option (2) is correct.

**Explanation:** Frustration is the emotional state that arises when a person is prevented from reaching a goal, or attaining an object that she or he wants.

42. Option (3) is correct.

**Explanation:** Personal distance ranges between 18 inches to 4 feet. This type of interpersonal distance is maintained while we are conversing with a close friend, relative, or a colleague etc. Hence, this option is not the correct answer.

43. Option (1) is correct.

**Explanation:** A skill is an ability or proficiency acquired through training and practice.

44. Option (3) is correct.

**Explanation:** The key to a sound lasting relationship is communication. communication refers to the communication that takes place between two or more persons who establish a communicative relationship.

45. Option (1) is correct.

**Explanation:** Some of us succeed while others succumb to such life stresses. Life challenges are not necessarily stressful. Much depends on how a challenge is viewed.

**46. Option (2) is correct.**

**Explanation:** Both the statements are correct about Cognitive Theory of Stress as propounded by Lazarus and his colleagues but the factors are not in a cause and effect relationship.

**47. Option (1) is correct.**

**Explanation:** The initial TAT was developed by Morgan and Murray in 1935. The rest are the years in which elaborate details were given by these psychologists about TAT.

**48. Option (2) is correct.**

**Explanation:** TAT is meant for psychological analysis of human beings and not animals.

**49. Option (2) is correct.**

**Explanation:** There are 30 black and white picture cards and 1 blank card for psychological analysis.

**50. Option (4) is correct.**

**Explanation:** The TAT is a widely used projective test for the assessment of children and adults. It is designed to reveal an individual's perception of interpersonal relationships. The test is useful as part of a comprehensive study of personality and in the interpretation of behaviour disorders, psychosomatic illnesses, neuroses, and psychoses.