

### Clinical Perspectives - (1 lecture) - 2 questions

1. \_\_\_\_\_ is used within exposure therapy to dissociate a stimulus and an aversive outcome.
  - a. Conditioning
  - b. Repetition
  - c. Extinction
  - d. Association
2. An increase in \_\_\_\_\_, an excitatory neurotransmitter, can increase \_\_\_\_\_ learning in rats.
  - a. Glutamate; extinction
  - b. Glutamate; fear
  - c. Glucose; extinction
  - d. Glucose; fear

### Psych. Perspectives- (1 lecture) - 2 questions

1. Introspection is the examination of one's own conscious experience originating from:
  - a. Sigmund Freud
  - b. Wilhelm Wundt
  - c. Gestalt
  - d. William James
2. Mental processes that are studied in psychology are defined as:
  - a. Memory, emotions, decision making
  - b. Imagery, memories, concepts
  - c. Thoughts, subconscious, brain
  - d. Memory, neurons, conscience

### Developmental Psychology - (6 lectures) - 15 questions

1. Which of these statements about the Big 3 issues in developmental psychology is incorrect?
  - A. Nature vs. Nurture
  - B. Continuity vs. discontinuity
  - C. Early experience vs. later experience
  - D. Familiarity vs. unfamiliarity
2. What are the differences between longitudinal and cross-sectional experimental designs? (One or more may be correct)
  - A. Longitudinal designs measures age-related *changes* and cross-sectional designs measure age-related *differences*
  - B. Longitudinal designs measures age-related *differences* and cross-sectional designs measure age-related *changes*
  - C. Cross-sectional designs are time consuming and experience generational effects whereas longitudinal designs are less time consuming and experience cohort effects
  - D. Longitudinal designs are time consuming and experience generational effects whereas cross-sectional designs are less time consuming and experience cohort effects
3. Which is true of twin studies?
  - A. Monozygotic twins share 50% of their genetic makeup

- B. Dizygotic twins share 100% of their genetic makeup
  - C. Monozygotic twins share 100% of their genetic makeup
  - D. Dizygotic twins share 25% of their genetic makeup
4. What is the Gene x Environment interaction between breastfeeding (FADS2 gene) and IQ?
- A. Breastfeeding decreased IQ, in children who are carriers of the C allele
  - B. Breastfeeding increased antisocial behaviour, in individuals with low MAOA activity
  - C. Breastfeeding increased IQ, in children who are carriers of the C allele
  - D. Breastfeeding decreased antisocial behaviour, in individuals with low MAOA activity
5. Which statement correctly describes prenatal development?
- A. Germinal (0-2 weeks) > Embryonic (3-8 weeks) > Fetal (9 weeks - birth)
  - B. Germinal (0-2 weeks) > Fetal (3-8 weeks) > Embryonic (9 weeks - birth)
  - C. Embryonic (0-2 weeks) > Germinal (3-8 weeks) > Fetal (9 weeks - birth)
  - D. Fetal (0-2 weeks) > Germinal (3-8 weeks) > Embryonic (9 weeks - birth)
6. In the embryonic period \_\_\_\_\_, whereas in the fetal period \_\_\_\_\_
- A. A = Organ systems begin to function, B = Major organs are formed
  - B. A = Major organs are formed, B = Organ systems begin to function
  - C. A = The zygote travels towards the uterus, B = The zygote divides to form a blastocyst
  - D. A = The zygote divides to form a blastocyst, B = The zygote travels towards the uterus
7. What is a teratogen and what is an example?
- A. A teratogen is any substance that causes an allergic reaction; pollen
  - B. A teratogen is a foreign substance which induces an immune response in the body; bacteria
  - C. A teratogen is is the chemical element with the symbol O and atomic number 8; hydrogen
  - D. A teratogen is any disease or drug that harms a developing embryo; cigarettes
8. A Vietnamese infant is placed into a program to meet other young infants (below 6 months of age). All the other infants are Caucasian, and he can distinguish each different infant during subsequent program sessions. However, his mother cannot tell the difference between the Caucasian infants. What is this an example of?
- A. Visual Scanning
  - B. Other Race Effect
  - C. Visual Preferencing
  - D. Ethnic Discrimination
10. Which of the following research designs would not be approved by an ethics committee, when studying atypical experience in visual development?
- A. Studying a child born with congenital cataracts
  - B. Giving animals monocular or binocular deprivation
  - C. Injecting animals with substances which impair their vision
  - D. With informed consent, placing a group of infants in complete darkness for a week
11. A baby cries as a mother leaves the room. The mother notices her baby is crying, thus decides to go back into the room and comfort her baby. Instead of being soothed, the baby rejects the mother's comfort and acts aggressively. What type of attachment is shown here?

- A. Secure Attachment
- B. Insecure-Avoidant Attachment
- C. Insecure-Anxious Attachment
- D. Disorganised Attachment

12. In Harlow's rhesus monkey study, monkeys were presented with two surrogate mothers. One was made completely of wire, whilst the other one had a heated cloth wrapped around it. Why would monkeys prefer to go to the cloth surrogate?

- A. Monkeys could receive contact comfort
- B. Monkeys visually recognised the cloth surrogate to be more 'motherly'
- C. Monkeys could not visually recognise the wire surrogate to be a 'motherly' figure
- D. Monkeys received a reward from researchers when latching on to the cloth surrogate

13. Joli can understand that when the water in a wide glass is transferred to a tall thin glass, that the same volume of water is present. She can also complete addition/subtraction maths questions, but not abstract pattern-based problems. According to Piaget, what stage of cognitive development is Joli in?

- A. Sensorimotor
- B. Preoperational
- C. Concrete Operational
- D. Formal Operational

15. Which of the following statements is true about the term *egocentric*?

- A. An individual only cares about themselves
- B. An individual cannot consider perspectives outside of their own
- C. An individual is obsessed with how others perceive them
- D. An individual obsessively depends on their attachment figures

### **Social Psychology - (6 lectures) 15 questions**

1. Emily intensely dislikes motorbikes and decides to steal the handlebars off her neighbour's Harley Davidson. Which of the following could be an explanation for this?
  - a) Correspondence bias
  - b) Prejudice
  - c) Stereotype
  - d) Discrimination
2. Dispositional attributes are composed of: \_\_\_\_\_ consensus, \_\_\_\_\_ consistency and \_\_\_\_\_ distinctiveness.
  - a) High, low, high
  - b) High, low, low
  - c) Low, low, high
  - d) Low, high, low
3. The Cognitive Dissonance Theory states that
  - a) Behaviours inconsistent with affective/cognitive attitudes lead to correspondence bias
  - b) Behaviours inconsistent with affective /cognitive attitudes lead to cognitive dissonance
  - c) Behaviours consistent with affective/cognitive attitudes lead to correspondence bias
  - d) Behaviours consistent with affective /cognitive attitudes lead to cognitive dissonance

4. Cherie hates bugs but was paid generously (\$65) to eat fried cockroaches. After she consumed her meal, she felt:
- a) A small amount of dissonance which lead to a large amount of behavioural change
  - b) A large amount of dissonance which lead to a large amount of behavioural change
  - c) A small amount of dissonance which lead to a small amount of affective attitude change
  - d) A large amount of dissonance which lead to a small amount of affective attitude change
5. Which of the following is not true about the bystander effect?
- a) Reducing ambiguity within a situation is more likely to lead to action
  - b) Low time pressure increases the likelihood of not helping
  - c) Male bystanders are more likely to help than female bystanders
  - d) People are more likely to help those who do not seem responsible for their situation
6. From the following statements, there are:
- Empathetic people are more likely to be helpful
  - Humans have similar helping rates across the world
  - In major emergencies, religious people are slightly more helpful
  - People exposed to bystander interventions are more likely to help
  - People who listen to antisocial songs are more likely to help
- a) 3 true and 2 false
  - b) 1 true and 4 false
  - c) 2 true and 3 false
  - d) 4 true and 1 false

7. Which of the following is not an influence on attraction?

- a) Proximity
- b) Similarity
- c) Attachment
- d) Self-disclosure

8. Sarah goes on a hiking date with Jacob. The weather is great and the scent of nature is beautiful. Upon reflection, Sarah decides that she wants to go on a second date with Jacob. What theory can be attributed to Sarah's attraction to Jacob?

- a) Associated effect of affect
- b) Direct effect of affect
- c) Mere exposure effect
- d) Social facilitation

9. Sandra doesn't see her partner David very often. Their chemistry is lost and they have communicated very little, but they both committed to maintain their relationship. This could be described as

- a) Consummate love
- b) Companionate love
- c) Romantic love
- d) Empty love

10. A Greenpeace volunteer approaches a stranger on the street and asks them to provide their signature to support a petition for climate change awareness. The stranger subsequently provides their signature. This is an example of

- a) Conformity
- b) Obedience
- c) Compliance
- d) Group pressure

11. Social loafing increases with

- a) Larger group size
- b) Smaller group size
- c) Increase in accountability
- d) Increased in individual commitment

12. Jenson is a beginner golf player. On a particular day, there is a large crowd watching golfers practice, including Jenson. Jenson performs worse than usual. What may be the cause of this?

- a) Drive theory
- b) Social loafing
- c) Complacency
- d) Groupthink

13. Which of the following is not a situation that strengthens conformity?

- a) Admiration for the group
- b) High self-confidence
- c) Group is unanimous
- d) When feeling incompetent or insecure

14. Robert Cialdini's basic principles for compliance does not include

- a) Pretending friendship
- b) Scarcity
- c) Appealing to social validation
- d) Clinginess

15. Mary is convinced by a Youtuber to do the small favour of subscribing to his channel. After 2 days, he then asks Mary to support his channel by buying a piece of merchandise. This technique is called...?

- a) Door in the face
- b) Foot in the door
- c) Low-balling
- d) High-balling

**Emotion & Motivation - (3 lectures) - 8 questions**

1. The James-Lange Theory of emotion describes:
  - a. Arousal being misattributed to an incorrect source
  - b. The perception of bodily changes as the emotion
  - c. Facial expressions leading to a subjective experience of emotion
  - d. Appraisals occurring after an emotional experience
2. According to Lazarus regarding the primacy debate, :
  - a. The interpretation of situations determines one's emotions
  - b. An appraisal occurs after the emotion is experienced
  - c. Appraisals and feelings occur simultaneously
  - d. Introspection leads to one's emotions
3. Which theory of emotion supports Zajonc's argument in the primacy debate?
  - a. Schachter and Singer's Two Factor Theory
  - b. Cannon's Emergency Theory
  - c. Panksepp's Affective Neuroscience Theory

- d. Laird's Facial Feedback Hypothesis
- 4. Which hormone(s) causes affiliation and trust?
  - a. Dopamine
  - b. Serotonin
  - c. Oxytocin
  - d. All of the above
- 5. Levenson, Ekman and Friesen (1990), conducted an experiment investigating the relation between autonomic differences and emotions and found that there was:
  - a. An increased heart rate when emotions of anger, fear and sadness were expressed
  - b. An increased heart rate when emotions of anger, disgust and surprise were expressed
  - c. High skin conductance was observed when happiness and surprise were expressed
  - d. Low skin conductance observed when fear and disgust were expressed
- 6. Cannon criticises the \_\_\_\_\_ stating that \_\_\_\_\_:
  - a. Two Factor theory; physiological responses for emotion are all the same
  - b. Primacy debate; responses are too slow to cause feeling
  - c. James-Lange theory; bodily responses are not necessary for emotions to occur
  - d. Facial Feedback hypothesis; body changes occur simultaneously with emotional experience
- 7. Excitation transfer occurs when:
  - a. Arousal increases over time and is misattributed to another source
  - b. Arousal decreases over time and is misattributed to another source
  - c. Arousal decreases over time and transfers to another person
  - d. Arousal increases over time and transfers to another person
- 8. Which of these statements about emotion are true?
  - a. Emotions motivate and organise our cognition and action
  - b. Emotion is a psychological state involving only physiology
  - c. Emotions such as anger and joy increase an individual's behaviour to approach
  - d. Both A and B
  - e. Both A and C

**Personality - (5 lectures) - 11 questions**

1. In Freud's Structural Model, which correctly describes the personality states?
  - A. Id: The pleasure principle
  - B. Ego: The fantasy principle
  - C. Super Ego: The immorality and pride principle
  - D. All of the above
3. What is the correct order of Freud's psychosexual stages?
  - A. Oral > Phallic > Anal > Latency > Genital
  - B. Oral > Anal > Latency > Phallic > Genital
  - C. Oral > Anal > Phallic > Latency > Genital
  - D. Oral > Phallic > Anal > Latency > Genital
4. In the dog phobia classical conditioning example, which of these is incorrect?
  - A. The unconditioned stimulus (US) is being bitten by the dog
  - B. The unconditioned response (UR) is fear
  - C. The conditioned stimulus (CS) is the presence of a dog

- D. The conditioned response (CR) is happiness
5. Oindrila tries to avoid procrastinating by closing all her Youtube tabs. 5 minutes later, she opens up a bunch of new Facebook tabs and begins to procrastinate yet again. What is this an example of?
- A. Positive Reinforcement
  - B. Positive Punishment
  - C. Negative Reinforcement
  - D. Negative Punishment
6. Which of these IS NOT an element of Roger's Theory of Personality?
- A. Actualising Tendency
  - B. Organismic Valuing Process
  - C. Positive self-regard
  - D. Negative self-regard
7. Nathan always has constant food, a relatively safe house, constant love, a high-self esteem but is missing something. What is he missing according to Maslow's hierarchy of needs?
- A. Self-realisation
  - B. Self-actualisation
  - C. Self-materialism
  - D. Self-achievement
8. The self-determination theory proposes three universal needs. Which of these is not?
- A. Autonomy
  - B. Relatedness
  - C. Competence
  - D. Positivity
9. According to Twin Study Methodology, how much of personality characteristics variance is genetically influenced?
- A. 10-60%
  - B. 5-40%
  - C. 15-50%
  - D. 20-45%
10. Joshua desires/possesses artistic expression, responsive parenting but has increased anxiety and depression. Which of the Big 5 supertraits does he possess?
- A. Openness to Experience, Conscientiousness, Neuroticism
  - B. Conscientiousness, Agreeableness, Neuroticism
  - C. Openness to Experience, Agreeableness, Neuroticism
  - D. Extravertedness, Openness to Experience, Neuroticism
11. What are the issues with trait theories?
- A. Free will - genetic determinism
  - B. Human nature - some good, some bad
  - C. Personality change - genetics say it cannot happen
  - D. All of the above



### Health Psychology - (3 lectures) - 8 questions

1. Which of the following is not a direct treatment of alcohol use?
  - a) Supportive treatment
  - b) Biofeedback**
  - c) Detoxification programs
  - d) Spontaneous remission
  
2. Which two sections of the Health Belief Model predict the most variability in people's behaviours?
  - a) Perceived susceptibility and perceived seriousness
  - b) Perceived benefits and perceived seriousness
  - c) Perceived barriers and perceived benefits
  - d) Perceived barriers and perceived susceptibility
3. Invisible illnesses do not have a \_\_\_\_\_ component and psychosomatic illnesses do not have a \_\_\_\_\_ component.
  - a) social; disease
  - b) psychological ; biological
  - c) biological; illness
  - d) sickness; psychological
4. Which of the following statements about Selye's General Adaptation Syndrome is not false?
  - a) The resistance stage involves damage to organs and immune systems
  - b) The alarm stage is an adaptive response to chronic stress
  - c) The exhaustion stage involves the construction of a coping plan
  - d) The alarm stage involves the autonomic nervous system
5. Those with Type A behaviour are:
  - a) Relaxed and express their feelings
  - b) More susceptible to heart disease
  - c) Experience reduced activation of the cardiovascular system
  - d) Less likely to be infected by the common cold
  
6. Whilst playing the cello, Daniel experiences an asthma attack. A problem focused coping strategy he can implement is:
  - a) To seek social support
  - b) Positive reframing
  - c) The use of his puffer
  - d) Distancing
7. The results of Rodin and Langer's experiment on retirement home residents showed that:
  - a) Residents who had their own plants to care for were less idle
  - b) The number of residents who were vigorous increased in the control group
  - c) The number of residents who died halved when they had control over their lives
  - d) Residents who could decide when to eat and shower displayed less sociability
8. Expressive writing was not found to:
  - A. Improve weight loss effectiveness for obese people
  - B. Improve lung function for asthmatic people
  - C. Improve joint health for those with arthritis
  - D. Improve health-related quality of life for the next 4 months

### Cultural Psychology - (2 lectures) - 4 questions

1. The Dynamic social impact theory of culture states that:

- a) Need for certainty creates a shared reality
  - b) Cultures can be created or changed through everyday communication with people
  - c) Mutually supportive behaviour is beneficial
  - d) Culture provides us with immortality and creates a shared reality
2. How many of the following statements about Hofstede's cultural dimensions are true and false?
- Collectivism is a preference to act as a group
  - Power distance involves an equal distribution of power
  - Uncertainty avoidance states there should be less belief in absolute truth
  - Pragmatism is the extent of control over desires and impulses
  - The quantity of life is seen as masculine in Japanese culture
- a) 3 true and 2 false
  - b) 4 true and 1 false
  - c) 2 true and 3 false
  - d) 1 true and 4 false
3. The three distortions of reality created by stereotypes are:
- a) Accentuation of group differences, cultural responsiveness, collective guilt
  - b) Collective guilt, selective thinking, accentuation of group differences
  - c) Homogeneity, selective thinking, collective guilt
  - d) Selective thinking, homogeneity, accentuation of group differences
4. Which of the following statements regarding Berry's framework of Acculturation strategies is true?
- a) Marginalisation is a result of a negative relationship to the dominant society and no retention of cultural identity
  - b) Integration is a result of positive relationship to the dominant society and no retention of cultural identity
  - c) Segregation is a result of a negative relationship to the dominant society and no retention of cultural identity
  - d) Assimilation is a result of positive relationship with dominant society and a retention of cultural identity



## ANSWERS

1. C (Clinical Perspectives)
2. A (Clinical Perspectives)
3. B (Psych. Perspectives)
4. A (Psych. Perspectives)
5. D (Developmental)
6. A & D (Developmental)
7. C (Developmental)
8. C (Developmental)
9. A (Developmental)
10. B (Developmental)
11. D (Developmental)
12. B (Developmental)
13. D (Developmental)
14. C (Developmental)
15. A (Developmental)
16. C (Developmental)
17. B (Developmental)
18. D (Social)
19. D (Social)
20. B (Social)
21. C (Social)
22. B (Social)
23. C (Social)
24. C (Social)
25. A (Social)
26. D (Social)
27. C (Social)
28. A (Social)
29. A (Social)
30. B (Social)
31. D (Social)
32. B (Social)
33. B (Emotion & Motivation)
34. A (Emotion & Motivation)
35. D (Emotion & Motivation)
36. C (Emotion & Motivation)
37. A (Emotion & Motivation)
38. C (Emotion & Motivation)
39. B (Emotion & Motivation)
40. E (Emotion & Motivation)
41. A (Personality)
42. C (Personality)
43. D (Personality)
44. C (Personality)
45. D (Personality)
46. B (Personality)
47. D (Personality)

48. C (Personality)
49. A (Personality)
50. D (Personality)
51. B (Health)
52. C (Health)
53. A (Health)
54. D (Health)
55. B (Health)
56. C (Health)
57. C (Health)
58. A (Health)
59. B (Cultural)
60. C (Cultural)
61. D (Cultural)
62. A (Cultural)