



## Choose the best answer for each question

1 Who is considered the founder of modern psychology and established the first psychological laboratory in 1879?

- A Sigmund Freud
- B William James
- C Wilhelm Wundt
- D John Watson

2 The school of psychology that focuses on the purpose and adaptive functions of mental processes is called:

- A Structuralism
- B Functionalism
- C Behaviorism
- D Gestalt psychology

3 Freud's theory of personality includes three components. Which of the following is NOT one of them?

- A Id
- B Ego
- C Superego
- D Animus

4 Ivan Pavlov's experiments with dogs demonstrated the concept of:

- A Operant conditioning
- B Observational learning
- C Classical conditioning
- D Cognitive dissonance

5 B.F. Skinner is best known for his work on:

- A Classical conditioning
- B Operant conditioning
- C Humanistic psychology
- D Psychoanalysis

6 In Skinner's operant conditioning, a stimulus that increases the likelihood of a behaviour recurring is called a:

- A Punisher
- B Neutral stimulus
- C Reinforcer
- D Conditioned stimulus

7 Abraham Maslow's hierarchy of needs places which need at the top?

- A Safety
- B Love and belonging
- C Esteem
- D Self-actualisation

8 Which branch of psychology studies how people think, remember, and solve problems?

- A Developmental psychology
- B Cognitive psychology
- C Social psychology
- D Clinical psychology

- 9 The part of the brain most associated with emotional responses, particularly fear, is the:
- A Hippocampus
  - B Cerebellum
  - C Amygdala
  - D Frontal lobe
- 10 Long-term memory can be divided into explicit (declarative) and implicit memory. Which of the following is an example of implicit memory?
- A Remembering your first day of school
  - B Knowing the capital of France
  - C Riding a bicycle without conscious thought
  - D Recalling a phone number
- 11 The sleep stage most associated with dreaming and rapid eye movement is:
- A Stage 1 NREM
  - B Stage 2 NREM
  - C Stage 3 NREM
  - D REM sleep
- 12 Which neurotransmitter is most closely associated with mood regulation and is targeted by many antidepressants?
- A Dopamine
  - B Serotonin
  - C Acetylcholine
  - D GABA
- 13 Stanley Milgram's obedience experiments demonstrated that:
- A People rarely follow authority figures
  - B Ordinary people will inflict harm on others if instructed by an authority figure
  - C Group pressure has no effect on individual behaviour
  - D Memory is highly accurate under stress
- 14 Solomon Asch's conformity experiments showed that people will often:
- A Refuse to conform under any social pressure
  - B Give incorrect answers to match the majority even when the answer is obvious
  - C Perform better alone than in groups
  - D Rely entirely on internal motivation
- 15 The concept of 'cognitive dissonance' was introduced by:
- A Albert Bandura
  - B Leon Festinger
  - C Carl Rogers
  - D Erik Erikson
- 16 Albert Bandura's Bobo doll experiment demonstrated the importance of:
- A Classical conditioning
  - B Operant conditioning
  - C Observational (social) learning
  - D Biological drives
- 17 The fight-or-flight response is primarily controlled by which part of the nervous system?
- A Parasympathetic nervous system
  - B Somatic nervous system
  - C Central nervous system
  - D Sympathetic nervous system
- 18 Erikson's psychosocial theory proposes how many stages of development across the lifespan?

- A 5
- B 6
- C 8
- D 10

19 Jean Piaget's stage of cognitive development in which children (ages 7–11) develop logical thinking about concrete objects is:

- A Sensorimotor stage
- B Preoperational stage
- C Concrete operational stage
- D Formal operational stage

20 Which personality assessment uses ambiguous inkblot images to reveal unconscious thoughts?

- A Myers-Briggs Type Indicator
- B Minnesota Multiphasic Personality Inventory
- C Rorschach Inkblot Test
- D Thematic Apperception Test

21 The DSM-5 is primarily used by mental health professionals to:

- A Prescribe medications for psychological disorders
- B Classify and diagnose mental disorders
- C Measure intelligence quotient scores
- D Conduct neurological brain scans

22 Which psychological disorder is characterised by persistent low mood, loss of interest, and fatigue lasting at least two weeks?

- A Generalised anxiety disorder
- B Bipolar disorder
- C Major depressive disorder
- D Dysthymia

23 The therapeutic approach developed by Carl Rogers emphasising empathy, unconditional positive regard, and genuineness is:

- A Psychoanalytic therapy
- B Cognitive-behavioural therapy
- C Person-centred therapy
- D Behaviour therapy

24 Cognitive-behavioural therapy (CBT) primarily targets:

- A Unconscious conflicts from childhood
- B Maladaptive thought patterns and behaviours
- C Biological causes of mental illness
- D Social and environmental stressors only

25 Which of the following best describes the 'halo effect'?

- A The tendency to remember positive events more than negative ones
- B Allowing one positive trait to positively influence judgement of unrelated traits
- C The tendency to conform to group norms
- D A bias toward confirming pre-existing beliefs

26 The bystander effect refers to the finding that:

- A People help more when alone than when in a group
- B Aggression increases in crowded environments
- C People are less likely to help in an emergency when others are present
- D Social loafing increases individual performance

27 Which research method allows psychologists to establish cause-and-effect relationships?

- A Case study

- B Naturalistic observation
- C Survey
- D Experiment

28 The variable that a researcher manipulates in an experiment is the:

- A Dependent variable
- B Control variable
- C Independent variable
- D Extraneous variable

29 Which theorist proposed the concept of the 'collective unconscious' containing archetypes shared by all humans?

- A Sigmund Freud
- B Alfred Adler
- C Carl Jung
- D Karen Horney

30 The James-Lange theory of emotion proposes that:

- A Emotions precede physiological responses
- B Physiological arousal and cognitive labelling together produce emotion
- C Physiological responses precede and cause the experience of emotion
- D Emotions are entirely learned through conditioning

31 Which brain structure plays a critical role in the formation of new long-term memories?

- A Amygdala
- B Hippocampus
- C Cerebellum
- D Basal ganglia

32 Positive punishment in operant conditioning involves:

- A Removing an unpleasant stimulus to increase behaviour
- B Adding an unpleasant stimulus to decrease behaviour
- C Removing a pleasant stimulus to decrease behaviour
- D Adding a pleasant stimulus to increase behaviour

33 The 'nature vs. nurture' debate in psychology refers to:

- A The conflict between conscious and unconscious mind
- B The relative influence of genetics versus environment on behaviour
- C The difference between classical and operant conditioning
- D The debate between cognitive and behavioural therapies

34 Which of the following is an example of a projective personality test?

- A Minnesota Multiphasic Personality Inventory (MMPI)
- B Big Five Personality Inventory
- C Thematic Apperception Test (TAT)
- D Myers-Briggs Type Indicator (MBTI)

35 The general adaptation syndrome (GAS), describing the body's response to stress, was proposed by:

- A Walter Cannon
- B Richard Lazarus
- C Hans Selye
- D Martin Seligman

36 Which phenomenon describes the tendency for individuals to work less hard in a group than alone?

- A Groupthink
- B Social loafing

C Deindividuation

D Diffusion of responsibility

37 The concept of 'learned helplessness' was developed by:

A Albert Bandura

B Martin Seligman

C Aaron Beck

D Carl Rogers

38 Which lobe of the cerebral cortex is primarily responsible for processing visual information?

A Frontal lobe

B Parietal lobe

C Temporal lobe

D Occipital lobe

39 According to Freud, which part of the personality operates entirely on the pleasure principle?

A Superego

B Ego

C Id

D Unconscious

40 The 'Big Five' personality traits include all of the following EXCEPT:

A Openness

B Agreeableness

C Introversion

D Neuroticism

41 Schizophrenia is most characterised by:

A Persistent low mood and anhedonia

B Hallucinations, delusions, and disorganised thinking

C Excessive fear and avoidance behaviour

D Alternating episodes of mania and depression

42 The phenomenon where previously learned information interferes with recalling new information is called:

A Proactive interference

B Retroactive interference

C Encoding failure

D Motivated forgetting

43 Which theory of motivation suggests that people are driven to maintain a state of internal balance?

A Incentive theory

B Arousal theory

C Drive-reduction theory

D Self-determination theory

44 The phi phenomenon — the illusion of movement from rapidly presented still images — was studied by:

A Wilhelm Wundt

B Max Wertheimer

C William James

D Edward Titchener

45 Which neurotransmitter is most associated with the reward and pleasure pathway in the brain?

A Serotonin

B Acetylcholine

C GABA

D Dopamine

46 Lawrence Kohlberg's theory focuses on the development of:

- A Cognitive abilities
- B Moral reasoning
- C Attachment styles
- D Language acquisition

47 Which attachment style, identified by Ainsworth, describes infants who show distress when the caregiver leaves but are not comforted upon return?

- A Secure attachment
- B Avoidant attachment
- C Disorganised attachment
- D Anxious-ambivalent attachment

48 The term 'psychology' is derived from the Greek words for:

- A Mind and science
- B Soul (or mind) and study
- C Brain and behaviour
- D Thought and action

49 Which perspective in psychology emphasises the role of unconscious processes and early childhood experiences?

- A Humanistic perspective
- B Behavioural perspective
- C Psychodynamic perspective
- D Cognitive perspective

50 The hindsight bias refers to the tendency to:

- A Overestimate the difficulty of tasks after completing them
- B Believe after an event that one had predicted the outcome all along
- C Underestimate the time needed to complete future tasks
- D Attribute others' behaviour to situational factors

Fill in the blanks

True or False

Match the theorist to their contribution

Short Answer



Answer Keys

1 A B C D

4 A B C D

7 A B C D

10 A B C D

13 A B C D

16 A B C D

19 A B C D

22 A B C D

25 A B C D

28 A B C D

31 A B C D

34 A B C D

37 A B C D

40 A B C D

43 A B C D

46 A B C D

49 A B C D

2 A B C D

5 A B C D

8 A B C D

11 A B C D

14 A B C D

17 A B C D

20 A B C D

23 A B C D

26 A B C D

29 A B C D

32 A B C D

35 A B C D

38 A B C D

41 A B C D

44 A B C D

47 A B C D

50 A B C D

3 A B C D

6 A B C D

9 A B C D

12 A B C D

15 A B C D

18 A B C D

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48 A B C D