

BRAINWARE UNIVERSITY

Term End Examination 2021 - 22 Programme – Bachelor of Science in Physician Assistant Course Name – Clinical Psychology Course Code - BPA204 (Semester II)

Time allotted: 1 Hrs.15 Min. Full Marks: 60 [The figure in the margin indicates full marks.] Group-A (Multiple Choice Type Question) 1 x 60=60 Choose the correct alternative from the following: (1) B.F. Skinner was a) Behaviourist b) Psychoanalyst c) Cognitive psychologist d) socio-cultural psychologist (2) Psychology become a scientific field on this year a) 1879 b) 1789 c) 1990 d) 1987 (3) The normal body temperature of human body is a) 98 degree F b) 37 degree F c) 100 degree F d) 90 degree F (4) He is recognized as the father of modern scientific psychology b) Wundt a) Watson c) Freud d) Aristotle

(5) It attempts to study the structure of conscious experience through the method of introspection

a) functionalism

b) behaviorism

c) gestalt

d) structuralism

(6) It deals with the function of behavior on how a person adapts to its environment

a) functionalism

b) behaviorism

c) gestalt

d) structuralism

(7) Psychology can be literally defined as the

a) science of behaviour

b) science of mind

c) science of consciousness	d) science of soul
(8) J.B. Watson, the founder and father of behaviouri Psychology as the science of	stic school of psychology defined
a) soul	b) behaviour
c) consciousness	d) living being
(9) Industrial Psychology is	
a) theoretical psychology	b) applied psychology
c) abnormal psychology	d) political psychology
(10) To study Abnormal Psychology means, to study r	nainly the nature of _
a) normality of mind	b) unconscious level of mind
c) subconscious level of mind	d) abnormality of mind
(11) The most pioneered contributor to Behavioural so	chool of psychology is
a) Hull	b) Allport
c) Watson	d) Fechner
(12) Thought process is the main component of	perspective
a) Gestalt	b) Humanistic
c) cognitive	d) behavioural
(13) Psychology in the work place is the subject matte	r of
a) industrial Psychology	b) academic psychology
c) social psychology	d) clinical psychology
(14) Study of gender difference is the subject matter o	f
a) social psychology	b) developmental psychology
c) clinical psychology	d) industrial Psychology
(15) The education related problems are dealt by	, ,
a) general Psychology	b) military psychology
c) developmental psychology	d) educational psychology
(16) Which of the following are symptoms of an anxiety	2 0 0
a) chest pain	b) fear of dying
c) increased heart rate	d) all of these
(17) Which of the following is a drug treatment for pa	
a) selective serotonin reuptake inhibitors	b) Antipsychotic drugs
c) antibiotics	d) anti inflammatory drugs
(18) Some of the defining features of social phobia are	,
a) Individuals with social phobia experience concerns about embarrassment and are afraid of that other will judge them to be weak, crazy or stupid.	b) They may fear public speaking because of concern that others will notice their trembling hands or voice
c) They may experience extreme anxiety when conversing with others	d) all of these
(19) Which of the following is considered to be a sym	ptom of PTSD
a) Increased arousal	b) Avoidance
c) Happy dreams	d) all of these
(20) Monophobia is considered as	

a) Fear of high places	b) Fear of light
c) Fear of blood	d) Fear of being alone
(21) Fear of injection falls under	
a) social phobia	b) Agoraphobia
c) specific phobia	d) none of these
(22) ICD 10 proposed by	
a) WHO	b) APA
c) IPS	d) IPA
(23) Recurrent, intrusive, senseless ideas, thoughts, a involuntary are termed as	and images that are ego-dystonic and
a) Obsession	b) Compulsion
c) Hypochondriasis	d) obstructiveness
(24) Psycho dynamic explanation of obsessive comp	pulsive disorders include
 a) fixation during oral stage of psychosexual development 	 b) fixation during anal stage of psychosexual development
 c) fixations or conflicts during phalic phase of development 	 d) improper development of latency phase of psychosexual development
(25) Which of the following area of brain is known to	o be associated with OCD?
a) Reticular system	b) Nigrostraital pathway
c) Basal ganglia	d) Corpus callosum
(26) Which of the following is most effective in ocD	managenment?
a) Psycho dynamic psychotherapy	b) Interpersonal psychotherapy
c) Cognitive behaviour therapy	d) Supportive psychotherapy
(27) Characteristics of OCD include all the following	g, Except :
a) Obsessive thoughts	b) Compulsive acts
c) Considerable degree of anxiety	d) Ordered flight of ideas
(28) Behavior therapy for phobias may involve the for	ollowing
a) Systematic desensitization	b) Implosion therapy
c) Flooding	d) none of these
(29) Fear of closed space refers to	
a) Claustrophobia	b) social phobia
c) Xenophobia	d) none of these
(30) Which gland in your body is responsible for the	stress response?
a) pituitary gland	b) thyroid gland
c) adrenaline gland	d) none of these
(31) Stress management is about learning	
a) How to avoid the pressures of life	b) How to develop skills that would enhance our bodys adjustment when we are subjected to the pressures of life
c) all of these	d) none of these
(32) Which of the following statements is true about	stress management
a) Stress management is learning about the connection between mind and body	b) Stress management helps us control our health in a positive sense

c) Stress management teaches us to avoid all kinds of stress	d) Stress management is learning about the connection between mind and body & Stress management helps us control our health in a positive sense
(33) Which of the following are the basic sources of st	ress
a) the environment	b) social stressor
c) thoughts	d) all of these
(34) The following are the characteristics of DisStress	
a) it causes anxiety	b) it feels unpleasant
c) it decreases performance	d) all of these
(35) Aches, shallow breathing and sweating, frequent	colds are
a) physical symptoms of stress	b) Behavioural symptoms of stress
c) emotional symptoms of stress	d) cognitive symptoms of of stress
(36) What is the term that Lazarus (1984) used to desc potentially stressful events?	ribe the key judgment about the nature of
a) Assessment	b) Consideration
c) Appraisal	d) evaluation
(37) In which of Selye's (1974) three stage process does significance?	es the adrenal gland have particular
a) alarm reaction	b) stage of exhaustion
c) stage of resistance	d) none of these
(38) Cognitive restructuring involves:	
 a) identifying self-talk that is contributing to stress, and challenging it 	b) interrupting the flow of stressogenic self-talk with more positive talk
 c) preparing positive self-talk to say to oneself at times of stress 	d) distraction away from stressogenic thoughts
(39) Which response shows the stages of the general a	daptation syndrome in the correct order?
a) alarm reaction, exhaustion, resistance	b) resistance, alarm reaction, exhaustion
c) exhaustion, resistance, alarm reaction	d) alarm reaction, resistance, exhaustion
(40) Negative self talk is	
a) external stressor	b) internal stressor
c) all of these	d) none of these
(41) If the learner is not properly alert, the learning wi	11
a) increase	b) decrease
c) remain same	d) none of these
(42) During teaching, a teacher should be	
a) Beautiful	b) Cold towards students
c) Emotionally stable	d) Anxious
(43) If the UCS is subsequently omitted, the CR will e	xperience
a) reinforcement	b) learning
c) extinction	d) association
(44) Observation is one of the process of-	
a) motivation	b) learning

c) clinical case history	d) teaching
(45) In classical conditioning, the maximum time gap to effective learning is	between UCS and CS to produce
a) 1msec	b) 0.5sec
c) 1sec	d) 0.001 sec
(46) During teaching, a teacher should be	
a) Beautiful	b) Cold towards students
c) Emotionally stable	d) Anxious
(47) If the learner is not properly alert, the learning wil	1
a) increase	b) decrease
c) remain same	d) none of these
(48) Which of these is an unconditioned stimulus?	
a) loud noise	b) food
c) light	d) none of these
(49) Direct communication falls under	
a) accept	b) alter
c) avoid	d) none of these
(50) Marriage is an	
a) External stressor	b) Internal stressor
c) all of these	d) none of these
(51) Cognitive restructuring involves:	
 a) identifying self-talk that is contributing to stress, and challenging it 	b) interrupting the flow of stressogenic self-talk with more positive talk
 c) preparing positive self-talk to say to oneself at times of stress 	d) distraction away from stressogenic thoughts
(52) Does stress impact on the progression of HIV?	
 a) Yes, it speeds up the disease progression significantly 	b) Yes, but only to a marginal extent
 c) No. In fact, HIV progression has been found to be slower in some individuals who experience stress 	d) No. HIV is not influenced by stress
(53) Which of the following is not a process in Selye's adaptation model?	(1974) model of stress - the general
a) stage of resistance	b) stage of confrontation
c) stage of exhaustion	d) alarm reaction
(54) According to Hans Selye, what is 'eustress'?	
 a) Stress associated with positive feelings or healthy states 	b) An alternative word for distress
c) A biological process mediating the stress process	d) none of this
(55) Which of the following are stress busters	
 a) Trying to find something funny in a difficult situation 	b) Developing a support network
c) Taking a mindful walk	d) all of these

physiological response:	spective of the nature, create same pattern of
a) Lazarus	b) Cattel
c) Eysenck	d) Hans Selye
(57) During the resistance phase, the adrent release	no-corticotropic hormone stimulates to
a) Hypothalamus, Cortisol.	b) Hypothalamus, Corticotropin realising factor
c) Adrenal cortex, Cortisol	d) Pituitary gland, Corticotropin realising factor
currently under a lot of pressure becau	has been playing for over seven years. Mr. Singha is use a tournament is coming up next month, and he the next matches. What kind of stress is he likely to
a) Distress	b) Acute Stress
c) Chronic Stress	d) Eustress
· ,	siological disorders due to stress: a) Gastrointestinal ler c) Cardiovascular Disorders d) Respiratory
a) a, c and d	b) d, b and a
c) a, b, c and d	d) b, c and d
(60) Long-term stress can leads to:	
a) Change in personality	b) Substance abuse
c) Aggression	d) All of the above