

**UNIVERSITY OF FORT HARE  
(ALICE CAMPUS)**

**PSY 122**

**November/ December 2018**

**MAIN EXAMINATION**

**SUBJECT:  
INTRODUCTION TO PSYCHOLOGY**

**This paper has 43 pages including the cover page**

**TIME: 3 Hours**

**MARKS: 200**

**Internal examiners: Mr. M. Notole**

**Ms. V.N. Hoho**

**Prof. J.G. Kheswa**

**INSTRUCTIONS:**

**Answer all questions**

**Use only a pencil to answer on a MCQ answer sheet provided**

**Write your student number first and then shade your student number correctly**

**No ink-Pen should be used on MCQ (pink paper answer sheet)**

- 1. Which of the following concept asserts that abnormal behaviour is best thought of as an illness?**
  - A. The behavioural model
  - B. The medical model
  - C. Cognitive model
  - D. All of the above
  
- 2. Paralysis or loss of feeling that does not match underlying anatomical organization is a symptom of:**
  - A. Somatization disorder
  - B. Conversion disorder
  - C. Hypochondriasis
  - D. Malingering
  
- 3. An individual is described as impulsive, charming, lacking in conscience, manipulative and incapable of forming close attachments. Which diagnostic category does this description seem to fit?**
  - A. Schizophrenic disorder
  - B. Multiple personality
  - C. Antisocial personality
  - D. Any of the Axis I categories
  
- 4. Which statement best describes dissociative personality disorder?**
  - A. The individual loses contact with reality and becomes incapable of perceiving objective events
  - B. The person often moves to a new community and takes on a new identity for a period of time
  - C. The individual seems to have two or more distinct selves or identities
  - D. The individual's personality "splits" into two halves, one that is emotional and one that is cognitive

5. Michelle has difficulty maintaining friendships and romantic relationships. She is uncertain about her own identity and about her goals in life, experiences extreme mood fluctuations, and is prone to inappropriate outbursts of anger. When Michelle meets a potential new friend, partner, or colleague, she clings to that person so fiercely that he or she becomes alienated and leaves the relationship. Michelle may have:
- A. Borderline personality disorder
  - B. Antisocial personality disorder
  - C. Disorganized schizophrenia
  - D. Mania
6. Jana's son was recently bitten by a snake. Although she tried to hit the snake with her fist before it reached her child, Jana was unable to prevent it from biting him. Her son is fine, but Jana's hand has become paralyzed. However, examination and testing show no physical damage to her hand. Jana's paralysis may reflect:
- A. Psychosomatic disorder
  - B. Hypochondriasis
  - C. Insanity
  - D. Conversion disorder
7. Linda just does not enjoy doing much of anything lately. She blames herself for all of her failures in life. She has lost interest in food and social activities, and most days she just stays in bed. If these symptoms last more than two weeks, then she may be diagnosed as having:
- A. Bipolar disorder
  - B. Antisocial personality
  - C. Major depression
  - D. Agoraphobia
8. Suspiciousness is to \_\_\_\_\_ personality 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

9. Malusi has a schizoid personality disorder. Which of the following behaviour best describes Malusi?

- A. Avoids work activities that involves 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. Neither nor takes pleasure in close relationship
- D. Rapidly shifting and emotional expression.
- E. Lack of remorse

**Continue answering on the MCQ answer-sheet:**

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

Column A	Column B
10. Arbitrary inferences	A. The provision of the experience of total acceptance of the clients irrespective of their past, such as prostitute or rapist.
11. Resistance	B. A principle in therapy that protects the information discussed between the client and the therapist.
12. Unconditional positive regard	C. Client jumps to a conclusion about her suspicions that his girlfriend is involved in other affair without evidence.
13. Confidentiality	D. Occurs when clients start relating to the therapist in ways that resemble or mimic critical relationships from their past or present.
14. Transference	E. A client blocks certain information to the unconscious during therapy, which might be painful or humiliating.

15. \_\_\_\_\_ is a sexual and gender identity disorder which is characterized by deriving sexual grandiosity from rubbing ones genitals against non-consenting others in a crowd

- A. Paraphilia
- B. Voyeurism

- C. Frotteursm
- D. Exhibitionism

**16. Sadists enjoy being in sexual relationships characterized by:**

- A. Humiliation, whipped and tied ironing boards or metallic bed during sexual intercourse.
- B. Romance and showered with gifts
- C. Drug and sexual abuse
- D. Dominance and inflicting pain on the other partner.

**17. Accurate empathy**

- A. Refers to understanding the client's thoughts and feelings from the clients perspective
- B. Refers to the genuineness that the therapist expresses in the professional relationship with the client
- C. Acknowledges the religious, social and cultural background of the clients
- D. Entails honest communication from the therapist when reacting to the client

**18. Prof Zuzani is a counseling psychologist and he is person-centered in his approach. In other words, he makes certain that these 'core conditions' within the therapeutic relationships are necessary *except*:**

- A. Congruence
- B. Accurate empathy
- C. Counter transference
- D. Unconditional positive regards

**19. Which of the following refers to the capacity to work with the client's concerns without being personally diminished?**

- A. Sincerity
- B. Respect
- C. Integrity
- D. Resilience

**20. The cause of a disease or a disorder as determined by medical or psychological diagnosis refers to its:**

- A. Comorbidity
- B. Etiology

- C. Complexity
  - D. All of the above
21. **Zukiswa who is a school teacher poisoned herself upon hearing that her boyfriend is getting married to someone else. She could not bear the thought of being laughed at by her colleagues. This exemplifies:**
- A. Altruistic suicide
  - B. Egoistic suicide
  - C. Anomic suicide
  - D. A and C
  - E. None of the above
22. **The principle of \_\_\_\_\_ means acting in the best interests of the client based on professional assessment.**
- A. Beneficence
  - B. Maleficence
  - C. Justice
  - D. Non-maleficence
23. **One of the following terms refers to loss of memory resulting from either physical or psychological causes. Which term is that?**
- A. Paranoid
  - B. Amnesia
  - C. Schizophrenia
  - D. Delusion
24. **\_\_\_\_\_ is the man behind the cognitive therapy**
- A. Albert Ellis
  - B. Aaron Beck
  - C. Sigmund Freud
  - D. Carl Rogers
25. **According to psychoanalytic therapy our behaviour is determined by \_\_\_\_\_**
- A. Irrational forces, unconscious motives, biological and instinctual drives
  - B. Consciousness and healthy environment
  - C. Witchcraft and natural forces

- D. All of the above
- 26. Which of the following is true of conversion disorder?**
- A. Its effects are usually limited to the visual system
  - B. The underlying cause is organic
  - C. It may involve blindness, deafness, or even mimic appendicitis
  - D. It is easier to diagnose than are in anxiety disorders
- 27. Existential therapy is to \_\_\_\_\_; as rational-emotive therapy is to \_\_\_\_\_**
- A. Rollo May; Albert Ellis
  - B. Albert Ellis; Rollo May
  - C. Albert Ellis; Carl Rogers
  - D. Carl Roger; Albert Ellis
- 28. Why do people often choose to conform to social expectations? It is because they:**
- A. Are often confronted with the conformity crisis
  - B. Are often reinforced for conforming
  - C. Want to avoid de-individuation
  - D. Want to avoid cognitive dissonance
- 29. The idea of free will is emphasized by which of the following types of therapy?**
- A. Existential therapy
  - B. Psychoanalytic therapy
  - C. Behavioural therapy
  - D. Cognitive behavioural therapy
- 30. A social psychologist would be very likely to study three of the following and not quite as likely to study the other one. Which one is least likely to be studied by a social psychologist?**
- A. Helping others
  - B. Completion and cooperation
  - C. Dream analysis
  - D. Obedience
- 31. Cocaine or crack does the following:**
- A. Attempts to stop or reduce drug use on a permanent bases
  - B. Restlessness, nervousness, insomnia, rambling speech and cardiac arrhythmia

- C. Feelings of euphoria confidence in user
  - D. All of the above
- 32. Bill's therapist attacks his faulty beliefs and ideas and give him homework/assignment to help him overcome those ideas. Bill is probably in therapy with which type of therapist?**
- A. Rational emotive
  - B. Client-centered
  - C. Existential
  - D. Gestalt
- 33. Gestalt therapy would be classified as which of the following?**
- A. Insight, directive
  - B. Insight, nondirective
  - C. Action, directive
  - D. Action, nondirective
- 34. Focusing upon what happened in the past characteristic of \_\_\_\_\_ therapy; focusing upon what is happening now in the present is characteristic of \_\_\_\_\_ therapy.**
- A. Gestalt; Gestalt
  - B. Psychoanalytic; psychoanalytic
  - C. Gestalt; Psychoanalytic
  - D. Psychoanalytic; Gestalt
- 35. Which of the following is true of people with hypochondriasis?**
- A. They really do have the illness that they think they have
  - B. They are really ill, but the illness was caused by their hypochondriasis
  - C. They are knowingly faking an illness, but they really are not ill
  - D. They are sincere in their belief that they are ill, but they really are not ill
- 36. All of the following could be considered to be a type of behaviour therapy, except one. Which one is that?**
- A. Sensitivity training
  - B. Systematic desensitization
  - C. Behaviour modification
  - D. Aversive conditioning

- 37. Your friend Nzuzo is no longer fearful of cats because his therapist had him relax and remain relaxed while thinking of progressively more frightening cat-related experiences. Nzuzo was going through a type of therapy called?**
- A. Aversive conditioning
  - B. Encountered therapy
  - C. Systematic desensitization
  - D. Transactional analysis
- 38. Social learning theory specifies the use of a very effective behaviour therapy technique for producing behaviour changes called:**
- A. Time-out from positive reinforcement
  - B. Token economy
  - C. Modeling
  - D. Positive reinforcement
- 39. Which one of the following is not a value of counselling or psychotherapy?**
- A. Respecting human rights and dignity
  - B. Protecting the safety of clients
  - C. Appreciating the variety of human experience and culture
  - D. Alleviating personal distress and suffering
  - E. Allow client to visit you at home
- 40. When is information about a client supposed to be disclosed?**
- A. upon court order
  - B. to conform to legal imperatives
  - C. upon the written authorization of the client, parent of a minor client
  - D. All of the above
- 41. Which of the following would be classified in DSM-IV as a personality disorder?**
- A. Passive aggressive
  - B. Generalized anxiety
  - C. Hallucinogenic
  - D. Dissociative

- 42. In therapy you have been testing your expectations experimentally and are discovering that your absolutist thinking and overgeneralization are really erroneous assumptions about the world. Which kind of therapist have you been seeing?**
- A. Cognitive-behavioural therapy
  - B. Client-centered therapy
  - C. Gestalt therapy
  - D. Transactional analysis therapist
- 43. Mental disorders in which physical symptoms are present but there is no underlying physical illness or disorder are referred to as:**
- A. Somatoform disorders
  - B. Schizophrenic disorders
  - C. Affective disorders
  - D. Schizotypal disorders
- 44. Which of the following clients or patients is less likely to improve as a result of experiencing psychotherapy?**
- A. The one who is maladjusted as opposed to the one who is more maladjusted
  - B. The one who is more motivated to change his behaviour as opposed to the one who is less motivated to change his behaviour
  - C. The one who is from the lower class as opposed to the one who is from the upper class.
  - D. The one who had a short history of symptoms when therapy began
- 45. What is the meaning of Beneficence in psychotherapy?**
- A. Acting in the best interests of the client based on professional assessment
  - B. Do not cause harm
  - C. Holding appropriate insurance may assist in restitution
  - D. None of the above
- 46. The causes of multiple personality disorder may be related to a developmental failure to integrate:**
- A. Behaviour
  - B. Memory
  - C. Cognitions

- D. Emotions
47. The following are example of stimulant except
- A. Alcohol use disorders
  - B. Amphetamines
  - C. Caffeine
  - D. Nicotine
48. Your cousin's girlfriend Vuyo experienced a pseudo-pregnancy last year. She so sure she was pregnant that her menstrual cycle stopped and other symptoms of pregnancy appeared, but she was not pregnant. Which diagnosis might be given?
- A. Conversion disorder
  - B. Hypochondriasis
  - C. Psychogenic fugue
  - D. Disorganized schizophrenia
49. What do Mandatory ethics entail?
- A. A higher level of ethical practice that addresses doing what is in the best interest of client.
  - B. an approach taken by practitioners who want to do their best for clients rather than simply meet minimum standards to stay out of trouble
  - C. Entail the view of ethical practice that deals with the minimum level of professional practice.
  - D. All of the Above
50. Zizipho is overreacting, intense and overdramatic so much that it affects her relationships with others. She often overreacts to minor situations with crying and tantrums, and is seen by others as shallow, vain and manipulative. She may be suffering from which of the following personality disorders?
- A. Histrionic
  - B. Antisocial
  - C. Dependent
  - D. Residual

**51. What do Aspirational ethics entail?**

- A. A higher level of ethical practice that addresses doing what is in the best interest of client.
- B. an approach taken by practitioners who want to do their best for clients rather than simply meet minimum standards to stay out of trouble
- C. Entail the view of ethical practice that deals with the minimum level of professional practice.
- D. All of the Above

**52. What do Positive ethics entail?**

- A. A higher level of ethical practice that addresses doing what is in the best interest of client.
- B. an approach taken by practitioners who want to do their best for clients rather than simply meet minimum standards to stay out of trouble
- C. Entail the view of ethical practice that deals with the minimum level of professional practice.
- D. All of the Above

**53. Azola is a junior pastor at his church and has a homosexual client requiring therapy from him. He chooses to take the client but treats the client differently from other clients because of the client's sexual orientation (homosexuality). What moral principle is Azola breaking?**

- A. Informed consent
- B. Rights to confidentiality
- C. Avoiding harm
- D. Unfair Discrimination
- E. C and D

**54. Which one of the following is not an ethical moral principle?**

- A. Informed consent
- B. Congruence
- C. Avoiding harm
- D. Unfair Discrimination

- 55. Anele as a psychologist is in a professional relationship with a client that is also his ex-girlfriend, but still chats with her on social media. What moral principle is Anele breaking?**
- A. Avoiding harm
  - B. Informed consent
  - C. Multiple Relationships
  - D. Rights to confidentiality
- 56. Which of the following asserts that abnormal behaviour is best thought of as an illness?**
- A. Behavioral model
  - B. Medical model
  - C. Cultural model
  - D. Social model
- 57. Genetic factor appear to play a role as a factor in aetiology or in causing:**
- A. Anxiety disorder
  - B. Mood disorder
  - C. Schizophrenic disorder
  - D. All of the above
- 58. The term \_\_\_\_\_ is defined as the persistent manifestation of seriously different and unusual behavior that impairs the individual's everyday functioning, and it includes deviance and maladaptiveness, which may lead to personal distress and danger to oneself:**
- A. Psychology
  - B. Abnormal behaviour
  - C. Psychological abnormality
  - D. Physiological abnormality
- 59. Which of the following DOES NOT form part of strongly held stereotypes about abnormal behaviour?**
- A. Psychological disorders are incurable
  - B. People with psychological disorders are violent and dangerous
  - C. People with homosexual tendencies have psychological disorder

- D. People with psychological disorders display bizarre behaviour and different from normal people.
- 60. Judgement of the abnormality are usually based on assessment of:**
- A. Deviance from cultural standards
  - B. Degree of emotional distress
  - C. The extent to which the behaviour is maladaptive
  - D. All of the above
- 61. Lusanda gets sudden, paralyzing attacks of anxiety and fears going out in public away from her house. Which anxiety disorder does describe Lusanda's condition?**
- A. Generalized anxiety disorder
  - B. Phobic disorder
  - C. Obsessive-compulsive disorder
  - D. Agoraphobia
- 62. Zuko cleans and scrub cupboards in his house seven times a day. Which anxiety disorder that describes Zuko's condition?**
- A. Generalized anxiety disorder
  - B. Phobic disorder
  - C. Obsessive-compulsive disorder
  - D. Agoraphobia
- 63. Not so long ago, Ayabonga was robbed at gun-point on his way from town to campus. As a result he straggles to pay attention and concentrate on his academic work due to unwanted thoughts that repeatedly intrudes upon his consciousness. This unwanted thought is called:**
- A. Obsessions
  - B. Compulsions
  - C. Hallucination
  - D. Delusion

- 64. Some students derive sexual pleasure from being humiliated, tied on their study tables or handcuffed when engaging into sex. According to DSM V-TR classification, such students exemplifies:**
- A. Sexual sadism
  - B. Sexual pedophilia
  - C. Sexual masochism
  - D. Sexual exhibitionism
- 65. The disorder marked by striking motor disturbances ranging from rigidity to random motor activity and incoherence is termed:**
- A. Catatonic schizophrenia
  - B. Multiple personality
  - C. Dissociative disorder
  - D. Paranoid schizophrenia
- 66. Which of the following is included under the somatoform disorders?**
- A. Bipolar mood disorders
  - B. Hypochondriasis
  - C. Schizophrenia
  - D. Phobias
- 67. Vuyo is described as impulsive, charming, lacking in conscience, manipulative and incapable of forming close attachments. Which diagnostic category would best fit Vuyo's condition?**
- A. Schizophrenic disorder
  - B. Multiple personality
  - C. Antisocial personality
  - D. None of the above
- 68. \_\_\_\_\_ is a disorder in which a person is uncomfortable with his or her anatomic sex, and believes he or she should have been a member of the opposite sex. Ultimately, the person goes for sex reassignment surgery**
- A. Transsexualism
  - B. Homosexuality
  - C. Transvestic fetishism

- D. All of the above
69. Which of the following theories attribute abnormal behaviour to deviance from societal norms such as refusal to perform rituals and to mourn for the death of relatives and loved ones:
- A. Biomedical theories
  - B. Sociocultural theories
  - C. Psychological theories
  - D. All of the above
  - E. None of the above
70. The \_\_\_\_\_ disorder is characterized by deriving sexual arousal or pleasure from wearing clothes or lingerie of the opposite sex. For example, a man would fantasize and masturbate when wearing female clothes:
- A. Sadism
  - B. Fetishism
  - C. Masochism
  - D. Exhibitionism
71. Nosipho expects to be treated with outmost admiration. She fantasizes about unlimited success of her parents and lacks empathy. Which type of personality disorder is exemplified by Nosipho?
- A. Histrionic personality disorder
  - B. Borderline personality disorder
  - C. Narcissistic personality disorder
  - D. Antisocial personality disorder
72. Which of the following best explains schizophrenic disorder?
- 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 hallucination and delusions
  - C. Mental conditions characterized by loss of sexual desire or interest
  - D. Only A and B
  - E. None of the above

- 73. Akhona is experiencing fatigue, feelings of sadness and despair, loss of interest in social activities including sex almost every day. Akhona is most likely to suffer from:**
- A. Erectile dysfunction
  - B. Depression
  - C. Anxiety
  - D. Mania
  - E. All of the above are correct
- 74. Luthando witnessed the brutal killing of his parents while young. Since then, he has been having nightmares and flashback episodes of the killings. As a result, his academic performance deteriorated, accompanied by social withdrawal symptoms. Luthando is most likely to suffer from which of the following disorders:**
- A. Panic disorder
  - B. Posttraumatic disorder
  - C. Obsessive-compulsive disorder
  - D. Generalized anxiety disorder
- 75. Which of the following term refers to mental disorder existing simultaneously, but independently, with another mental disorder in the same individual:**
- A. Delusions
  - B. Comorbidity
  - C. Hallucinations
  - D. Diagnosis
- 76. The manic episode, as a component of bipolar disorder is characterized by:**
- A. Abnormal and persistent elevated irritable moods, inflated self-esteem, decreased need for sleep, increased sex drive and increased or fluctuating appetite
  - B. Interferes with person's ability to function
  - C. Increased need for sleep, social withdrawal and substance abuse
  - D. Great distress to the individual
- 77. In which era where mental disorder were now understood to be medical illnesses that could be identified through their signs and symptoms For example, Sigmund Freud's theory view psychopathology as largely caused by repression of forbidden wishes or instinctual drives.**

- A. The Ancient Era
- B. The Asylum Era
- C. The Scientific Era
- D. The Renaissance Era

**78. An individual state that occurs in response to either an external or internal event and typically involves physiological, cognitive and behavioural components**

- A. Emotions
- B. Motivation
- C. Subjective feeling
- D. None of the above

**79. The desire to perform well in challenging situations and to meet the high standards one has set for him/herself**

- A. Naff
- B. NAch
- C. NPow
- D. All of the above

**80. \_\_\_\_\_ determines how good we are at recognizing and managing our own emotions and those of others.**

- A. Empathy
- B. Sympathy
- C. Managing emotions
- D. Emotional intelligence

**81. Showing sensitivity to other people's emotions, seeing things from the point of view of others**

- A. Empathy
- B. Sympathy
- C. Managing emotions
- D. Emotional intelligence

- 82. You were terrified a few minutes ago by your roommate who suddenly jumped over the hedge and into your lap wearing gorilla suit. Which branch of your nervous system was especially activated by his actions?**
- A. Somatic nervous system
  - B. Brain as part of central nervous system
  - C. Sympathetic nervous system
  - D. Parasympathetic nervous system
- 83. Emotions have developed and become an integral part of the human condition because they serve the valuable purpose of:**
- A. Enhancement purposes
  - B. Motivation for survival
  - C. Cognition and reasoning
  - D. Developmental enhancement
- 84. Your new associate just made an off-color comment during the mass-meeting that you didn't know how to take. Should you laugh or be offended? You then noticed that the other associates are laughing, so you decided to laugh, too, and pass it off as a joke. What had you relied upon when making your decision about how to react?**
- A. Affective feedback
  - B. Stimulus discrimination
  - C. Social referencing
  - D. Emotional comparison
- 85. Today most researchers and theorist believe that emotion ...**
- A. Is not rooted in our biological needs and is not strongly influenced by learning and cognitive processes
  - B. It is not rooted out biology but is strongly influenced by learning and cognitive processes.
  - C. Is rooted in biology but is not strongly influenced by learning and cognitive process
  - D. Is rooted in out biological needs and is strongly influenced by learning and cognitive processes.

**86. Which of the following best explain theory of motivation in which behaviour is explained as a response to the external stimulus and its rewarding properties?**

- A. Intrinsic approach
- B. Incentive approach
- C. Humanistic approach
- D. Drive-reduction theory

**87. Motivations:**

- A. Are relatively permanent and stable
- B. Are rarely considered by nonpsychologists
- C. Change as needs and drives change
- D. Are not influenced by learning process

**88. Regarding homeostatic mechanisms, any deviation from the optimal levels will create a \_\_\_\_\_, which will usually produce a \_\_\_\_\_. For example, when you get hungry you eat.**

- A. Need, drive
- B. Drive, need
- C. Motivational force, need
- D. Hierarchy motives, homeostasis
- E. None of the above

**89. Which of the following four circumstances will evoke the strongest emotion?**

- A. Unreal, nonmeaningful, vague, constancy
- B. Real, meaningful, vivid, change
- C. Unreal, meaningful, vague, change
- D. Real, nonmeaningful, vivid, constancy
- E. All of the above

**90. You have a goal to obtain a new laptop, however, you have no money and you have exhausted your funds on Intellimali. You are unable to attain your goal and as a result you become:**

- A. Emotionally aroused
- B. Angry
- C. Frustrated

- D. Socially withdrawn
- 91. Which approach to emotions would use the following example of the sequence of emotional events: see a bear, run (or yell), then experience fear?**
- A. James-Lange theory
  - B. Cannon-Bard approach
  - C. Cognitive-appraisal theory
  - D. Evolutional theory
- 92. A desire to harm or defeat other(s) that is brought on by pain or anguish is the characterization of:**
- A. Huberty syndrome
  - B. Fixed-response aggression
  - C. Hostile-aggression
  - D. Pain-elicited aggression
- 93. When aggressive behaviour is displayed by a person who is experiencing profound depression, it is likely to be:**
- A. Quite mild compare to the aggression of agitated people
  - B. Sudden and impulsive
  - C. Quiet and subdued with an apparent lack of enthusiasm or vigor for aggressive act
  - D. Verbal rather than physical
  - E. All of the above
- 94. Which theory of emotions states that a stimulus first leads to visceral (instinctive) and motor responses, thus, such responses and awareness of those responses are what constitute the experience of the emotion**
- A. Cannon-Bard theory
  - B. Cognitive appraisal theory
  - C. James-Lange theory
  - D. Theory of evolution
- 95. Theory that emphasizes environmental factors and downplay the biological bases of motivation**
- A. Need based theory
  - B. Incentive theory

- C. Drive theory
  - D. Evolutionary theory
- 96. Some behaviours are not learned but are built into the organism and are known as \_\_\_\_\_**
- A. Drives
  - B. Unconscious motives
  - C. Needs and incentives
  - D. Instincts
- 97. A type of motivation directed by cognitive psychological systems or factors in the environment are said to be:**
- A. Incentives
  - B. Intrinsic motivation
  - C. Extrinsic motivation
  - D. All of the above
- 98. You and your colleague as Psychology students you disagree with the notion that instinctual or visceral and muscular responses could be considered to be themselves emotions. Your understanding is that separate brain areas are responsible for different aspects of emotion. Which of the following theorists informed or support your understanding?**
- A. Schachter theory
  - B. James and Lange
  - C. Cannon and Bard
  - D. Evolutional theory
- 99. Approach to motivation that assumes behaviour arises from physiological needs that cause internal drives to push the organism to satisfy the need and reduce tension and arousal.**
- A. Intrinsic approach
  - B. Incentive approach
  - C. Humanistic approach
  - D. Drive reduction theory

- 100. People are motivated to avoid things that are unpleasant and seek out those that they find enjoyable and pleasant. Which of the following exemplify this?**
- A. Pleasure principle
  - B. Hedonism
  - C. Approach-avoidant motivation
  - D. All of the above
- 101. The cognitive component of emotion as a subjective feeling, among the following, which one is concerned with what you make of the situation and draws heavily on what you have in your memory?**
- A. Evaluative component
  - B. Behavioral component
  - C. Interpretative component
  - D. Physiological component
- 102. Sesona has an ability of handling feelings in an appropriate way, she is able to recognize what lies behind an emotion and always find ways of managing unwelcome emotions such as fear and anger. Sesona's capabilities denotes social intelligence that can best be regarded as:**
- A. Self-awareness
  - B. Motivating oneself
  - C. Managing emotions
  - D. Handling relationships
- 103. An eating disorder characterized by viewing yourself as fat even when you have lost weight, hide food or dodge during meal times, as a result may rely on laxatives to reduce weight.**
- A. Bulimia nervosa
  - B. Obesity
  - C. Anorexia nervosa
  - D. All of the above

104. A disorder characterized by deterioration of adaptive behaviour, Emotional indifferences, frequent incoherence, complete social withdrawal and aimless babbling and giggling.
- A. Undifferentiated type
  - B. Hebephrenic type
  - C. Catatonic type
  - D. Paranoid type
105. Which of the following disorders does not form part of disorders characterized by dramatic emotional behaviours?
- A. Histrionic personality disorder
  - B. Narcissistic personality disorder
  - C. Paranoid personality disorder
  - D. Antisocial personality disorder
  - E. All of the above
106. Schizophrenia 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. Changes in emotions between extreme state of sadness and extreme state of excitement.
  - D. A and B
  - E. A and C
107. Dysphoria is characterized by ... ..
- A. Abnormally and persistently elevated irritable moods, inflated self-esteem and decreased need for sleep.
  - B. Increased need for sleep, social withdrawal and substance abuse.
  - C. Suicidal ideation
  - D. A&C
  - E. B & C.

108. Since from an early age, Jojo enjoyed cross-dressing and sexual intimacy with other men. According to DSM V-TR, Jojo exemplifies?
- A. Fetishism; bisexuality
  - B. Sexual masochism; homosexuality
  - C. Fetishism; heterosexuality
  - D. Sexual exhibitionism; bisexuality
  - E. Fetishism; homosexuality
109. Mrs. Ngcobo is 57 years old and she prefers having sexual intimacy with adolescent males. According to DSM V-TR, Mrs. Ngcobo would probably be classified as a(n):
- A. Masochist
  - B. Exhibitionist
  - C. Paraphilia
  - D. Pedophile
110. Julia brushes her teeth more than three times a day. She likes washing her blankets every week and ensures that her house is extremely clean. According to DSM V-TR, Julia may be displaying?
- A. Paranoid personality disorder
  - B. Obsessive compulsive personality disorder
  - C. Generalized anxiety disorder
  - D. Narcissistic personality disorder
  - E. Schizophrenia
111. Paul fears cats, germs and water. According to DSM V-TR, Paul's phobias are respectively called
- A. ailurophobia, mysophobia, aquaphobia
  - B. zoophobia, mysophobia, acrophobia
  - C. phatophobia, ailurophobia, acrophobia
  - D. nyctophobia, microphobia, aviophobia
112. Vuyo, a 25 year old man who dropped out of school in Grade 6, accuses his girlfriend of having an affair with her lecturer because they are both learned. According to DSM V-TR, Vuyo's behaviour may be classified as ... ..
- A. Delusion of persecution

- B. Delusion of thought broadcasting
  - C. Delusion of grandeur.
  - D. Delusion of references
- 113. Which one of the following sexual disorders is characterized by deriving sexual pleasure from viewing people while taking a shower or undressing themselves?**
- A. Fetishism
  - B. Voyeurism
  - C. Paraphilia
  - D. Exhibitionism
  - E. Pedophilia
- 114. Which of the following is the physical symptom of anxiety?**
- A. Delusion
  - B. Exaggerated feelings of worthlessness or guilt
  - C. Sweating
  - D. Difficulty in making decisions
  - E. A & C
- 115. Mrs. Coetzee has been experiencing bad dreams following the gang-rape she experienced. Since then, she has been avoiding watching movies which depict romance and violence. What type of anxiety she might be displaying?**
- A. Panic anxiety disorder
  - B. Obsessive compulsive disorder
  - C. Generalized anxiety disorder
  - D. Posttraumatic stress disorder
- 116. An individual with amafufunyane in many black communities, is identifiable by**
- A. Anxiousness and tearfulness
  - B. Speaking in other voices
  - C. Seeing evil spirits.
  - D. Vivid dreams

117. ----- is a sexual and gender identity disorder which is characterized by deriving sexual grandiosity from having sex with corpses.
- A. Bestiality
  - B. Coprophilia
  - C. Necrophilia
  - D. Urolagnia
118. **Extrinsic motivation refers to:**
- A. incentives such as reward and punishment
  - B. instincts such as attachment
  - C. internal factors such as personal effort
  - D. Drive reduction.
119. **The need for self-determination is an example of:**
- A. internal motivation
  - B. external motivation
  - C. extrinsic motivation
  - D. Learned behaviour.
120. **Intrinsic motivation:**
- A. results in less competent behaviour than extrinsic motivation
  - B. results in more competent behaviour than extrinsic motivation
  - C. is no different from extrinsic motivation
  - D. Does not have much effect on behaviour.
121. **The motivation to be with other people is referred to as:**
- A. the need for positive self-regard
  - B. the need for affiliation
  - C. the need for autonomy
  - D. The need for empathy.
122. **A feelings that involves physiological arousal, conscious experience, and behavioural expression is known as:**
- A. instinct
  - B. motivation
  - C. aggression

- D. Emotion.
- 123. Avoidance symptoms are symptoms where:**
- A. people find it very difficult to fall asleep and are easily woken
  - B. people try to escape the pain and fear caused by their ongoing re-experiencing of an event
  - C. thoughts and feelings that are associated with a traumatic event remain with the person long after the incident
  - D. All of the above.
- 124. A class of drugs used to treat major psychoses such as schizophrenia is referred to as:**
- A. psychotic drugs
  - B. psychoactive drugs
  - C. anti-psychotic drugs
  - D. Mood stabilizers.
- 125. 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
- 126. Which of the following theories attribute abnormal behaviour to genetic makeup?**
- A. Psychological theories
  - B. Biomedical theories
  - C. Sociocultural theories
  - D. None of the above
- 127. 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
128. **Moses, a 25 year old man fears death. According to DSM V-TR, Moses's phobia is called**
- A. Astraphobia
  - B. Thanatophobia
  - C. Pathophobia
  - D. Algophobia
129. **Which one of the following sexual disorders is characterized by exposing one's genitals in public?**
- A. Fetishism
  - B. Masochism
  - C. Sadism
  - D. Exhibitionism
  - E. Pedophilia
130. **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
131. **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
132. **Insisting on the educators to open the doors because you suspect that it may be difficult for you to escape should there be an explosion, it is an example of**
- A. Generalized anxiety disorder
  - B. Panic disorder

- C. Obsessive compulsive disorder
  - D. Phobic disorder
  - E. Posttraumatic disorder
- 133. A person with a symptom of obsessive compulsive 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.
- 134. A person with a symptom of narcissistic 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 an unreasonable expectation of special treatment.
  - E. Is emotionally cold and detached.
- 135. Lionel is in his adolescence. He feels comfortable having a sexual relationship with people of the same gender. His acts are more of a -----**
- A. Transvestite.
  - B. Transsexual.
  - C. Homosexual.
  - D. Bisexual.
- 136. ----- is a sexual and gender identity disorder which is characterized by deriving sexual grandiosity from looking others when they take a shower or undressing themselves.**
- A. Voyeurism
  - B. Paraphilia
  - C. Pedophilia
  - D. Fetishism

137. **Cultural dimension of someone experiencing depression include:**
- A. Reduced dopamine, norepinephrine and serotonin
  - B. Exposure to discrimination
  - C. Maltreatment
  - D. Lack of social support
138. ----- is a sexual and gender identity disorder which is characterized by deriving sexual grandiosity from using objects such as cucumber for anal or vaginal penetration.
- A. Paraphilia
  - B. Voyeurism
  - C. Frotteurism
  - D. Exhibitionism
139. **A person with a symptom of schizoid personality disorder**
- A. Expresses disagreement with difficulty because of fear 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.
140. **Masochists 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.
141. **The who has identified the following aspects as important for health:**
- a. Physical, social
  - b. Mental and spiritual well-being
  - c. Mental health
  - d. A & B
142. **Health psychology is an interdisciplinary composed of:**
- a. Stress; health
  - b. Application of knowledge, techniques to health

- c. Illness and health care
  - d. B & C
- 143. Mental ill-health represents:**
- a. Stressed
  - b. Pathogenesis; psychopathology
  - c. Mental health
  - d. All of the above
- 144. Mental health represents:**
- a. Symptoms of well-being
  - b. Symptoms of ill-health
  - c. Symptoms of stress
  - d. Low immune system
- 145. \_\_\_\_\_ coined the term risk behaviours**
- a. Bronfenbrenner
  - b. Beck
  - c. Wundt
  - d. Bandura
- 146. The theory developed by Bronfenbrenner is known as**
- a. The risk theory
  - b. Ecological-systems approach
  - c. HBM
  - d. Social cognitive model
- 147. The possibility to harm is known as:**
- a. Aggression
  - b. Risk
  - c. Risk behaviour
  - d. Risk factors

148. A variety of processes \_\_\_\_\_ and \_\_\_\_\_ the individual predisposes them to succumb to negative stressors
- Individual, societal
  - Within, outside
  - Interpersonal, intrapersonal
  - Intrapersonal, community
149. Risk behaviour is associated with:
- Increased susceptibility to ill-health
  - Being ill
  - Mental ill-health
  - A & C
150. Being \_\_\_\_\_ to negative outcomes is determined by a number of risk factors
- Vulnerable
  - Susceptible
  - Protective
  - A & B
151. Biological, psychological, social, economic behaviours are known as:
- Environmental factors
  - Risk factors
  - Protective factors
  - Ecological factors
152. The \_\_\_\_\_ systems emphasizes the \_\_\_\_\_ between factors across all levels
- Family, interdependence
  - Ecological. Interdependence
  - HBM, dependence
  - Societal, independence

153. The \_\_\_\_\_ systems is composed of \_\_\_\_\_ levels
- a. Ecological, four
  - b. Ecological, three
  - c. Resilience, two
  - d. Person-centred, five
154. The HBM model was developed by
- a. Beck
  - b. Bandura
  - c. Rosenstock
  - d. Ajzen
155. The opinion of what are the chances of getting the condition according to HBM entails:
- a. Perceived susceptibility
  - b. Perceived severity
  - c. Perceived benefits
  - d. Perceived barriers
156. The opinion of the material and the psychological costs of the advised action is known as:
- a. Perceived severity
  - b. Perceived benefits
  - c. Perceived susceptibility
  - d. Perceived barriers
157. How serious a condition and its consequences are is:
- a. Perceived severity
  - b. Perceived benefits
  - c. Perceived susceptibility
  - d. Perceived barriers

**158. The opinion of the effectiveness of the recommended action to reduce risk or the impact thereof is known as the:**

- a. Perceived severity
- b. Perceived benefits
- c. Perceived susceptibility
- d. Perceived barriers

**159. A theory designed as a framework for addictive behaviours is known as the:**

- a. HBM
- b. Ecological systems
- c. Theory of reasoned action
- d. The stages-of-change model

**160. the first stage of the above theory is the:**

- a. Action
- b. Preparation
- c. Precontemplation
- d. Contemplation

**161. The third stage of the theory in 159 is the**

- a. Action
- b. Preparation
- c. Precontemplation
- d. Contemplation

**162. The fifth stage of the theory in 159 is the**

- a. Action
- b. Preparation
- c. Maintenance
- d. Contemplation

- 163. The fourth stage of the theory in 159 is the:**
- a. Action
  - b. Preparation
  - c. Maintenance
  - d. Contemplation
- 164. The theory that is a combination of various factors that determine the person's attitudes towards a particular behaviour and beliefs is known as:**
- a. HBM
  - b. Ecological systems
  - c. Theory of reasoned action
  - d. Theory of planned behaviour
- 165. The above named theory uses \_\_\_\_\_ and \_\_\_\_\_**
- a. Attitudes, beliefs
  - b. Social normatives, appraisal
  - c. Attitudes, appraisal
  - d. Beliefs, outcomes
- 166. A set of symptoms that follow a disturbing event is known as:**
- a. Stress
  - b. PTSD
  - c. Crisis
  - d. Mental ill-health
- 167. The above named condition presents with the following:**
- a. Reliving the event; difficulty in concentration
  - b. Sleep disturbances, nervousness and guilt
  - c. Being withdrawn
  - d. A & B

**168. The Transactional theory was developed by**

- a. Beck
- b. Seligman
- c. Lazarus and Folkman
- d. Freud

**169. Transactional theory occurs in the following ways:**

- a. Primary appraisal, secondary appraisal
- b. Harm, damage
- c. Type A, type B
- d. B & c

**170. A negative emotional state experienced when one's goals are thwarted:**

- a. Frustration
- b. Conflict
- c. Avoidance conflict
- d. Stress

**171. A healthy positive stress is known as:**

- a. Distress
- b. Frustration
- c. Eustress
- d. Pressure

**172. \_\_\_\_\_ term for the three stage response of the body to persistent stress is known as:**

- a. Alarm stage
- b. General Adaptation syndrome
- c. Resistance stage
- d. Exhaustion stage

**173. A collection of symptoms that are grouped together to form a: \_\_\_\_\_**

- a. Symptoms
- b. Syndrome
- c. A condition
- d. Mental ill-health

**174. Response to stress is based on the:**

- a. General Adaptation syndrome
- b. Autonomic nervous system
- c. Limbic system
- d. Pons Varoli

**175. The body stress regulatory process involves a coordinated action of endocrine organs labelled as the:**

- a. Hypothalamus
- b. Pituitary gland
- c. Adrenal glands
- d. All of the above

**176. The first organ to respond in stress is the:**

- a. Pituitary gland
- b. The sympathetic brain
- c. The Hypothalamus
- d. Adrenal glands

**177. The \_\_\_\_\_ maintains the equilibrium of the body:**

- a. Pituitary gland
- b. The sympathetic brain
- c. The Hypothalamus
- d. Adrenal glands

**178. The \_\_\_\_\_ activates the sympathetic division of the autonomic nervous system**

- a. Pituitary gland
  - b. The sympathetic brain
  - c. The Hypothalamus
  - d. Adrenal glands
- 179. The above named organ secretes the \_\_\_\_\_ hormone**
- a. Adrenaline
  - b. Corticotropin-releasing
  - c. Catecholamines
  - d. Corticosteroid
- 180. The above named hormone stimulates the \_\_\_\_\_ gland**
- a. Pituitary gland
  - b. The sympathetic brain
  - c. The Hypothalamus
  - d. Adrenal glands
- 181. When the organ in 180 is stimulated it secretes the:**
- a. Adrenaline
  - b. Corticotropin-releasing
  - c. Adrenocorticotropic hormone
  - d. Corticosteroid
- 182. The hormone released in 181 circulates in the blood system and stimulates the:**
- a. Pituitary gland
  - b. The sympathetic brain
  - c. The Hypothalamus
  - d. Adrenal glands

**183. The gland mentioned in 182 produce a cocktail of fight-or-flight response stress hormone known as the:**

- a. Adrenaline
- b. Noradrenaline
- c. Cortisol
- d. All of the above

**184. The ACTH stimulates the \_\_\_\_\_**

- a. Adrenal medulla
- b. Adrenal cortex
- c. Hypothalamus
- d. B & C

**185. \_\_\_\_\_ secretes the epinephrine, norepinephrine and catecholamines**

- a. Adrenal medulla
- b. Adrenal cortex
- c. Hypothalamus
- d. B & C

**186. The ACTH Stimulates the outer layer known as the \_\_\_\_\_ to secrete \_\_\_\_\_**

- a. Adrenal medulla, catecholamines
- b. Adrenal cortex, corticosteroids
- c. Adrenal cortex, Epinephrine
- d. A & C

**187. A synthetic cortisol is known as:**

- a. Hydrocortisone
- b. Corticosteroids
- c. Adrenaline
- d. Noradrenalin
- e.

- 188. The last stage of the GAS is known as:**
- a. Resistance stage
  - b. Exhaustion stage
  - c. Alarm
  - d. All of the above
- 189. \_\_\_\_\_ protects the body against foreign substance**
- a. Antigens
  - b. Neurotransmitters
  - c. Immune system
  - d. All of the above
- 190. A method of acquiring immunity by means of injecting someone else to produce antibodies is known as:**
- a. Immune system
  - b. Vaccination
  - c. Antigens
  - d. Antibodies
- 191. A science that focuses on how the body defends itself against a foreign substance and how psychological and physiological factors influence the immune system is known as:**
- a. Immunology
  - b. Psychoneuroimmunology
  - c. Psych immune
  - d. Health psychology
- 192. Stress disrupts the levels of \_\_\_\_\_ a neurochemical involved in the feeling of well-being**
- a. Acetylcholine
  - b. Serotonin
  - c. Depression