

UNIVERSITY OF FORT HARE
DEPARTMENT OF PSYCHOLOGY
EAST LONDON CAMPUS

PSY122E

Intelligence, Health Psychology, Emotions and Motivation, Personality,
Psychopathology, Psychotherapy

MAIN EXAMINATION
OCTOBER / NOVEMBER 2019

Time: 3 Hours
Subject: Introduction to Psychology
Total Marks: 100 Marks

This examination consists of 21 pages, including the cover page.

Examiners

Prof J Kheswa
Dr M Makupula
Ms N Sobetwa
Mr A Khetsiwe
Mrs L Hendricks

INSTRUCTIONS

Write your student number, surname and initials on both the Multiple Choice Answer Sheet and the Examination Booklet provided.

This paper consists of TWO (2) sections: Section A and Section B. You must answer questions in both sections. Take care to read the special instructions for each section.

SECTION A: MULTIPLE CHOICE QUESTIONS (70 Marks)

Answer all of the Multiple Choice Questions. For each Multiple Choice Question only one answer is correct. Indicate the correct answer by shading in the appropriate circle on the Multiple Choice Answer Sheet provided only, and not in the answer booklet.

SECTION B: SHORT QUESTIONS (30 Marks)

Answer all questions. Write your answer to these questions in the Examination Booklet provided.

SECTION A

(Multiple Choice Questions: Answer ALL questions)

Intelligence

1. Intelligence refers to _____.
(A) hypothetical construct
(B) pointing to mental capacity
(C) power or process linked to actual performance.
(D) All of the above /1/

2. _____ was a British mathematician and developed the statistics required for the measurement of intelligence.
(A) David Wechsler
(B) Sir Francis Galton
(C) Henri Binett
(D) Simion Binett /1/

3. Which of the following does not refer to the use of Intelligence tests?
(A) school-readiness
(B) the need for appropriate remedial programmes for learners with learning problems
(C) to discriminate against people
(D) the choice of specialised educational programmes for a child /1/

4. The following are constructs of Goleman's EQ-Emotional Intelligence. Choose the INCORRECT one.
(A) Self- awareness
(B) Self-regulation
(C) Sympathy
(D) Social skills /1/

5. _____ means norms must represent the person's background.

- (A) Construct validity
- (B) Face validity
- (C) Content validity
- (D) Reliability

/1/

Motivation and emotion

6. Motivation can be described as the process that involves the following, except for _____.

- (A) initiating
- (B) sustaining
- (C) directing
- (D) continuous behaviour

/1/

7. Which part of the hypothalamus, if damaged, can lead to obesity?

- (A) Ventromedial hypothalamus
- (B) Hypothalamus
- (C) Thalamus
- (D) Lateral hypothalamus

/1/

8. _____ reflects an individual's need for stimulation and information.

- (A) Intrinsic motivation
- (B) Biological motive
- (C) Stimulus motive
- (D) Learned motive

/1/

9. Colman (1995) termed the game theory as _____ theory.
- (A) tit for tat
 - (B) interdependent decision making
 - (C) win-stay and loose-shift
 - (D) prisoner's dilemma /1/
10. According to Maslow's humanistic approach, *aspirations to achieve our highest potential* refers to _____ needs.
- (A) love and belongingness
 - (B) safety
 - (C) self-esteem
 - (D) self-actualisation /1/
11. Smith and Kosslyn (2009, p.328) state that, emotion is 'mental and physical processes that include aspects of _____. Choose the INCORRECT one.
- (A) subjective experience
 - (B) evaluation and appraisal
 - (C) spiritual responses
 - (D) motivation /1/
12. Arousal refers to _____.
- (A) how the emotion feels either positive or negative
 - (B) how aroused or relaxed a person feels
 - (C) being scared when bodily well-being is threatened
 - (D) being distressed when you lose contact with loved ones. /1/

13. This statement, "*the intensity of the arousal tells us how strongly we are feeling something, and it is not the arousal alone that causes the emotion, but rather our labelling of it*", refers to_____.
- (A) James-Lange theory
 - (B) Cannon-Bard theory
 - (C) Schachter-Singer's contingency theory
 - (D) Maslow's theory /1/
14. Which one is not an example of emotional neural network?
- (A) Fear
 - (B) Lust
 - (C) Relaxed mood
 - (D) Care systems /1/
15. This statement, "*the physiological response to an event does not cause the subjective experience of emotion, but rather they happen simultaneously*", refers to which theorist?
- (A) James-Lange theory
 - (B) Cannon-Bard theory
 - (C) Schachter-Singer's contingency theory
 - (D) Maslow's theory /1/

Risk behaviour and Stress

16. _____ are specific forms of behaviour that are proven to be associated with increased susceptibility to a specific disease or ill-health.
- (A) Risk
 - (B) Risk behaviours
 - (C) Risk factors
 - (D) Stress /1/

17. Person-centered interventions refer to _____.
- (A) provision of awareness's to promote health protective behaviour.
 - (B) successful adaptation to the environment despite exposure to risk.
 - (C) creating environments with protective factors which in turn will enable individuals to lead healthy lifestyles.
 - (D) those influences that limit high risk behaviours. /1/
18. Successful adaptation to the environment despite exposure to risk refers to?
- (A) Person centred interventions
 - (B) Situation centred interventions
 - (C) Resilience
 - (D) Protective factors /1/
19. Which of the following does NOT represent Theory of Reasoned Behaviour?
- (A) Decision to engage in a particular behaviour is the result of rational process.
 - (B) Behavioural options are not considered.
 - (C) Consequences or outcomes are evaluated.
 - (D) Decision is reached to act or not to act. /1/
20. Reciprocal determinism is a key feature of _____.
- (A) Social-Cognitive Model (SCM).
 - (B) Social capital.
 - (C) Cultural perspective.
 - (D) Structuralist perspective. /1/

21. Which statement is INCORRECT regarding Transactional Model?
- (A) Transactional model suggests that; people experience stress when they perceive environmental demands to be exceeding their capacity to cope.
 - (B) Primary appraisal means an individual evaluates whether the event is stressful or not stressful.
 - (C) Secondary appraisal means an individual considers his/her coping resources and possibilities
 - (D) Interaction between internal and external environments. /1/
22. Healthy and positive stress is called _____?
- (A) Distress
 - (B) Eustress
 - (C) Uplift
 - (D) Flight or fight /1/
23. Sympathetic nervous system _____.
- (A) is responsible for arousal or a stimulated state.
 - (B) brings the body back to its resting state.
 - (C) controls body function and activity through chemicals called hormones.
 - (D) makes the body susceptible to infections and illnesses. /1/
24. According to different coping mechanisms of adaptive reactions, a problem-focused coping means _____.
- (A) one must identify the source of stress, confront and plan the best way to manage stress.
 - (B) coping involves either social withdrawal and isolation or psychological withdrawal.
 - (C) coping is directed at efforts to prevent negative emotions and boost self-control.
 - (D) conflict arises when individuals are trying to satisfy a number of needs at the same time. /1/

25. Frustration–aggression hypothesis means_____.
- (A) an individual is trying to satisfy a number of needs at the same time.
 - (B) individuals experience this when they are prevented from reaching objectives.
 - (C) is caused by pressure to conform to social expectations.
 - (D) Is caused by too much stress. /1/

Violence, traumatic stress, peacemaking and peacebuilding

26. Ritual murders, killing people for body parts, muggings, armed robberies, hijackings and cash-in-transit heists are all examples of _____?
- (A) Domestic violence
 - (B) State and collective violence
 - (C) Violence for material gain
 - (D) Cyber bullying /1/
27. Wars, militarisation, acts of terror, hate crimes, racism, genocide, xenophobia discrimination according to sexual orientation are examples of_____.
- (A) Domestic violence
 - (B) State and collective violence
 - (C) Violence for material gain
 - (D) Cyber bullying /1/
28. According to the _____ theories of violence, *“obedience to authority, conformity and shared responsibility can lead people to form mobs that are unthinking and inherently violent”*.
- (A) Socio-biological explanations
 - (B) Social learning explanations
 - (C) Group explanations
 - (D) General aggression explanations /1/

29. Fragmentation as an effect of violence refers to _____.
- (A) memory loss following traumatic event.
 - (B) social withdrawal.
 - (C) inability to fulfil appropriate functions within families or communities.
 - (D) the breaking up or destruction of important linkages, such as family.

/1/

30. _____ relies on the presence of neutral forces to manage rather than resolve conflict.
- (A) Peacemaking
 - (B) Reconciliation
 - (C) Peacekeeping
 - (D) Peacebuilding

/1/

31. _____ aims to alleviate structural violence.
- (A) Peacemaking
 - (B) Reconciliation
 - (C) Peacekeeping
 - (D) Peacebuilding

/1/

32. Which one is INCORRECT with regards to strategies that Psychologists can employ to promote peace?
- (A) Engage in sensitisation and consciousness raising.
 - (B) Withdraw expertise on issues of social justice and peace.
 - (C) Engage in peace activism.
 - (D) Inform public policy development.

/1/

33. _____ includes the concepts of truth, forgiveness and healing. This is considered to be central to the psychological and spiritual dimensions of peacemaking.
- (A) Peacemaking
 - (B) Reconciliation
 - (C) Peacekeeping
 - (D) Peacebuilding /1/
34. Neighbourhood watch systems; local awareness and public information campaigns are examples of violence prevention and recovery at which level?
- (A) Individual level interventions
 - (B) Small-group level interventions
 - (C) Community-level interventions
 - (D) Societal-level interventions /1/
35. Programmes to teach children and young adults how to resolve conflict non-violently and help them to identify protective places and adults in the community are characteristics of violence prevention and recovery at which level?
- (A) Individual level interventions
 - (B) Small-group level interventions
 - (C) Community-level interventions
 - (D) Societal-level interventions /1/

Personality theories

36. _____ is defined as the 'psychological qualities that contribute to an individual's enduring and distinctive patterns of feeling, thinking and behaving'.
- (A) Personality
 - (B) Development
 - (C) Approach
 - (D) Instinct /1/
37. _____ are the basic motivational drives that provide the basis for personality.
- (A) Libido
 - (B) Life instincts
 - (C) Instincts
 - (D) Death Instincts /1/
38. According to Freud, personality has three levels. Which of the following IS NOT part of the three levels of personality?
- (A) Conscious
 - (B) Ego
 - (C) Unconscious
 - (D) Preconscious /1/
39. Which of the following operates according to the pleasure principle?
- (A) Superego
 - (B) Id
 - (C) Ego
 - (D) Unconscious /1/

40. According to Jung, these images lie within the collective unconscious.
- (A) Animus
 - (B) Archetypes
 - (C) The persona
 - (D) The self
- /1/
41. Jung contended that psychological types arise out of combinations of two attitudes (extraversion and introversion) and four functions. Which of the following IS NOT part of the four functions?
- (A) Shadow
 - (B) Intuition
 - (C) Sensing
 - (D) Thinking
- /1/
42. _____ was the first theorist to cover the life span theory of personality.
- (A) Sigmund Freud
 - (B) Erik Erikson
 - (C) Carl Jung
 - (D) B.F Skinner
- /1/
43. The first stage of Erik Erikson's psychosocial development is _____ and lasts from birth to 12 months.
- (A) Initiative versus guilt
 - (B) Industry versus inferiority
 - (C) Identity versus role confusion
 - (D) Trust versus mistrust
- /1/

44. Which of the following behaviours refers to a specific response to a known stimulus?
- (A) Operant behaviour
 - (B) Respondent behaviour
 - (C) Positive reinforcement
 - (D) Punishment
- /1/
45. _____ are personal characteristics which people have to a greater or lesser degree.
- (A) Surface traits
 - (B) Source traits
 - (C) Traits
 - (D) Extraversion
- /1/
46. According to Maslow, _____ is the highest level of need.
- (A) self-actualisation
 - (B) deficiency needs
 - (C) growth needs
 - (D) hierarchy of needs
- /1/
47. George Kelly (1905-1967) believed that certain cognitive structures are fundamental to personality and which are _____.
- (A) personal constructs
 - (B) psychological processes
 - (C) corollaries
 - (D) personality
- /1/

48. Bandura proposed four processes that govern observational learning. Which of the following IS NOT part of these processes?
- (A) Attentional processes
 - (B) Motor reproduction processes
 - (C) Self-reinforcement
 - (D) Motivational processes
- /1/

Psychopathology

49. The view that 'irrational beliefs' and 'automatic thoughts' are principally responsible for the development of psychopathology is held by _____ therapists.
- (A) Psychoanalytic
 - (B) Cognitive-behavioural
 - (C) Client-centred
 - (D) Psychodynamic
- /1/
50. The defence mechanism of _____ occurs when unwanted or difficult thoughts are converted into their opposites.
- (A) reaction formation
 - (B) denial
 - (C) projection
 - (D) repression
- /1/
51. Which of the following is not a major factor in the aetiology of Post-traumatic stress disorder (PTSD)?
- (A) stressor
 - (B) the character traits of the individual
 - (C) the biological vulnerability of the victim
 - (D) the severity of the trauma on the individual
- /1/

52. Individuals suffering from PTSD display a characteristic set of symptoms including all of the following EXCEPT _____
- (A) numbing of emotional responsiveness
 - (B) sudden "flashbacks" in which the traumatic event is relived
 - (C) decreased startle response and chronic under-arousal
 - (D) memories and nightmares of the event /1/
53. PTSD is one of the most commonly diagnosed disorder in South Africa due to _____
- (A) the high rate of crime
 - (B) the high rate of violence
 - (C) the high rate of motor vehicle accidents
 - (D) all of the above /1/
54. Schizophrenia shares a number of symptoms with indigenous forms of illness like _____
- (A) isidliso
 - (B) amafufunyana
 - (C) ukuthwasa
 - (D) Both B and C are correct /1/
55. Which of the following is not a positive symptom of schizophrenia?
- (A) delusions
 - (B) hallucinations
 - (C) dementia
 - (D) disorganized speech /1/

56. Delusions can be defined as _____.
- (A) distortions in perception
 - (B) fixed ideas or false beliefs that do not have any foundation in reality
 - (C) fixed distortions in perceptual activity
 - (D) fixed ideas and beliefs that are only found in schizophrenia /1/
57. Negative symptoms of schizophrenia include _____.
- (A) avolition
 - (B) disorganized behaviour
 - (C) catatonic behaviour
 - (D) paranoid thinking /1/
58. Schizophrenia may be caused by _____.
- (A) high levels of dopamine
 - (B) genes
 - (C) learned behaviour from parents
 - (D) All of the above /1/
59. Which of the following is the definition of catatonia?
- (A) silly and immature behaviour
 - (B) early madness
 - (C) immobility or agitated excitement
 - (D) delusions of grandeur or persecution /1/

Psychotherapies

60. The discrepancy between a person's self-concept and reality is what Rogers calls _____.
- (A) psychological distress
 - (B) anxiety
 - (C) incongruence
 - (D) genuineness /1/
61. Psychological distress is caused by the way in which people interpret events in their lives. This understanding underpins the _____ approach to psychotherapy.
- (A) psychoanalytic
 - (B) cognitive-behavioural
 - (C) person-centred
 - (D) narrative /1/
62. The key task of the client-centred therapist is _____.
- (A) interpretation of the client's thoughts, feelings, memories and behaviours
 - (B) clarification of the client's feelings
 - (C) confrontation of the client's irrational thoughts
 - (D) codification of the client's problematic behaviours /1/
63. John experiences his therapist as authoritative and emotionally distant. In many ways their relationship is similar to the relationship that he had with his father. This is an example of _____.
- (A) resistance
 - (B) projection
 - (C) transference
 - (D) countertransference /1/

64. Mary believes that she is a complete failure because she failed a psychology test. Her belief is held in spite of the good marks that she attains in her other subjects. This belief is an example of_____.
- (A) personalization
 - (B) selective abstraction
 - (C) magnification
 - (D) arbitrary inference /1/
65. The _____ therapist tries to provide a supportive climate in which clients can restructure their self-concept.
- (A) psychodynamic
 - (B) behaviourist
 - (C) cognitive
 - (D) client-centred /1/
66. A therapist openly challenges a client's statement that she is a failure as a woman because her boyfriend left her, insisting that she justify it with evidence. Which type of therapy is probably being used?
- (A) Psychodynamic therapy
 - (B) Client-centred therapy
 - (C) Behaviour therapy
 - (D) Cognitive-behavioural therapy /1/
67. Systematic desensitization is a common technique used for the treatment of _____.
- (A) schizophrenia
 - (B) bipolar disorder
 - (C) phobias
 - (D) gender identity disorder /1/

68. After undergoing psychoanalysis for several months, Karen has suddenly started “forgetting” to attend her therapy sessions. Karen’s behaviour is most likely a form of _____.

(A) resistance

(B) transference

(C) insight

(D) catharsis

/1/

69. The community mental health movement emphasizes _____.

(A) segregation of the mentally ill from the general population

(B) increased dependence on long-term inpatient care

(C) local care and the prevention of psychological disorders

(D) All of the above

/1/

70. Non-professional healers who use ritual, herbal remedies and symbolic healing fall within the _____ framework as opposed to the western therapeutic framework.

(A) lay-counselling

(B) indigenous healing

(C) religious healing

(D) spiritual healing

/1/

(70)

SECTION B: SHORT QUESTIONS

(Answer all questions)

Question 1

Risk behaviours

List any five constructs of the Health Belief Model (HBM) and examples to substantiate your answer. (10)

Question 2

Stress

Mention three (3) phases of General Adaptation Syndrome [GAS] as mentioned by Selye (1976). Use examples to substantiate your answer (5)

Question 3

Personality Theories

3.1 Define personality. /1/

3.2 Bandura proposed four processes that govern observational learning. Name and explain the four processes that govern as proposed by Bandura. /4/

Question 4

Psychopathology

List the five positive symptoms of schizophrenia. (5)

Question 5

Psychotherapies

Use the answers below to fill in the blank (5)

- 5.1 A client who sees a psychoanalyst for therapy, will spontaneously express his/her thoughts and feelings exactly as they occur without censorship through a process of _____.
- 5.2 _____ occurs when a client overgeneralises and defines herself in terms of her shortcomings.
- 5.3 Understanding the client's thoughts, feelings and experiences from the client's perspective is referred to as _____.
- 5.4 The _____ is a person who has been chosen by the ancestors to become a healer, while the _____ is a dispenser of herbal remedies.

Reaction formation; inyanga; catastrophizing; accurate empathy; unconditional positive regard; free association; isangoma; herbalist; labelling; denial

(30)

END OF EXAMINATION

TOTAL MARKS: 100