

UNIVERSITY OF FORT HARE (ALICE CAMPUS)

PSY 123F

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TIME : 2 HOURS
SUBJECT : PSYCHOLOGY
PAPER : PSYCHOPATHOLOGY AND COUNSELLING PSYCHOLOGY
MARKS : 100

This paper consists of 20 pages including the cover page.

Internal Examiners

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INSTRUCTIONS

Instruction to candidates:

- ANSWER ALL THE QUESTIONS USING A PENCIL
 - ALL QUESTIONS SHOULD BE ANSWERED ON THE MCQ PROVIDED
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SECTION A.

1. ----- is defined as the persistent manifestation of seriously different behavior that impairs the individual's everyday functioning and includes deviance and maladaptiveness, which may lead to personal distress and danger to oneself. .
 - b) Psychology
 - c) Psychological abnormality
 - d) Abnormal behaviour
 - e) Physiology

2. The acronym DSM stands for:
 - a) The defined symptoms of mental illness
 - b) The development and social psychological association
 - c) The descriptive and systematic manual of mental illness
 - d) The diagnostic and statistical manual of mental disorders

3. ----- are a class of disorders marked by alternate emotions, namely, euphoria and dysphoria.
 - a) Anxiety disorders
 - b) Mood disorders
 - c) Dissociative disorders
 - d) Sleeping disorders

4. Which of the following statement(s) is/ are true?
 - a) Psychological disorders are a sign of personal weakness.
 - b) Psychological disorders are often curable.
 - c) People with psychological disorders are often violent and dangerous.
 - d) All of the above are true.

5. Suspiciousness is topersonality disorder, as inexplicable onset of heart palpitation, sweating and dizziness is to..... disorder.
 - a) Paranoid; borderline
 - b) Schizoid; acute

- c) Paranoid; acute
- d) Antisocial ; paranoid

6. Sibusiso is so terrified of heights that he feels uncomfortable to go to the second floor of Psychology Building, University of Fort Hare, Alice Campus. Sibusiso is most likely suffering from a(n)

- a) Agoraphobia
- b) Acrophobia
- c) Genophobia
- d) Astraphobia

7. Fear of thunder and storms is called a(n)

- a) acrophobia
- b) astraphobia
- c) agoraphobia
- d) aerophobia

8. Happy was robbed at gun point recently and as a result he cannot concentrate at work such that there is an unwanted thought that repeatedly intrudes upon his consciousness. This unwanted thought is called a(n)

- a) Compulsion
- b) obsession
- c) hallucination
- d) delusion

9. Which one of the three sub-types of anorexia nervosa is marked use of vomiting, laxatives or fasting to control weight?

- a) Binge- eating/purging
- b) Bulimia nervosa
- c) Binge- Eating Disorder (BED)

10. Joseph expects to be treated with outmost admiration. He fantasizes about unlimited success of his parents and lacks empathy. Which type of the personality disorder is this?

- a) Histrionic personality disorder
- b) Borderline personality disorder
- c) Narcissistic personality disorder
- d) Antisocial personality disorder

11. Schizophrenic disorders are

- a) a class of disorders marked by a primary disturbance of thought, with secondary disturbances in perceptual, social , and emotional responses.
- b) mental conditions characterized by hallucinations and delusions.
- c) mental conditions characterized by loss of interest in sex.
- d) A and B
- e) A and C

12. Peter was referred to a local psychiatrist out- patient clinic by his general practitioner. He experienced fatigue, loss of interest in social activities and sex, almost every day. Peter might be suffering from

- a) Erectile dysfunction
- b) Depression
- c) Tension
- d) Anxiety disorder

13. Suspiciousness is topersonality disorder, as violation of the rights of others is topersonality disorder.

- a) Paranoid; borderline
- b) Schizoid; paranoid
- c) Paranoid; antisocial
- d) Antisocial ; paranoid

14. Nokubonga lacks a clear sense of identity and is extremely insecure. She does not last in her relationships and often threatens her

boyfriends when they want to terminate the relationships. Nokubonga's behaviour best fits which personality disorder?

- a) Antisocial
- b) Borderline
- c) Narcissistic
- d) Paranoid

15. Sipho witnessed the brutal killing of his parents while young. Since then, he has been having nightmares and flashback episodes of the killings. He performs poorly academically and has withdrawn from his friends. Abdul is most likely suffering from which anxiety disorder?

- a) Panic disorder
- b) Posttraumatic disorder
- c) Phobic disorder
- d) Generalized anxiety disorder
- e) Obsessive compulsive disorder

16. The manic episode is characterized by

- a) abnormally and persistently elevated irritable moods, inflated self-esteem and decreased need for sleep
- b) interfere with a person's ability to function.
- c) Increased need for sleep, social withdrawal and substance abuse.
- d) great distress to the individual.

17. Which of the following theories attribute abnormal behaviour to deviance from societal norms such as refusal to perform rituals and to mourn for one's husband?

- a) Psychological theories
- b) Biomedical theories
- c) Sociocultural theories
- d) None of the above

18. The following statements are stereotypes people have of abnormal behaviour, EXCEPT

- a) People with psychological disorders display bizarre behavior and different from normal people.

- b) Psychological disorders are incurable.
- c) People with psychological disorders are violent and dangerous.
- d) People with homosexual tendencies have psychological disorders.

19. Simphiwe from Generation Legacy, a popular South African soapie, derived sexual pleasure from being handcuffed and humiliated by Mazwi's brother- Smanga. According to DSM V-TR, Simphiwe exemplifies?

- a) Sexual sadism
- b) Sexual masochism
- c) Sexual pedophilia
- d) Sexual exhibitionism

20. According to psychoanalytic therapy, dreaming of a snake by women would be regarded as a fear of sex. In South African cultural perspective, such a dream is referred to as.....

- a) Witchcraft
- b) Ancestors
- c) Misfortune
- d) All of the above

21. Which of the psychological theories attribute abnormal behaviour to unresolved conflicts of the past?

- a) Psychoanalytic
- b) Humanistic
- c) Cognitive
- d) A and B
- e) A, B and C

22. According to psychoanalytic therapy, clients are encouraged to say whatever comes into their minds, regardless of how painful, silly, trivial, illogical or irrelevant it may be and this principle is referred to as... ..

- a. Projection
- b. Dream analysis
- c. Free association
- d. interpretation

23 . According to DSM V-TR, an individual with mild mental retardation has an IQ level of :

- a. 55- 70
- b. 40- 54
- c. 25-39
- d. 24 and below

24. Monica is 17 years old and she speaks in two-or –three- word sentences. Furthermore, when playing with toys, she loses concentration and often fails to integrate or coordinate them owing to her deficits in motor development. According to DSM V-TR, Monica would probably have an IQ level of :

- a. 55-70
- b. 40-54
- c. 25-39
- d. 24 and below

25. ----- mental retardation requires lifelong care and assistance as they may have severe co-occurring medical conditions, such as epilepsy.

- a. Severe
- b. Mild
- c. Profound
- d. Moderate

26. Peggy- Sue Khumalo is a good-looking supermodel and intends to enter Miss Universe 2016 to represent her country. However, for the past six months she has been starving herself and eventually got admitted to the hospital for suffering from an eating disorder. Which type of eating disorders best describes Peggy- Sue's condition?

- a) Anorexia nervosa
- b) Bulimia nervosa
- c) Both bulimia and anorexia nervosa
- d) None of the above

- 27. John fears blood, cats and darkness. According to DSM V-TR, John's phobias are respectively called**
- a. ailurophobia, algophobia, nyctophobia
 - b. Hematophobia, mysophobia, nyctophobia
 - c. Hematophobia, ailurophobia, nyctophobia
 - d. Hemoglobin, pyrophobia, nyctophobia
- 28. Gregory, a 45 year old man fears to be injected when going to the medical practitioner. He screams like a child. According to DSM V-TR, Gregory's phobia is called**
- a. Astraphobia
 - b. Thanatophobia
 - c. Pathophobia
 - d. Algophobia
- 29. Which one of the following sexual disorders is characterized by deriving sexual arousal or pleasure from wearing clothes or lingerie of the opposite sex?**
- a. Fetishism
 - b. Masochism
 - c. Sadism
 - d. Exhibitionism
 - e. Pedophilia
- 30. Henry is a first year Psychology student at Fort Hare University (Alice Campus). He does not like to study in groups because he was once bewitched and his level of trust is minimal. Henry's personality might be classified as**
- a. Avoidant.
 - b. Schizoid.
 - c. Paranoid.
 - d. Narcissistic
- 31. Nomthandazo, a school educator poisoned herself upon learning that her fiancé was marrying someone else. She could not bear the thought of being laughed at by the church members. This is an example of -----
----- suicide.**
- a. altruistic

- b. egoistic
- c. anomic
- d. A and C

32. Emily has a schizoid personality disorder. Which of the following behaviour best describes Emily?

- a. Avoids work activities that involve significant interpersonal contact with people unless certain of being liked.
- b. Persistently bearing grudges and unwilling to forgive the insults that he believes he received.
- c. Rapidly shifting and emotional expression.
- d. Lack of remorse
- e. Neither wants nor takes pleasure in close relationships.

33. There are ladies who become uncomfortable when men do not appreciate or notice their new outfit, and every time they like to suggest how others should handle their relationships. They also like wearing sexually provocative clothes. Which personality disorder best describes their behaviour?

- a. Narcissistic personality disorder
- b. Borderline personality disorder
- c. Histrionic personality disorder
- d. Schizotypal personality disorder

34. Kenneth Mashaba from Generation demonstrated an antisocial personality disorder. Which of the following behaviour best fit his personality ?

- a. Persistently bearing grudges and unwilling to forgive the insults that he believes he received.
- b. Grandiose sense of self.
- c. Avoids work activities that involve significant interpersonal contact with people unless certain of being liked.
- d. Deceitfulness
- e. Neither wants nor takes pleasure in close relationships.

35. They are mentally challenged. However, the are educable as they reach up to the highest level of education, provided they get support.

- a. mild- mentally retarded
- b. moderate mentally retarded
- c. severe mentally retarded
- d. profound mentally retarded

36. Which perspective considers environmental conditions such as poverty and violent crime as contributory factors leading to abnormal behaviour?

- a. Psychoanalytic
- b. Cognitive
- c. Sociocultural
- d. Humanistic

37. Which of the following is NOT the cognitive symptom of major depression?

- a. Delusions
- b. Exaggerated feelings of worthlessness or guilt
- c. Fatigue or loss of energy
- d. Difficulty in making decisions
- e. Thoughts of suicide

38. Mrs. Kuzwayo's family got involved in a plane crash, which killed all the passengers. Thereafter, her behaviour and perceptions changed radically as she never sought psychotherapy. She now believes that she is famous and superior. What type of delusion is being displayed by Mrs. Kuzwayo?

- a. Grandeur
- b. Persecutory
- c. Delusion of thought control
- d. Delusion of reference

39. Which of the following personality disorders are clustered as dramatic or impulsive.

- a. Antisocial, dependent and avoidant.
- b. Schizoid, borderline and paranoid.
- c. Avoidant, schizotypal and narcissistic.

- d. Antisocial, histrionic and narcissistic.
- e. Schizoid, schizotypal and obsessive –compulsive

40. Insisting on the taxi driver to stop because you are not sure if you switched off the stove or heater before leaving your room, it is an example of

- a. Generalized anxiety disorder
- b. Panic disorder
- c. Obsessive compulsive disorder
- d. Phobic disorder
- e. Posttraumatic disorder

Match the following columns by shading the letters only in your MCQ.

Column A	Column B
41. Catatonic schizophrenia	a). Increases the risk of high cholesterol, type 2 diabetes, gallbladder diseases and respiratory problems .
42. Dissociative disorder	b). Motor disturbance ranging from muscular rigidity to random motor flexibility
43. American Psychological Association	c). delays in speech development, poor motor skills, and limitation in memory and cognition.
44. Obesity	d). Removed homosexuality from Diagnostic Statistical Manual of Mental Disorders in 1973.
45. Down syndrome	e). A disorder marked by a loss of awareness of some part of one's surrounding that seriously interferes with the person's ability to function.

Continue to match the following columns by shading the letters only in your MCQ.

Column A	Column B
46. Unconditional positive regard	a). A client blocks certain information to the unconscious during therapy, which might be painful or humiliating.
47. Confidentiality	b). Occurs when clients start relating to the therapist in ways that resemble or mimic critical relationships from their past or present.
48. Transference	c). A client jumps to a conclusion about her suspicions that her boyfriend is involved without an evidence.
49. Arbitrary inferences	d). A principle in therapy that protects the information discussed between the clients and the therapist.
50. Resistance	e). The provision of the experience of total acceptance of the clients, irrespective of their past (e.g rapist, prostitute) by the therapist.

51. A disorder that refers to manic and depressive mood swings is known as:

- a. adjustment disorder
- b. bipolar disorder
- c. dissociative identity disorder
- d. autistic disorder.

52. A person with a symptom of schizotypal personality disorder

- a. enjoys being led others and struggles make informed decisions.
- b. expresses disagreement with difficulty because of fear of fear of loss of approval.

- c. excessively devoted to work and productivity.
- d. experiences acute discomfort with and reduced capacity for close relationships.

53. A person with a symptom of obsessive- compulsive personality disorder

- a. has disregard for and violation of the rights of others, and it starts around 15 years of age.
- b. seeks nurturance and support.
- c. is preoccupied with orderliness, perfectionism, and interpersonal and mental control.
- d. has unreasonable expectations of special treatment.
- e. is emotionally cold and detached.

54. After feeling some discomfort of being trapped in a man's body, Michael went for surgery to become a woman. Michael is now a -----

- a. transvestite.
- b. transsexual.
- c. homosexual.
- d. bisexual.

55. Prince is in his adolescence. He feels comfortable having a sexual relationship with people of both genders at the same time. His acts are more of a -----

- a. transvestite.
- b. transsexual.
- c. homosexual.
- d. bisexual.

56. ----- is a sexual and gender identity disorder which is characterized by deriving sexual grandiosity from having sexual intercourse with minors.

- a. Voyeurism
- b. Paraphilia
- c. Pedophilia
- d. Fetishism

57. Cognitive symptoms of someone experiencing anxiety disorder include:

- a. Fight or flight response
- b. Emotional numbness
- c. Worrying
- d. Irritability

58. Biological dimension of someone experiencing depression include:

- a. Reduced dopamine, norepinephrine and serotonin
- b. Exposure to discrimination
- c. Maltreatment
- d. Lack of social support

59. ----- is a sexual and gender identity disorder which is characterized by deriving sexual grandiosity from rubbing one genitals against non-consenting others in a crowd.

- a. Paraphilia
- b. Voyeurism
- c. Frotteurism
- d. Exhibitionism

60. A person with a symptom of schizoid personality disorder

- a. expresses disagreement with difficulty because of fear of loss of approval.
- b. experiences difficulty maintaining long-term relationships.
- c. excessively devoted to work and productivity.
- d. Emotionally cold and detached.

61. Sadists enjoy being in sexual relationships characterized by:

- a. humiliation, whipped and tied to poles during sexual intercourse.
- b. romance and showered with gifts.
- c. drugs and alcohol abuse.
- d. Dominance and inflicting pain on the other partner.

Choose from the list below the word or phrase that best completes the sentence.

Continue on the multiple choice answer sheet. (No. 62- 66)

- A. Profound mental retarded**
- B. Moderate mental retarded children**
- C. Severe mental retarded children**
- D. Mild mental retarded children**

62. They often have difficulty recognizing social conventions such as appropriate humor or dress, which interferes with peer relationships.

63. During early childhood they display considerable impairments in sensorimotor functioning; for example, at the age of 4 or 5, their responsiveness is similar to that of a 1 year child

64. They cannot travel a long distance on their own or cook for themselves though they may be able to learn some unskilled labour such as cleaning the dishes and sweeping the floor.

65. Susceptible to psychometric symptoms such as development of seizures, stomach-aches and Down Syndrome. Furthermore, they have short life-span.

66. A significant proportion of them manage to reach college provided their environments are affluent with resources including educators specially trained for inclusive education.

67. Accurate empathy

- a. Refers to the genuineness that the therapist expresses in the professional relationship with the client.
- b. Refers to understanding the client's thoughts and feelings from the client's perspective.
- c. Acknowledges the religious, social and cultural background of the client.
- d. Entails honest communication from the therapist when reacting to the client.

68. Generalized Anxiety Disorder

- a. Characterized by intense fear and anxiety in the absence of danger that is accompanied by strong physical symptoms.
- b. Characterized by persistent, uncontrollable intrusion of unwanted thoughts (obsessions) and urges to engage in senseless rituals (compulsion).

- c. Involves enduring psychological disturbance attributed to the experience of a major traumatic event.
- d. Characterized by chronic, constant worry in almost situations (eg. Debts, clothes to wear for certain functions, meal to be prepared).

69. Dr. Malusi is a counselling psychologist and he is person- centred in his approach. In other words, he makes certain that these “core conditions” within the therapeutic relationship are necessary, except;

- a. Counter-transference
- b. Congruence
- c. Unconditional positive regard
- d. Accurate empathy

70. Dr. K is a clinical psychologist and ended up developing sexual feelings towards one of his female clients who had been abused by her husband. According to psychoanalytic therapy, Dr. K’s behaviour could be exemplifying

- a. Transference
- b. Counter-transference
- c. True love
- d. Love at first sight

71. Martha is a Psychology student at the University of Sussex in the United Kingdom and she thinks that she is brilliant and capable of pursuing Law Degree and Engineering studies, simultaneously. Drawing from cognitive-therapy, Martha exemplifies;

- a. Poor reasoning
- b. Polarized- thinking
- c. Delusion of grandeur
- d. Labelling

72.is the man behind the therapy, cognitive therapy.

- a. Albert Ellis
- b. Aaron Beck
- c. Sigmund Freud

d. Carl Rogers

73. According to psychoanalytic therapy our behaviour is.....

- a. determined by irrational forces, unconscious motivations and biological and instinctual drives.
- b. determined by unhealthy environment.
- c. determined by natural forces.
- d. All of the above

74. The following are the defence mechanisms according to Freud's psychoanalytic approach, except the

- a. Denial
- b. Sublimation
- c. Rationalization
- d. Congruence

State if the following statements are true or false, by shading A for true or B for False (75- 90)

75. Social- disorganization theory by Shaw and McKay asserts that when the family members or the residents of the same neighbourhood lack the ability to unite to achieve a common goal, to reduce crime and rape, such community is most likely to suffer psychologically and socially.

76. (Sexual Offences and Related Matters) Amendment Act 32 of 2007, defines child abuse as a violation of human rights by compelling a minor (a person below age 18) to witness pornography or to be involved in physical contact with another person performing oral sex or in sexual act (e.g. masturbation, vaginal or anal penetration).

77. When there is domestic violence in the family, emotional distress experienced by a pregnant woman associated as a result of physical abuse may cause a variety of physiological deformities such as deafness, cardiac abnormalities and/or mental retardation to the infants, including prematurity, hypoxia low birthweight and intracranial haemorrhage.

78. In many African societies such as Namibia, Zimbabwe, Nigeria, Zambia and Somalia, homosexuality (i.e sexual relationships with people of the same gender) is condemned, criminalized and viewed as pathology.
79. Carl Rogers pioneered the cognitive therapy.
80. In free association, the therapist interprets the symbolic meaning of the client's dream and attempts to link the interpretation to the client's symptoms.
81. Psychoanalytic psychotherapy is based on the notion that cognitive distortions (faulty reasoning) result in psychological distress.
82. Magnification in cognitive therapy occurs when the client holds extreme ideas as a result of an isolated incident and applies these to other situation.
83. Person- centred therapy discourages labelling, personalisation and overgeneralization because they deter emotional stability.
84. Churches such as ZCC in South Africa combine faith healing and performance of rituals in bringing harmony between the living and the non-living.
85. South African research found that institutions which fail to protect their lesbian students tend to sustain a breeding ground for stigma, discrimination, harassment, emotional abuse as well as physical violence.
86. Resilience has been conceptualized as the ability to positively navigate through adverse circumstances and involving emotional intelligence and self-regulation to adapt and buffer against negative outcomes associated with risk exposure.
87. Cyber-therapy is relatively cheaper as compared to psychoanalytic psychotherapy.
88. Face-to-face psychotherapy could be lead to the client's refusal to reveal certain information especially if the psychotherapist lives in the same neighbourhood as the client.
89. Psychotherapists' key roles include taking decisions for clients.
90. In aversion therapy, the psychotherapist may pair undesirable stimuli and alcohol in helping the client to stop drinking alcohol.
91. Psychologists can prescribe drugs or medication to their clients.

Match the following columns by shading the letters only in your MCQ.

Column A	Column B
92. Hebephrenic schizophrenia	a). Protecting of clients' identity when

	reporting clinical findings.
93. Amafufunyane	b). A disorder in which a person experiences dysphoria, sleeplessness, weight loss, low self-esteem, and inability to concentrate for at least two weeks.
94. Non- maleficence	c).Symptoms include random babbling, inappropriate giggling and somatic delusions.
95. Anonymity	d). Symptoms include grunting and speaking in one or more foreign languages. The person is usually amnesic.
96. Major depressive disorder	e). Code of ethics which advocate non exploitation of clients by psychologists.

97. Congruence in person –centered approach refers to:

- a) Genuineness and authenticity that the therapist expresses in his /her relationships with clients.
- b) Unconditional acceptance of the clients as they really are, by the therapist.
- c) Understanding the client's thoughts and feelings from their perspectives.
- d) A and B.

98. Your friend has been sexually assaulted on her way back from a social club. She kept this ordeal for a long time. As a student in Institution of Higher Learning, to which one of the following centres/ professionals would you encourage your friend since she is unemployed?

- a) Private clinical psychologist
- b) Private counselling psychologist
- c) Student Counselling Unit
- d) South African Police Station.

