



PSYC1001
Practice Examination
2023

Surname: _____

Given Name(s): _____

zID: _____

Date: _____

1. Which of the following statements is FALSE about psychological debriefing?
 - a. There was not an existing intervention to compare it to
 - b. It involves the discussion of one's emotions and experiences following a traumatic event
 - c. Participants were not randomised into a treatment and non-treatment group
 - d. Controlled trials have shown that psychological debriefing was effective in reducing the risk of developing a psychological disorder following trauma

2. Which of the following statements is MOST correct about the relationship between animal models and investigation into PTSD?
 - a. The effects of extinction learning observed in animal models will be observed in humans
 - b. Animal models formed the foundation for human studies into treatments for PTSD
 - c. Investigating animal models of fear leads to the creation of greater preventative measures for the development of PTSD in humans
 - d. Extinction learning in animal models is based on operant conditioning which can be extended to humans when treating PTSD

3. Which neurotransmitter is primarily responsible in learning?
 - a. Glutamate
 - b. Acetylcholine
 - c. Norepinephrine
 - d. Cortisol

4. Which of the following limitations does NOT apply to the specified philosophy of the mind?
 - a. Introspection - self-reports from patients were not reliable
 - b. Functionalism - was not consistent with evolutionary framework
 - c. Radical behaviourism - neglected the impact of individual thoughts and emotions
 - d. Methodological behaviourism - one's internal states cannot be linked to observable behaviours

5. Which aspect is NOT needed to consider psychology as a natural science?
 - a. Experiments
 - b. Generation of theories
 - c. Empirical basis
 - d. Scientific equipment

6. Which is the correct sequence of goals to be achieved in scientific psychology?
- Description of behaviour, prediction of when a certain behaviour will be observed, explaining the behaviour, and facilitating changes in behaviour
 - Description of behaviour, explaining the behaviour, predicting when a certain behaviour will be observed, and facilitating changes in behaviour
 - Description of behaviour, facilitating changes in behaviour, predicting when a certain behaviour will be observed, explaining the behaviour
 - Description of behaviour, explaining the behaviour, facilitating changes in behaviour, predicting when a certain behaviour will be observed
7. Which of the following events best demonstrates social facilitation?
- Ryan, a Tetris player, misdrops more pieces when watched by Matthew Andy Wong than when playing alone
 - Radhika, a first-year hoodie lover, washes her hoodie more often when she needs to meet people for 7 days a week rather than 5
 - Melani, a netball player, makes more shots in a netball game with a large audience than when practising with her team
 - Selena, a rizzlord, can rizz up people in a one-on-one situation just as easily as in front of a friend group
8. Which of the following statements about conformity is most correct?
- When norms are unclear, individuals eventually reach a consensus when placed in the same situation multiple times
 - Conformity typically has a negative effect due to the need to inhibit individual desires
 - More than half of individuals would conform to the majority despite the latter's decision being objectively incorrect
 - An authority figure is the only difference determining whether a situation represents conformity or obedience
9. Which of the following is NOT a method in tackling pressure to conform?
- Learning to handle dissent in a group setting.
 - Having the courage to represent one's own opinions.
 - Providing logical arguments for why one's opinion is objectively superior.
 - Seeking autonomy and authenticity through group discussions.

10. Which of the following is an example of a consensual delusion?

- a. Stephenie starts to believe that the moon landing is fake because she spent hours listening to a podcast about it.
- b. Michael accepts that climate change may not be “real” because he wants to fit in with his friends' attitudes.
- c. Cynthia starts to experience auditory hallucinations and now questions everything that people say to her even if they are the truth.
- d. Katherine stumbled on her lines when introducing herself to a group of people. She then felt scared to talk to people and developed a phobia of social situations.

11. A new employee is joining a team at a marketing firm. In their first team meeting, the manager presents a marketing campaign idea and asks for everyone's opinion. The idea presented is clearly flawed and impractical, but the manager expresses their excitement for it and all the other team members eagerly support it.

What is most likely to happen according to the Asch Paradigm?

- a. The new employee will confidently express their opinion and provide constructive criticism of the idea.
- b. The new employee will refuse to give an opinion.
- c. The new employee will feel pressure to conform and agree with the flawed idea to avoid standing out or appearing critical of the manager.
- d. The new employee will privately write down their constructive criticism but not say it out loud.

12. In a group project, Victor believes that his contributions won't be significant enough to make a difference, so he doesn't put in as much effort.

This is an example of

- a. groupthink.
- b. social facilitation.
- c. deindividuation.
- d. social loafing.

- 13.** Prithika, a university student, is approached by a student group on campus asking her to sign a petition for better campus safety. After signing, the student group asks Prithika to also volunteer for a safety committee.

Which technique/principle is the student group using to encourage Prithika to volunteer for a safety committee?

- a. Door-in-the-face technique
 - b. Foot-in-the-door technique
 - c. Low-balling technique
 - d. Scarcity principle
- 14.** Which of the following is an accurate statement about individualism and collectivism?
- a. Collectivism emphasises individual achievement and self-expression.
 - b. Individualism emphasises group harmony and loyalty.
 - c. Collectivism values the interests of the group over individual goals.
 - d. Individualism values social ties and obligations over personal goals.
- 15.** Which of the following best describes the minimal group paradigm?
- a. A method used to measure levels of conformity within groups
 - b. A psychological study that explores the relationship between individual and group behaviour.
 - c. An experimental design used to test social identity theory.
 - d. An experimental technique that divides people into arbitrary groups to investigate intergroup behaviour.
- 16.** In attribution theory, which type of information is most likely to lead to an internal/dispositional attribution?
- a. High consensus, high consistency, high distinctiveness
 - b. Low consensus, high consistency, low distinctiveness
 - c. High consensus, low consistency, high distinctiveness
 - d. Low consensus, low consistency, high distinctiveness

17. Which of the following best describes the correspondence bias?

- a. Attributing others' behaviour to internal factors, while attributing our own behaviour to external factors.
- b. Attributing others' behaviour to external factors, while attributing our own behaviour to internal factors.
- c. Overemphasising situational factors when explaining others' behaviour, while ignoring dispositional factors.
- d. Overemphasising dispositional factors when explaining others' behaviour, while ignoring situational factors.

18. Which of the following best describes the Pygmalion effect in education?

- a. Students' prior achievement is the strongest predictor of future success.
- b. Teachers' beliefs about students can influence their academic performance.
- c. Students' self-efficacy is the most important factor in their academic success.
- d. Teacher-student interactions have little effect on student outcomes.

19. Matina wants to buy a new speaker to sustain her love for listening to K-Pop. She recently received her fortnightly paycheck and she typically deposits 20% of it into her savings account shared by her family. However, the speaker she wants to buy costs the entire paycheck.

In which situation is Matina most likely to buy the speaker?

- a. When she is aware that she needs to deposit and her parents are accompanying her
- b. When she is alone and she is aware that she needs to deposit
- c. When she is unaware that she needs to deposit and her parents are accompanying her
- d. When she is alone and unaware that she needs to deposit

20. Which of the following is a cognition towards long lines at the Library Lawn coffee cart?

- a. Long lines take a while
- b. Why is the line so long?
- c. Walking to the main library instead
- d. Buying coffee from Little Marionette

21. Jolene purchased a bowl of beef pho from Tropical Green.

In which situation would Jolene have the most positive attitude towards the bowl of beef pho?

- a. When it was cheap and objectively good
- b. When it was cheap and objectively bad
- c. When it was expensive and objectively good
- d. When it was expensive and objectively bad

22. Lynuel received a severe laceration on his knee by tripping on an escalator. As a result, he was bleeding heavily and could not walk.

Which of the following actions should Lynuel do to maximise the chance of receiving help from others?

- a. Call out for help
- b. Clutch the injury site with both hands
- c. Ask a specific passerby to call an ambulance
- d. Block the escalator path so people cannot pass through

23. In which situation is a Caucasian passerby most likely to provide financial aid to a homeless individual?

- a. When the homeless individual is Caucasian and carrying a packet of cigarettes
- b. When the homeless individual is Caucasian and carrying a box of food
- c. When the homeless individual is Asian and carrying a packet of cigarettes
- d. When the homeless individual is Asian and carrying a box of food

24. Which of the following is NOT a step in Latane & Darley's emergency intervention decision tree?

- a. Interpreting a situation as an emergency
- b. Observing one's surroundings to check for any bystanders
- c. Having the knowledge of how to respond
- d. Noticing the emergency

25. Which set of common traits are friends and couples MOST likely to have?

- a. Age, ethnicity, education
- b. Attitudes, intelligence, economic status
- c. Values, beliefs, interests
- d. Smoking behaviour, religion, appearance

26. Which of the following statements is FALSE?

- a. Composite faces are typically found to be more attractive than individual faces.
- b. People living close to each other are more likely to develop a closer relationship than those living further away.
- c. People tend to go for partners considered more attractive than them.
- d. We are more likely to disclose intimate information to those we initially like.

27. Michael has been together with his wife for almost 10 years. Although the initial feelings and desires that lead to physical attraction and sexual consummation have worn off, he still feels closely bonded and affectionate towards her.

According to Steinberg's triangular theory of love, what love is Michael most likely to be experiencing?

- a. Romantic love
- b. Companionate love
- c. Fatuous love
- d. Consummate love

28. Brianna ran an experiment investigating how the amount of sleep obtained per night affects the academic performance of high school students. She recruited 200 Year 7 students across different high schools and tracked their sleep patterns using FitBits that they wore once per week until the end of Year 12. Their assessment grades were also recorded.

Which of the following statements is FALSE about Brianna's experiment?

- a. Cohort effects can undermine the validity of her experiment.
- b. It studies age-related changes.
- c. It is susceptible to attrition.
- d. It is able to establish correlations to lend insight into cause-effect relationships.

29. Pascalis et al.'s visual paired comparison study (2005) showed that

- a. 6-month-olds spent the same amount of time looking at a monkey face that was seen previously.
- b. experience is important in perceptual narrowing.
- c. untrained 9-month-olds spent more time looking at a novel monkey face than one that was seen previously.
- d. perceptual narrowing is inevitable when ageing from 6 months to 9 months.

30. Which of the following statements is TRUE about continuity and discontinuity?

- a. Continuity describes changes in the kinds of skills and behaviours.
- b. Continuous change is qualitative.
- c. The structural development of babies is discontinuous.
- d. Human development involves both continuous and discontinuous changes.

31. Over the past few years, Clea has been studying the relationship between asthma and air pollution. She found that a poorly functioning glutathione and epoxide hydrolase gene were correlated to an increased likelihood of developing asthma at some point in an individual's life. However, this correlation was only present in individuals living in environments with compromised air quality.

What do Clea's findings suggest about the likelihood of the development of asthma?

- a. Only genes affect the likelihood of developing asthma
- b. Genes have a greater influence than the environment in the likelihood of developing asthma
- c. Without poorly functioning genes, the environment has no effect on the likelihood of developing asthma
- d. The development of asthma is a result of a gene-environment interaction

32. Three statements are listed below.

- I. Genotype refers to observable physical or psychological attributes or qualities.
- II. A zygote consists of 23 chromosomes.
- III. Behaviour genetics involves the investigation of how genetic factors alone produce individual differences in behaviour.

How many of the above statements are TRUE?

- a. 0
- b. 1
- c. 2
- d. 3

33. Which of the following statements is TRUE about degree of relatedness?

- a. Dizygotic twins share the same degree of relatedness to monozygotic twins
- b. Fraternal twins have a higher degree of relatedness than a parent and child
- c. A grandparent and grandchild have a degree of relatedness of 0.25
- d. Half-siblings have a lower degree of relatedness than first cousins

- 34.** Which statement best describes the embryonic period of prenatal development?
- a. It lasts for the first eight weeks of prenatal development
 - b. It is critical for the development of major bodily structures and organs
 - c. Exposure to teratogens in this period will mostly lead to prenatal death
 - d. The neural tube closes four weeks into the period
- 35.** Where does the fertilisation of an egg by a sperm cell occur?
- a. Ovaries
 - b. Fallopian tubes
 - c. Uterus
 - d. Cervix
- 36.** In which stage of prenatal development are facial abnormalities most likely to arise?
- a. Embryonic period
 - b. Germinal period
 - c. Fetal period
 - d. Ectodermal period
- 37.** Which of the following is an infant most likely to look at?
- a. A black and white checkerboard pattern
 - b. A monochromatic red image
 - c. Their mother's face
 - d. A complex abstract pattern
- 38.** In an infant-controlled habituation study, if a baby cannot discriminate between the old stimulus and the new one, what will happen to their looking time?
- a. Increase
 - b. Remain the same
 - c. Decrease
 - d. Vary depending on the baby's temperament

39. Infants' visual acuity is typically measured using the Teller acuity test, which capitalises on their preference for what to test their acuity?
- High contrast patterns
 - Low contrast patterns
 - Moving objects
 - Monochromatic images
40. Which of the following statements is true in regards to the 'strangers at the door' task?
- There was a significant difference in proportion of children who left with FCG and NIG group
 - There was a significant difference in proportion of children who left with CAUG and FCG group
 - Children the NIG group more likely to leave with the stranger than children in EIG group
 - Children the EIG group more likely to leave than children in NIG group
41. Which of the following is NOT a valid conclusion from Harlow and colleagues' monkey experiment on attachment?
- The experiment suggests that early deprivation of touch and social interaction can have long-term negative effects on social and emotional development.
 - The experiment demonstrates that attachment to inanimate objects is possible and that children can develop healthy attachments to transitional objects like blankets or stuffed animals.
 - The experiment shows that attachment is not solely based on the satisfaction of physiological needs.
 - The experiment shows that at a young age monkeys may prioritise developing attachment over sustenance.
42. A child in a strange situation experiment shows no distress when the caregiver leaves the room and shows little interest when they return. However, the child shows similar behaviour towards the experimenter.

What attachment style is this child most likely displaying?

- Secure attachment style
- Insecure-anxious attachment style
- Disorganised attachment style
- Insecure-avoidant attachment style

43. John is a 2-year-old child who is playing with his favorite toy truck. He pushes the truck off a table, and it falls to the ground. When he goes to look for the truck he thinks that it has disappeared. According to Piaget's theory of cognitive development, which stage of cognitive development is John likely in?
- Preoperational stage
 - Sensorimotor stage
 - Concrete operational stage
 - Formal operational stage
44. How can the concept of the assimilation of schemas be applied to improve learning in educational settings?
- By encouraging students to rely solely on their existing schemas to interpret new information.
 - By exposing students to information that contradicts their existing schemas to challenge their beliefs.
 - By encouraging students to create new schemas for each new topic they learn.
 - By building new information into existing schemas to enhance understanding.
45. Which of the following is NOT a common criticism of Piaget's research on the stages of cognitive development?
- Cognitive development is more of a continuous process and should not be viewed in "stages".
 - Piaget's theory overestimates the age at which object permanence is developed.
 - The sample bias and lack of sample size in his research.
 - Piaget's theory does not account for cultural and individual differences in cognitive development.
46. The practice of wolves licking the mouths of the alpha wolves to show their submission to the hierarchy of the pack was originally born out of the experience of baby wolves licking the mouths of their mothers for food. This is an example of:
- Adaptations
 - By-products
 - Exaptation
 - Spandrels

47. Lillian enjoys going out with friends to social events, anticipating the pleasure of socialising and experiencing new things. She is driven by the desire to seek out positive experiences and can sometimes be impulsive when deciding to go out.

Which of the systems in Gray's Reinforcement Sensitivity Theory is being activated?

- a. Fight-flight-freeze system (FFFS)
 - b. Behavioural approach system (BAS)
 - c. Behavioral inhibition system (BIS)
 - d. Drive theory system (DTS)
48. Which of the following is the best example of preparedness theory?
- a. A child develops a fear of snakes after seeing a scary movie featuring snakes.
 - b. A person develops a fear of flying after experiencing turbulence on a flight.
 - c. A person develops a fear of heights without ever having had a negative experience with heights.
 - d. A person develops a fear of spiders after seeing a picture of a spider in a book.
49. Stephenie, a competitive swimmer, becomes increasingly aggravated as she fails to break her 50-metre freestyle record time after repeated attempts.

According to Deci & Ryan's self-determination theory, which basic organismic need is Stephenie displaying?

- a. Need for competence
 - b. Need for achievement
 - c. Need for autonomy
 - d. Need for power
50. Veronica has the intense temptation to go ice skating. However, she has her BAR proposal assignment due tonight to do.

Which of the following changes would be most effective in resisting her temptation to go ice skating AND in motivating her to work on her assignment?

- a. Placing roller skates and skateboards around the area where the ice skates are at
- b. Placing her ice skates out of sight
- c. Focusing her attention on her previously completed research summary
- d. Imagining herself done with the assignment

51. Sexual orientation is NOT related to

- a. prenatal hormones.
- b. a larger corpus callosum in men.
- c. being reared by a gay parent.
- d. genetics and heritability.

52. Victoria was studying in the main library when she received a notification that the grades for the PSYC1001 BAR proposal were released. Her heartrate increased and she started sweating in response to this information. Upon realisation of these changes, she concluded that she was afraid.

Which emotional theory best represents Victoria's situation?

- a. James-Lange
- b. Cannon-Bard
- c. Schachter-Singer
- d. Facial-feedback

53. Jeffrey was out clubbing when he realised that his new car was due for him to pick up.

About how many minutes after leaving the club would Jeffrey's excitement for the car be a maximum?

- a. 0
- b. 10
- c. 20
- d. He will be equally excited at any time.

54. According to Panksepp, in which basic emotional system does frustration belong to?

- a. Rage
- b. Panic
- c. Fear
- d. Seeking

55. 'Shameful experiences' belongs to which level in Freud's topographic model?

- a. Conscious
- b. Preconscious
- c. Subconscious
- d. Unconscious

56. Eitan is a very successful businessman who makes a salary sufficient to sustain his family, living standards, and personal needs. One day, he receives a large bonus at work and decides to spend it all on a sports car despite not having met his monthly savings goal.

Which component of Freud's structural model can Eitan's behaviour be attributed to?

- a. Id
- b. Superego
- c. Ego
- d. Superid

57. Which of the following is NOT a limitation of Freud's psychoanalytical theory?

- a. It assumes that all human motivation arises from two instincts.
- b. It is based on personal experiences and the data is not publicly available.
- c. It may encourage the discrimination of particular subsets of people.
- d. The conclusions made by different psychologists could be unreliable.

58. Julian owns a Nerf gun that he enjoys firing at Iris. During a weekly meeting, Julian continually fired Nerf bullets at Iris, saying 'BRUH' after each shot. Eventually, Iris began flinching when Julian said BRUH without firing any Nerf bullets.

Which of the following is the conditioned stimulus in this situation?

- a. The Nerf gun
- b. Iris flinching
- c. Firing Nerf bullets at Iris
- d. BRUH

- 59.** One of Sophie's courses this trimester had historically displayed poor attendance rates. To combat this, Sophie's tutor removed marks from students who did not show up to their classes. Consequently, Sophie showed up to all her classes in that course.

This is an example of

- a. Positive reinforcement
 - b. Positive punishment
 - c. Negative reinforcement
 - d. Negative punishment
- 60.** Ripel does not enjoy doing her readings on law. Hakim tried to cheer her on by praising her for every page of her reading she completed.

What schedule of reinforcement is being demonstrated in this situation?

- a. Fixed interval
 - b. Fixed ratio
 - c. Variable interval
 - d. Variable ratio
- 61.** Which of the following is NOT a fundamental component of a fully functioning person according to Roger's theory of personality?
- a. Organismic trusting
 - b. Creativity
 - c. Existential living
 - d. Agreeableness

- 62.** Which of the following statements is TRUE about Maslow's hierarchy of needs?

- a. Safety and security is positioned higher than physiological needs
- b. Love and belonging is positioned higher than self-esteem
- c. Physiological needs are positioned higher than self-actualisation
- d. Safety and security is positioned higher than love and belonging

63. Humanism has NOT had a positive effect on

- a. free will.
- b. client-centred therapy.
- c. child rearing.
- d. job satisfaction.

64. Grace is a grudgeful individual stemming from her negative experiences with psychology assignments. As someone who is ‘built different’, she does not enjoy the idea of traditional dating.

Grace is likely to display

- a. High agreeableness and high openness
- b. High agreeableness and low openness
- c. Low agreeableness and high openness
- d. Low agreeableness and low openness

65. In which of the Big Five measures is an individual’s environment most likely to have the largest influence in?

- a. Extraversion
- b. Neuroticism
- c. Agreeableness
- d. Conscientiousness

66. Dua is a very calm and collected individual that others can ask for opinions due to her thoughtfulness.

According to humorism, which humor is Dua likely to have an excess of?

- a. Blood
- b. Yellow bile
- c. Black bile
- d. Phlegm

67. According to Levine's research, which of the following is NOT described as a fast-paced country?
- Ireland
 - Italy
 - Brazil
 - Japan
68. Which of the following statements are most accurate about handshaking and first impressions based on the research by Chaplin et al. (2000)?
- Weak shakers are less neurotic than strong shakers
 - Men are less likely to be firm shakers compared to women
 - Firm shakers are likely to be less open than weak shakers
 - Weak shakers more introverted than firm shakers
69. Which theory suggests that traits are fully formed as a child due to childhood rearing practices?
- Psychodynamic Theory
 - Humanism
 - Behaviourism
 - Determinism
70. Mary is a 35-year-old woman who has been diagnosed with high blood pressure. She is hesitant to take medication as she believes it may have negative side effects. Which component of the health belief model is the reason Mary doesn't want to take medication?
- Perceived susceptibility
 - Perceived severity
 - Perceived benefits
 - Perceived barriers
71. Which of the following is an example of chronic stress?
- Losing your job unexpectedly
 - Having a near miss while driving
 - Taking an exam in a difficult subject
 - Recovering from a minor injury

72. According to Selye's general adaptation syndrome, which stage of stress response is characterised by a depletion of physical and psychological resources and increased vulnerability to illness?
- a. Alarm
 - b. Resistance
 - c. Exhaustion
 - d. Recovery

End of paper

Answers & Rationales

Clinical Perspectives

1. **D:** *Controlled trials had actually shown the opposite; controlled trials showed that the difference in the risk of developing a psychological disorder following trauma with and without psychological debriefing was insignificant.*
2. **B:** *This is the MOST correct; animal models did indeed introduce the concepts of classical conditioning and extinction learning which prompted the investigation of exposure therapy. The other statements are true to some extent, but all contain gaps; A and C are not always the case, and D is untrue (classical conditioning, not operant conditioning).*
3. **A:** *This was stated in the Clinical Perspectives lecture in Week 1.*

Psychological Perspectives

4. **B:** *Functionalism treats each portion of the mind as having a specific function, focusing on the steps needed to achieve a goal. This is in fact consistent with evolutionary framework.*
5. **D:** *Observational studies are large contributors to our knowledge about psychology and these often do not need scientific equipment.*
6. **A:** *This sequence follows the structure of a scientific report; introduction (lays out knowledge from previous literature and current observations), hypothesis, discussion, and future directions.*

Social Psychology

7. **C:** *Social facilitation refers to the improvement in the performance of a task when watched by other people. This is true in Melani's case. Ryan's case demonstrates social inhibition, and B and D are irrelevant.*
8. **A:** *This is observed by Sherif's autokinetic effect experiment. B is incorrect as conformity is sometimes useful; for example, shared conformity is needed to uphold socially acceptable behaviours. Asch's paradigm showed that 30% of participants had conformed to the confederates despite being objectively incorrect, contradicting option C. D is incorrect as conformity typically involves the need for social approval whereas obedience is due to the perception of power of the other individual.*
9. **C:** *In certain situations, particularly those involving ethics, there is no objectively superior opinion as there is no way to quantify the strength of one's arguments when individuals share a different set of values and beliefs.*

- 10. B:** *Consensual delusions are shared beliefs or perceptions that are not supported by objective evidence or reality, and are often maintained through social influence and conformity pressures. In option B, Michael's acceptance of climate change not being real is influenced by his desire to conform to his friends' attitudes, which suggests that this belief is shared by his social group. This example fits the definition of a consensual delusion, whereas the other options do not. Option A describes an individual belief that was influenced by external information, but not necessarily shared by a larger group. Option C describes a symptom of a mental health disorder, rather than a shared belief. Option D describes a phobia, which is also not necessarily a shared belief.*
- 11. C:** *This scenario is similar to the Asch conformity paradigm as it involves social pressure to conform to the group's opinion. The new employee is likely to feel pressure to conform to the manager's and other team members' opinion due to the desire to fit in and avoid social disapproval or rejection. This is known as normative social influence, where the individual conforms to gain social acceptance. The new employee may also feel uncertain about their own opinion or lack confidence in expressing it in a new team environment.*
- 12. D:** *Social loafing is the tendency for individuals to put in less effort when working in a group due to a reduced sense of personal responsibility or motivation. In this scenario, Victor's belief that his contributions won't make a difference is leading to a decrease in effort, which is a hallmark of social loafing.*
- 13. B:** *The foot-in-the-door technique, by starting with a small request (signing the petition) and then following with a larger request (volunteering for the safety committee) in order to increase compliance.*
- 14. C:** *Collectivism is a cultural orientation that emphasises the interdependence of individuals within a group or society and values the interests of the group over individual goals. In contrast, individualism emphasises individual autonomy, independence, and achievement.*
- 15. D:** *The minimal group paradigm is an experimental technique that divides people into arbitrary groups to investigate intergroup behavior, particularly in relation to in-group favoritism and out-group discrimination. Option A is incorrect because the minimal group paradigm is not specifically used to measure conformity. Option B is incorrect because it is too broad and does not specifically relate to the minimal group paradigm. Option C is incorrect because the minimal group paradigm is not specifically used to test social identity theory, although it is related to this theory.*
- 16. B:** *Stated in Week 2 Social Perception Lecture.*
- 17. D:** *Overemphasising dispositional factors when explaining others' behaviour, while ignoring situational factors. This bias is also known as the fundamental attribution error, and it refers to the tendency to explain others' behaviour in terms of their personality traits or dispositions, rather than taking into account situational factors that may have influenced their behaviour.*

- 18. B:** *Teachers' beliefs about students can influence their academic performance. The Pygmalion effect refers to the phenomenon where if Person A believes that person B has a particular characteristic, then Person B may begin to behave in accordance with that characteristic. This can occur in education when teachers hold high expectations of their students, which can then lead to improved academic performance.*
- 19. D:** *Attitudes are most likely to guide our behaviour when we are very aware of the attitude and outside influences are minimal. Hence, Martina is most likely to buy the speaker when she is unaware of her attitude towards depositing and her parents are not around.*
- 20. A:** *Cognitions are thoughts and beliefs toward a subject. In this case, the thought that long lines take a while is a belief and hence is a cognition. B is an affect while C and D are behaviours.*
- 21. D:** *According to the cognitive dissonance theory, tension, known as cognitive dissonance, is created when behaviours are inconsistent with affective and cognitive attitudes. As a result, the behaviour or attitude changes to minimise this dissonance. In this case, an expensive bowl of pho that was objectively bad will create the most cognitive dissonance. Hence, Jolene would show the most positive attitude towards the bowl of pho to minimise this dissonance.*
- 22. C:** *Lynuel is most likely to receive help when it is clear that he needs it and the diffusion of responsibility is minimised. The latter is achieved by singling out a certain person to help him. It is also clear that he needs help due to his request for an ambulance.*
- 23. B:** *We are more likely to help individuals that are similar to us and appear less responsible for their situation. In this scenario, a Caucasian passerby is more likely to provide financial aid to another Caucasian homeless individual. Also, carrying a pack of cigarettes may cause the homeless individual to appear more responsible for their situation (irresponsible spending), and thus reduce their likelihood of receiving help.*
- 24. B:** *The five steps in the emergency intervention decision tree are noticing the emergency, interpreting the emergency, assuming responsibility, knowing what to do, and deciding to help. Here, observing one's surroundings to check for any bystanders could play a role in assuming responsibility, but it does not constitute a full step.*
- 25. A:** *This was stated in the last lecture on Social Psychology.*
- 26. C:** *According to the matching hypothesis, we tend to pair up with partners that are considered to have similar attractiveness to ourselves, and not those that are more attractive. The other three statements are true and listed in the final Social Psychology lecture.*
- 27. B:** *As the feelings and desires for physical attraction and sexual consummation have worn off, the passion component of the triangular theory of love is missing. However, Michael still feels closely bonded and affectionate towards his wife and hence displays intimacy. Further, he has been with her for almost 10 years, displaying commitment. Therefore, Michael is most likely to be experiencing companionate love.*

Developmental Psychology

- 28. A:** *Brianna's experiment is a longitudinal study as she recruits and follows the same group of participants over a period of time. Longitudinal studies study age-related changes and NOT differences. Further, as the same group of participants with different measurements per variable, it can establish correlations between two factors. Due to their long duration, they are susceptible to attrition. However, cohort effects are more so related to cross-sectional studies, where differing social and contextual factors and not the independent variable may have an effect on the dependent variable.*
- 29. B:** *Pascalis et al.'s study (2002) involved showing 6-month-old babies a pair of monkey faces before replacing one of the faces with one that is novel. They recorded the amount of time the babies spent looking at each face. They repeated the experiment when these babies were 9 months old, and found that only 6-month-olds spend a longer time looking at novel faces. However, providing monkey face training to these 6-month-olds caused them to be able to distinguish between old and novel faces when they were 9 months old, suggesting that experience was important in perceptual narrowing.*
- 30. D:** *Changes such as physical growth and comprehension ability are continuous while changes such as learning how to walk and think abstractly are discontinuous changes. This suggests that human development involves both continuous and discontinuous changes.*
- 31. D:** *The development of asthma has both genetic and environmental components. It was stated that asthma was linked to poorly functioning glutathione and epoxide hydrolase genes. However, this link was only present in an environment with compromised air quality - this is an example of how the environment activates otherwise inactive genes.*
- 32. A:** *Statement I is referring to a phenotype, not a genotype. A zygote consists of 46 chromosomes, 23 each from the sperm and the egg. Behaviour genetics involves how genetic AND environmental factors interact to produce individual differences in behaviour.*
- 33. D:** *This was stated in the second lecture on Developmental Psychology.*
- 34. B:** *The embryonic period occurs from the third to the eighth week in prenatal development. It involves the development of major bodily organs, and exposure to teratogens is likely to cause major structural abnormalities. The neural tube separates into the brain and spinal cord three weeks into the embryonic period.*
- 35. B:** *The germinal period begins when a sperm cell penetrates the egg in the fallopian tube to form a single-celled zygote. This zygote divides to form a morula and then a blastocyst which implants into the uterine wall.*
- 36. C:** *Physiological defects and minor structural abnormalities are most likely to occur during the fetal period. This includes facial abnormalities. Trauma during the germinal period typically results in prenatal death, and during the embryonic period typically results in major structural defects.*

37. **D:** *Stated in Developmental Psychology lectures.*
38. **C:** *In infant-controlled habituation studies, researchers repeatedly present a stimulus until the baby becomes habituated to it, meaning they become less interested in looking at it. Then, the researchers present a new stimulus to test whether the baby can discriminate between the old and new stimuli. If the baby cannot discriminate between the old and new stimuli, their looking time will decrease, as they have become habituated to the old stimulus and show less interest in looking at it. This decrease in looking time indicates that the baby is not perceiving the new stimulus as significantly different from the old one.*
39. **A:** *Stated in Developmental Psychology lectures.*
40. **D:** *Stated in Developmental Psychology lectures.*
41. **B:** *B is incorrect because the study did not address the development of attachments to inanimate objects. A is correct as the monkeys raised without contact comfort exhibited abnormal behaviors, such as rocking back and forth, and had difficulty forming social bonds with other monkeys later in life. These findings suggest that physical touch and social interaction are critical for healthy attachment and social-emotional development in both monkeys and humans. C & D are correct as the experiment demonstrated that the monkey's developed attachment to soft mother over wire monkey with cloth - hence will attach to mother not just for food but for contact comfort and also show that they prioritise attachment over sustenance.*
42. **D:** *The child's behaviour of showing little distress when the caregiver leaves the room and little interest when they return, while showing similar behavior towards the experimenter, is characteristic of the avoidant attachment style. Children with this attachment style tend to have learned to suppress their need for comfort and to avoid being rejected or criticized, leading them to show little preference for the caregiver over strangers in unfamiliar situations.*
43. **B:** *According to Piaget's theory of cognitive development, infants between birth and 2 years of age are in the sensorimotor stage. During this stage, infants learn about their environment through their senses and motor actions. They have yet to develop object permanence, which means they don't understand that objects continue to exist even when they are out of sight.*
44. **D:** *Schemas are mental frameworks that help individuals organize and interpret information in the world around them. Assimilation is fitting reality into existing schemas which in educational settings, teachers can build upon students' existing schemas by introducing new information that is related to their prior knowledge. On the other hand accommodation is adjusting schemas to fit with reality, which would be option B.*
45. **B:** *Piaget's theory actually underestimates the age at which object permanence is developed.*

Emotion & Motivation

46. **C:** Exaptation is a feature that now enhances fitness for one function and was originally adapted for different functions.
47. **B:** Lillian is driven by the desire to seek out positive experiences, and this drive is associated with approach behavior, optimism, reward responsiveness, and impulsiveness hence it is the behavioural approach system.
48. **C:** Preparedness theory suggests that people are biologically prepared to develop fears of certain stimuli that were historically threatening to human survival, such as heights, snakes, and spiders. This means that some fears can develop without direct negative experience, as in the case of a person who develops a fear of heights despite never having a negative experience with heights.
49. **A:** According to Deci and Ryan's self-determination theory, the three basic organismic needs are needs for competence, relatedness, and autonomy. A need for competence refers to self-efficacy, mastery, and achievement. As Stephenie becomes aggravated after continually failing to achieve her goal of breaking her record, she is displaying a need for competence. This is analogous to a need for achievement in the thematic apperception test.
50. **B:** Removing the reward out of sight effectively reduces Veronica's temptation to go ice skating. As there are no other interesting/related objects around, she is more likely to work on her assignment.
51. **C:** This was stated in the second Emotion & Motivation lecture.
52. **A:** Victoria's emotion arose solely from her physiological responses, and hence is representative of the James-Lange theory. The Cannon-Bard theory treats emotion and physiological responses separately, while the Schachter-Singer theory states that cognitive appraisal along with physiological responses leads to emotion.
53. **B:** This question relates to excitation transfer. Immediately after leaving the club, Jeffrey is aware that his excitement is due to his clubbing. However, he is likely to redirect his excitement to other objects and events as the number of minutes after he left the club increases. After 20 minutes, Jeffrey's excitement may have already worn off.
54. **D:** This was stated in the third Emotion & Motivation lecture.

Personality

55. **D:** This was stated in the first Personality lecture.
56. **A:** According to Freud's structural model, Id functions on the premises of pleasure and immediate gratification. Despite not meeting his monthly savings goal, Eitan sought pleasure by buying himself a sports car, and thus his behaviour can be attributed to Id.

57. **C:** *Freud's psychoanalytical theory implies that all human motivation arises from sex and death. It lacks objectivity as conclusions are drawn from a patient's personal experiences. Further, different psychologists may interpret these experiences differently, creating unreliability. It does not encourage any sociocultural discrimination.*
58. **D:** *Firing the Nerf gun at Iris will initiate the unconditioned response of flinching, and therefore the former is the unconditioned stimulus. The unconditioned stimulus was paired with BRUH, the neutral stimulus. With repetition, Iris learnt to associate the Nerf gun with BRUH, and hence it became the conditioned stimulus.*
59. **C:** *Sophie's behaviour of showing up to her classes was made more frequent, and hence reinforcement occurred. This change in behaviour was due to the removal of a negative event, that is, losing marks, and hence is an example of negative reinforcement.*
60. **B:** *Interval refers to a temporal measurement while ratio refers to an activity-related measurement. In this situation, completing a page of Ripel's law reading constitutes an activity-related measurement. Further, Ripel received praise for a fixed amount of work she completed.*
61. **D:** *The five components of a fully functioning person according to Roger's theory of personality are openness to experience, existential living, organismic trusting, experiential freedom, and creativity.*
62. **A:** *Maslow's hierarchy of needs in ascending order are physiological needs, safety and security, love and belonging, self-esteem, and self-actualisation.*
63. **A:** *Humanism does promote free will, but there is no concrete evidence showing that the former has had a positive effect on the latter. The other three were listed in the third lecture on Personality.*
64. **C:** *According to McCullough and Hoyt (2002), individuals low on revenge-seeking and grudges display high agreeableness. Also, Roberts and Robins (2000) posits that individuals high on openness devalue traditional marriage. These ideas can be extrapolated to Grace, giving her low agreeableness and high openness.*
65. **C:** *According to Loehlin's study on the Big Five personality traits and twins, identical twins showed the smallest correlation on agreeableness compared to the other traits.*
66. **D:** *Phlegmatic individuals have an excess of phlegm, and are said to be even-tempered, calm, thoughtful, careful, peaceful, controlled, and reliable. These descriptions accurately match Dua.*

Cultural Psychology

67. **C:** *Stated in Genetic and Trait Approaches to Personality lecture.*
68. **D:** *Stated in Genetic and Trait Approaches to Personality lecture.*

- 69. A:** *Stated in Genetic and Trait Approaches to Personality lecture.*
- 70. A:** *Perceived susceptibility refers to an individual's belief in the likelihood or risk of experiencing a particular health condition or illness. In this case Mary is worried about how there may be negative side effects if she takes the medication.*
- 71. A:** *Chronic stress is characterized by ongoing or persistent stressors that continue over a long period of time, such as job loss, financial difficulties, or relationship problems. The other options listed are examples of acute stress, which are short-term stressors that occur suddenly and do not last very long.*
- 72. C:** *According to Selye's general adaptation syndrome, after the initial alarm reaction to stress and the subsequent resistance stage, the body enters the exhaustion stage. This stage is characterized by the depletion of physical and psychological resources, as well as increased vulnerability to illness. Therefore, the correct answer is exhaustion.*