



PSYC1001

Practice Examination

2021

SURNAME: _____

GIVEN NAMES: _____

zID: _____

DATE: _____

1. What neurotransmitter is linked to emotional learning, and if this neurotransmitter is increased before extinction trials, what occurs in extinction learning?

- a. Histamine, increase in extinction learning
- b. Glutamate, decrease in extinction learning
- c. Histamine, decrease in extinction learning
- d. Glutamate, increase in extinction learning

2. What is not the reason that debriefing does not work?

- a. Controlling for bias
- b. Quality Checks
- c. Prediction Bias
- d. Measurement

3. What is the purpose of utilising animal models?

- a. To better understand our physiological responses to positive stimuli
- b. To compare how different animals overlap to each other
- c. Help our understanding and treatment of PTSD
- d. Helps us check if the assessments we conduct are standardised

4. Which study suggested that scientific psychology should not include internal states such as thoughts and emotions?

- a. Introspection
- b. Radical behaviourism
- c. Methodical behaviourism
- d. Functionalism

5. The main reason for moving from introspection to functionalism is:

- a. Individuals' self reports are unreliable
- b. There is difficulty in observing one's own emotions
- c. Observable behaviour is easier to quantify
- d. Subjective experience can only be verified by an objective observer

6. Which of these is not a part of scientific psychology?

- a. Systematic observation
- b. Self-explanation
- c. Objective data collection
- d. Reliance upon evidence

7. According to the evolutionary theory of culture:

- a. There is a need for certainty that creates a shared reality
- b. Solitude can be dangerous which leads to mutually supportive behaviour
- c. Culture allows us to be less anxious about mortality
- d. Culture leads to progression of human psychological characteristics

8. What are the four factors that are directly linked to cultural clusters?

- a. Communication capacity, population size, persuasiveness, proneness to change
- b. Population size, communication capacity, cultural values, persuasiveness
- c. Proneness to change, population size, proximity, persuasiveness
- d. Cultural values, proximity, persuasiveness and population size

9. If Sarah was born and brought up in Japan what cultural dimensions would she most likely reflect:

- a. Low individualism and Low UAI
- b. Low indulgence and High UAI
- c. High individualism and Low masculinity
- d. Low long term orientation and Low power distance

10. If John generalises negative qualities about a group of people, which results in the rejection of perceptions that do not fit his assumptions of those people, what is it called?

- a. Creation of selective thinking
- b. Accentuating group differences
- c. Categorising similarities
- d. Assuming homogeneity

11. What is the term for someone who does not retain their cultural identity but has a positive relationship to their society?

- a. Marginalisation
- b. Segregation
- c. Integration
- d. Assimilation

12. The beginning resolution stage of culture shock is when:

- a. Understanding of a new culture grows
- b. Excitement and euphoria increases with cultural adaptation
- c. An individual learns to adjust in the new cultural environment
- d. There is conflict with local values and beliefs

13. What is a longitudinal study and a disadvantage of conducting longitudinal studies?

- a. Participants from different age groups studied at the same point in time; time consuming
- b. Same participants studied over a period of time; expensive
- c. Same participants studied over a period of time, cohort effects
- d. Participants from different age groups studied at the same point in time; attrition

14. _____ is the time which is optimal but not critical for the development of a particular function.

- a. Critical Period
- b. Embryonic Period
- c. Foetal Period
- d. Sensitive Period

15. In the Pascalis et al. (2005) experiment, what happened at the end of monkey face training?

- a. 9-month old infants could not discriminate between the novel and familiar monkeys
- b. 6-month old infants looked longer at novel than familiar monkeys
- c. 9-month old infants looked longer at novel than familiar monkeys
- d. 6-month old infants could not discriminate between the novel and familiar monkeys

16. The heritability estimate of physical characteristics (e.g. height) is:

- a. 80%
- b. 50%
- c. 90%
- d. 64%

17. What were the results found from the Dunedin Multidisciplinary Study?

- a. Maltreatment is a risk factor of antisocial behaviour in individuals with high MAOA activity
- b. Breastfeeding enhanced IQ in children who are carriers of the C allele
- c. Both a and b
- d. None of the above

18. When does the foetus become viable?

- a. Between weeks 10 and 16
- b. Between weeks 18 and 21
- c. Between weeks 30 and 35
- d. Between weeks 22 and 28

19. Which of these is not a facial characteristic of Foetal Alcohol Syndrome (FAS)?

- a. Thin upper lip
- b. Thin midface
- c. Small eye openings
- d. Smooth philtrum

20. Which one of the following statements is correct about babies:

- a. Prefer plain stimuli over patterned stimuli
- b. Visual acuity declines over the first few months and then improves
- c. Can not see all colours from birth but then develop the ability to see more colours
- d. None of the above

21. In the experiment examining the other race effect, which racial groups were 6-month-old Caucasian infants able to discriminate?

- a. Chinese and Middle-eastern
- b. Caucasian and Middle-eastern
- c. Chinese and African
- d. Only Caucasian

22. In Hubel and Weisel's study, what was the result of monocular deprivation?

- a. Permanent damage to the visual system
- b. Resulted in a cataract in the eye that was sewn shut
- c. Started losing vision in the second eye as well
- d. Not able to perceive depth as accurately in the second eye

23. If Raj is upset when his mother leaves him alone to play and is angry when she comes back to hold him, what attachment style is he displaying?

- a. Secure
- b. Insecure - avoidant
- c. Insecure - anxious
- d. Disorganised

24. Which of these psychologists suggests that attachment to humans is the same as imprinting in animals?

- a. Mary Ainsworth
- b. John Bowlby
- c. Harry Harlow
- d. None of the above

25. What was the result of intervention on the Stranger at the Door Task?

- a. Improved children's performance, there was no statistical difference between the foster care group and the care as usual group
- b. Improved children's performance, there was a large statistical difference between the foster care group and the care as usual group
- c. No improvement in the children's performance
- d. None of the above

26. What of these is a criticism of Piaget's Theory?

- a. Thinking can be domain specific
- b. Underestimates infants and young children
- c. None of the above
- d. Both A) and B)

27. In which stage of cognitive development can infants perform reversible mental operations on representations of objects?

- a. Formal operational
- b. Preoperational
- c. Sensorimotor
- d. Concrete operational

28. Chris fails to make the soccer team and complains that the system is rigged. His mate Peter also fails to make the soccer team, which Chris attributes to him not being good enough. This best reflects the:

- a. Superego
- b. Confirmation bias
- c. Correspondence bias
- d. Actor-observer effect

29. A CEO looks with disgust towards his Asian employees because he believes they are responsible for the spread of COVID-19. This best demonstrates:

- a. Prejudice
- b. Discrimination
- c. Prejudice and discrimination
- d. Stereotyping

30. Internal attributions are:

- a. High in distinctiveness and high in consistency
- b. High in consistency and high in consensus
- c. Low in distinctiveness and high in consistency
- d. Low in consensus and high in distinctiveness

31. Charlie sees a dog across the road and thinks to himself that dogs are the best pets. This is an example of:

- a. Affect
- b. Behaviour
- c. Cognition
- d. Mood

32. Which of the following is an example of self-perception theory?

- a. Clarence donates a large sum of money to support his friend participating in the World's Greatest Shave for Leukemia. He posits that he enjoys philanthropy.
- b. Purchasing a new car that is not fuel efficient, despite being environmentally conscious
- c. Clarence believes that he is superior to most people and therefore is immune to Covid-19
- d. Clarence attributes his basketball team's win due to his own performance, whilst attributes his team's losses to his teammate errors.

33. In an emergency, somebody calls 000 whilst you, alongside other bystanders, continue to watch from a distance. Your actions demonstrate which of the following under the emergency intervention tree:

- a. Noticing the emergency
- b. Interpreting as an emergency
- c. Diffusion of responsibility
- d. Deciding to help

34. Which of the following is false?

- a. People from the USA are more likely to be helpful than people from Japan.
- b. Religious people in a rush are still highly likely to help an individual in need
- c. People who appear less responsible for their situations are more likely to receive help
- d. People are more likely to help others if they are of the same race

35. Which of the following best demonstrates an example of the fundamental attribution error?

- a. Erica attributes her friend's failure on a test to be due to his race.
- b. A school teacher believes half of the class to be brighter than the other half, though they are of equal ability. At the end of the year, the 'brighter' students receive higher scores.
- c. After losing their soccer match on a rainy day, the coach reprimands his players, saying that it was their combined lack of effort that prevented them from progressing to the grand final.
- d. Casey thinks that Aaron's tendency to dance at every location is a consistency in his behaviour.

36. Anna is first intimidated by Chris when she first sees him at a lecture. After they have talked however, she realises that he is not as intimidating as she thought, and becomes quite comfortable around him. This is known as:

- a. Mere exposure effect
- b. Increasing proximity
- c. Self-disclosure
- d. Associated effect

37. Which of the following best reflects fatuous love?

- a. Maurice is at Starbucks and believes that the waiter looks like the love of his life
- b. Maurice and Emily have been super close friends since preschool and see each other as lifelong companions
- c. Maurice asks a girl out at a beach and has been on several dates, however he has no plans to commit to a relationship
- d. Maurice asks a girl out who he finds extremely physically attractive, believing that she is the love of his life. He intends to propose to her soon.

38. 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

39. 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

40. Which of the following is not one of Robert Cialdini's principles of compliance?

- a. Reciprocity
- b. Feign interest
- c. Appeal to social validation
- d. Appeal to authority

41. Which of the following is not a feature of groupthink?

- a. Consensus is more important than reality
- b. Ignoring disconfirming information
- c. Suppressing dissent
- d. Confirmation bias

42. In chronological order, the three stages of Selye's General Adaptation Syndrome are:

- a. Exhaustion, resistance, alarm
- b. Alarm, resistance, exhaustion
- c. Stimulus, alarm, exhaustion
- d. Resistance, exhaustion, alarm

43. Shweta is overwhelmed by the amount of deadlines she has due. She feels stressed, and so to manage the deadlines writes herself a checklist and powers her phone off to distance from social media distractions. This best demonstrates:

- a. Problem-focused coping
- b. Emotion-focused coping
- c. Spiritual-focused coping
- d. Positive reframing

44. 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

45. 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

46. Which statement is least accurate?

- a. The solution to tackling obesity is to prioritise cutting weight.
- b. Those who watch more films with smoking are more likely to try smoking themselves
- c. Pharmacological treatment for alcoholics can induce nausea
- d. Obesity is clinically defined by the BMI scale

47. 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

48. 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

49. Enzo has decided to study diligently this term in order to achieve a high distinction in PSYC1001. According to Neo-Behaviourist theory, what system does he activate for this goal?

- a. Behavioural Approach System
- b. Fight-Flight-Freeze System
- c. Behaviour Inhibition System
- d. Decision Acquisition System

50. Vanessa is motivated to build a bridge so that government systems will recognise her potential and give her an award of recognition. What psychosocial motive does she show?

- a. Need for achievement
- b. Need for affiliation
- c. Need for power
- d. Need for validation

51. Which scenario is an example of a behaviour explained by preparedness theory?

- a. David is afraid of the colour white since his school bully always wore white shirts
- b. David is afraid of venomous snakes because of the biological threat they pose
- c. David is afraid of university examinations because he never prepares himself
- d. David is afraid of clowns because of the scary film he watched involving clowns

52. Which statement best describes Drive Reduction Theory?

- a. Individuals have a drive to achieve a certain goal, which when fulfilled eliminates the drive
- b. Individuals are motivated to reduce any potentially harmful stimuli in an environment to function better
- c. Individuals are motivated to reduce any biological deprivation, satisfying an internal drive
- d. Individuals are driven to reduce any threats in a social environment to assert themselves as dominant

53. Which reason is not true for why humans engage in sexual behaviour?

- a. The need to reproduce
- b. Instinct when two attracted individuals are in close proximity
- c. To promote intimacy between individuals
- d. To release chemicals in the brain that please humans

54. Regarding sexual behaviour, females are more:

- a. Likely to reject bisexual behaviour than men
- b. Likely to report frequent arousal than men
- c. Likely to masturbate than men
- d. Likely to find physical arousal from a wider variety of stimuli than men

55. What is the order of processes during sex?

- a. Desire → arousal → plateau → orgasm → resolution
- b. Arousal → desire → orgasm → plateau → resolution
- c. Desire → plateau → arousal → orgasm → resolution
- d. Arousal → plateau → desire → orgasm → resolution

56. Which of the following is not a factor promoting self-regulation?

- a. Having specific goals
- b. Having moderately challenging goals
- c. Making a public commitment to goals
- d. Making similarities to others' goals

57. Which of the following are approach-related emotions?

- a. Anger and disgust
- b. Fear and joy
- c. Joy and anger
- d. Disgust and fear

58. What is the order of James-Lange's theory of emotion?

- a. Stimulus → physiological arousal → emotion
- b. Emotion → stimulus → physiological arousal
- c. Stimulus → emotion → physiological arousal
- d. Emotion → physiological arousal → stimulus

59. Which theory suggests that cognitive labelling paired with physiological arousal can change one's experience of emotion?

- a. James-Lange Theory
- b. Cannon's Emergency Theory
- c. Two-Factor Theory
- d. Genevieve Paired-Precursor Theory

60. Iris is having a bad day, but forces herself to smile, leading her to truly feel happier despite her adverse circumstances. This is an example of:

- a. Zajonc's appraisal theory
- b. EEG
- c. Excitation Transfer
- d. Facial Feedback Hypothesis

61. Cortisol is the hormone associated with:

- a. Anger and aggression
- b. Stress and anxiety
- c. Affiliation and trust
- d. Pleasure and reliability

62. High skin conductance is associated with:

- a. Sadness
- b. Fear
- c. Happiness
- d. Anger

63. Which statement is true?

- a. Basic emotion expressions are universally recognised
- b. Basic emotion expressions are learned
- c. Basic emotion display rules are universal
- d. Basic emotion is not associated with motivation

64. Maurice wants to kiss his girlfriend, but stops himself from doing so since he believes it is too far. According to the *Structural Model*, Maurice is most likely activating his:

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

65. One example of the developmental phenomenon of fixation is where:

- a. A baby cannot stop watching a stimulus
- b. A baby is unable to go bathroom by themselves as they age
- c. A baby becomes more focused on important stimuli
- d. A baby does not become interested in school significantly across age

66. Which of the following reasons is not a valid critique of Freud's psychodynamic approach?

- a. Only considers death and sex as human motivators
- b. Evidence is not observable
- c. Judgements from using psychodynamic therapy are over-confident
- d. Human behaviour is not like animal behaviour

67. In Pavlov's dog experiment involving classical conditioning, what component is a bell that makes a dog thirsty but is not followed by food coming out?

- a. Conditioned Stimulus
- b. Conditioned Response
- c. Unconditioned Stimulus
- d. Unconditioned Response

68. Bethany hits her brother – their mother sees this and she takes Bethany's iPhone away, preventing Bethany from hitting her brother again. This is an example of:

- a. Positive Reinforcement
- b. Positive Punishment
- c. Negative Reinforcement
- d. Negative Punishment

69. The humanistic approach to behaviour focuses on:

- a. Personal growth
- b. Observing outward human behaviour
- c. Considering both inward and outward human behaviour
- d. Linking conditioning to human behaviour

70. According to Carl Rogers' Theory, when Damien is rewarded with a chocolate and a hug from his dad after he wins a race, this is an example of:

- a. Positive Regard
- b. Positive Self-Regard
- c. Conditional Positive Regard
- d. Supplementary Positive Regard

71. What is the third level of Maslow's Hierarchy of Needs?

- a. Self-Actualisation
- b. Love and Belonging
- c. Safety and Security
- d. Self-Esteem

72. Alexandra is prone to anxiety and high amounts of anger – which of the Big Five Supertraits is she likely to score highly in?

- a. Openness to experiences
- b. Extraversion
- c. Conscientiousness
- d. Neuroticism

73. Which of the four body humours proposed by Hippocrates does not physically exist in the body?

- a. Sanguine blood
- b. Yellow bile
- c. Black bile
- d. Phlegm

74. Why do monozygotic twins usually have more common personality traits than dizygotic twins?

- a. Monozygotic twins share 100% of genes
- b. Monozygotic twins are usually raised together more than dizygotic twins
- c. Monozygotic twins are identical physically
- d. Monozygotic twins are more likely to be of the same sex

75. The "Set-like-plaster" Hypothesis suggests that:

- a. Personality is predetermined and unchangeable at birth
- b. Personality is fixed around the age of 30
- c. Personality is shaped by your parents in early childhood
- d. Personality is malleable until we are confident what our traits are

76. Which of the following is an example of an identity claim?

- a. Having a tidy room
- b. Always wearing creased shirts
- c. Bringing anti-anxiety tablets in social situations
- d. Never flushing the toilet

77. Which of the following is an indication of high extraversion?

- a. Having a refined appearance
- b. Being soft-spoken
- c. Infrequent smiling
- d. Extensive coughing

78. Amy gives to charity each week and people trust her with their secrets often. What personality trait would she be expected to score high on?

- a. Conscientiousness
- b. Extraversion
- c. Emotional stability
- d. Agreeableness

ANSWER SHEET PSYCHSOC 2021 PRACTICE EXAM PSYCH1A

Clinical Perspectives

1. D - Rationale: *Glutamate is a major excitatory neurotransmitter linked to emotional learning. If this neurotransmitter is increased experimentally before trials, extinction learning is increased.*
2. C - Rationale: *The other options are reasons for why debriefing does not work, prediction bias is the only one which is not listed in the lecture content.*
3. C - Rationale: *Stated in the lecture*

Psychological Perspectives

4. B - Rationale: *Radical behaviourism suggests that "internal states" (thoughts, emotions) are unobservable and therefore not part of scientific psychology*
5. A - Rationale: *Introspection is utilised to examine one's own conscious experience, however these self-reports are unreliable (reliability is necessary in the scientific method), this then led to functionalism*
6. B - Rationale: *Self-explanation is subjective, and objective measures are used in scientific psychology, thus self-explanation is not a part of scientific psychology.*

Cultural Psychology

7. B - Rationale: *Evolution - it was believed that solitude is dangerous, as a result culture emerged by recognising mutually supportive behaviour is beneficial as it necessary for survival, reproduction and child raising.*
8. C - Rationale: *Clusters are the way that culture is defined and maintained. It initially starts off with communication capacity → population size, proximity, persuasiveness and proneness to change → cultural clusters.*

9. B - Rationale: *Part of Hofstede's cultural dimensions. Japan has low individualism and indulgence, high masculinity, uncertainty avoidance and long - term orientation. Power distance is not high or low but is higher than Australia's power distance.*
10. A - Rationale: *A generalisation about negative qualities of a group of people is called stereotyping (can also be positive qualities). This could lead to three distortions of reality, where one of them is creation of selective thinking. This is where someone only sees what reinforces the stereotype and rejects perceptions that do not fit.*
11. D - Rationale: *In the lecture - Berry's 1980 framework.*
12. A - Rationale: *There are four stages of culture shock. The third stage is the beginning resolution stage, where understanding of a new culture grows and there is an increase in adaptability.*

Developmental Psychology

13. B - Rationale: *Longitudinal studies are when the same participants are observed, tested, or interviewed repeatedly over a period of time. Disadvantages of longitudinal studies can include that it's time-consuming, expensive, attrition (people dropping out) and generational differences.*
14. D - Rationale: *In the lecture - self-explanatory*
15. C - Rationale: *9-month old infants looked longer at novel than familiar monkeys at the end of monkey face training, 9-month olds who received no training could not discriminate between novel and familiar monkeys. 6-month olds did not receive monkey face training.*
16. A - Rationale: *In the lectures, self-explanatory*
17. B - Rationale: *Maltreatment is a risk factor for antisocial behaviour only in individuals with low MAOA activity - MAOA gene and childhood maltreatment on conduct disorder. Breastfeeding enhanced IQ only in children who are carriers of the C allele - FADS2 gene and breastfeeding in IQ*
18. D - Rationale: *In the lectures, self-explanatory*

19. B - Rationale: *In the lectures, self-explanatory*
20. D - Rationale: *None of these statements are true. Babies prefer patterned stimuli over plain stimuli, visual acuity improves over the first few months and can see all colours from birth but have difficulty distinguishing them if they are equally bright.*
21. B - Rationale: *In the lectures, the only race they could not distinguish was Chinese.*
22. A - Rationale: *Hubel and Weisel's study was about monocular deprivation in kittens. They showed that lack of input from the visual field to the part of the brain responsible for it caused permanent damage to the brain.*
23. C - Rationale: *An insecure-anxious attachment style includes when the child is upset at the mother leaving, angry when the mother returns and desires closeness but is difficult to sooth.*
24. B - Rationale: *Bowlby's attachment theory states that attachment in humans is parallel to imprinting in animals, creating an adaptive bond.*
25. A - Rationale: *In lecture, self-explanatory.*
26. D - Rationale: *Both A) and B) are criticisms of Piaget's Theory. Thinking can be domain specific → conservation of numbers is earlier than mass and volume. The theory underestimates infants and young children → New methods (i.e. looking time) show evidence of object permanence much earlier and dissociations between children's knowledge and action (i.e. card sorting).*
27. D - Rationale: *Four stages: sensorimotor, preoperational, concrete operational and formal operational. You can perform reversible mental operations on representations of objects in the concrete operational stage.*

Social Psychology

28. D - Rationale: *The actor-observer effect occurs when we attribute our own actions to external causes whilst others to internal factors.*

29. A - Rationale: *Prejudice refers to hostile feelings because of membership.*
30. C - Rationale: *From lecture content, self-explanatory.*
31. C - Rationale: *Cognition refers to a set of beliefs about an object.*
32. A - Rationale: *Self-perception theory is when our attitudes and behaviours shape each other. When we are uncertain of our attitudes, we infer them from our behaviour. In this instance, Clarence infers that his donation means he supports philanthropy.*
33. C - Rationale: *Diffusion of responsibility occurs when individuals feel less personal responsibility due to a greater number of people present. A person's decision to wait for someone else to call 000 instead of acting upon the situation themselves exemplifies this.*
34. B - Rationale: *The Good Samaritan study showed that people with less time on their hands are significantly less likely to help someone in need, than someone with more time. It is a demonstration that situational factors may play a bigger factor than internal qualities in help scenarios.*
35. C - Rationale: *The fundamental attribution error refers to the tendency to overestimate dispositional causes and underestimate situational factors when judging the behaviour of others. In this case, the coach overestimated the lack of effort within the players and underestimated the non-optimal weather conditions that may have inhibited their performance.*
36. A - Rationale: *Zajonc's mere exposure effect states that people develop favourable feelings to people/objects once they are familiar with them.*
37. D - Rationale: *Fatuous love is passion (drive that leads to physical attraction) + commitment.*
38. A - Rationale: *Associated effect occurs when emotion is attached to a person e.g. good weather.*
39. A - Rationale: *Drive theory states that we perform better at tasks we're good at and perform worse at tasks we're bad at when watched.*
40. B - Rationale: *Textbook*
41. D - Rationale: *Lecture content*

Health Psychology

42. B - Rationale: Lecture content
43. A - Rationale: Problem-focused coping is dealing directly with the threat, such as reducing/managing it by writing a checklist and minimising distractions.
44. A - Rationale: Expressive writing was found to alleviate the symptoms of rheumatoid arthritis and asthma, and also improve their health for the next 4 months.
45. C - Rationale: allowing retirement home residents to water plants gives them control, and it was found that these residents were half as likely to die compared to those who didn't
46. A - Rationale: The best way to tackle obesity is to not prioritise losing weight, but to prioritise change in behaviour. Diets that focus on weight loss are often unsustainable.
47. A - Rationale: Invisible illnesses such as anxiety are not viewed by society as a 'sickness'. Diseases are biological - Psychosomatic illnesses occur when psychological distress translates into physical symptoms.
48. B - Rationale: Type A people generally have higher levels of stress and heart problems.

Motivation and Emotion

49. A - Rationale: The Behavioural Approach System centres around being motivated to actively achieve or gain - it is associated with a positive outcome that stems from an individual's own actions.
50. C - Rationale: Vanessa shows a need for power since she desires to work for her own gain, receiving power through official government recognition; specifically, she desires to impress others (which aligns with a "need for power").
51. B - Rationale: Preparedness theory proposes an innate association between some stimuli and responses - David innately has a fear of snakes due to the threat they posed to his ancestors biologically, which has been passed onto him genetically.
52. C - Rationale: self-explanatory definition
53. B - Rationale: Humans engage in sexual behaviour for all three other reasons - when two attracted individuals are in close proximity, they will not necessarily instinctively engage in sexual

behaviour (due to social commitments, social atmosphere and the convention of having exclusive relationships).

54. D - Rationale: Men are more likely to reject bisexual behaviour, report more frequent arousal and masturbate more than women. Women are more likely to find physical arousal from a wider variety of stimuli than men.
55. A - Rationale: Self-explanatory
56. D - Rationale: The other three options are all factors that promote self-regulation.
57. C - Rationale: Joy and anger are both approach-related emotions, as they drive individuals to approach/confront a stimulus, whilst disgust and fear are related to avoidance.
58. A - Rationale: Self-explanatory
59. C - Rationale: Two-factor theory suggests that physiological arousal and cognitive labelling are necessary to be considered when discussing one's experience of emotion.
60. D - Rationale: Facial Feedback Hypothesis suggests that if you force yourself to make a facial expression of a specific emotion, you will subsequently experience the emotion after having performed the facial expression for a while.
61. B - Rationale: Testosterone is associated with anger/aggression, oxytocin with affiliation and trust, dopamine with pleasure (no hormone specifically related to reliability). Cortisol is associated with stress and anxiety.
62. B - Rationale: Self-explanatory
63. A - Rationale: Research has shown that basic emotions are universally recognised (they are innate), whilst some complex ones are necessary to be learned more often.
64. C - Rationale: Superego is related to the highest morals learned by an individual, which can prevent them from doing immoral or vaguely questionable actions that go against their learned morals.
65. B - Rationale: Fixation occurs when a baby/infant cannot progress from one developmental stage to the next, failing to perform tasks necessary of their age.

Personality Psychology

66. D - Rationale: Freud's psychodynamic approach did not concern animal studies, nor was there any significant comparison to animal behaviour.
67. A - Rationale: The dog has learned that the bell signals/is associated with food, thus expects food to come with the bell (thus it has been conditioned), even though food does not come out.
68. D - Rationale: Negative reinforcement involves a rewarding/pleasurable stimulus being removed (iPhone) in order to prevent/remove a displeasurable behaviour (hitting her brother).
69. A - Rationale: Behaviourism is associated with observing outward behaviour, whereas humanistic approaches focus on seeing personal growth (whether observed through behaviour, self-reported or by other measures).
70. C - Rationale: Damien is shown positive regard through the support and love given by his dad (in the form of chocolate and a hug). However, this positive regard is conditional since he was only shown affection based on his achievement (winning a race).
71. B - Rationale: The order of Maslow's Hierarchy of Needs is: Physiological needs → Safety and Security → Love and Belonging → Self-esteem → Self-actualisation
72. D - Rationale: Neuroticism refers to a low level of emotional stability, associated with anger, anxiety, depression and other negative social behaviours or feelings.
73. C - Rationale: Whilst the four humours have no empirical evidence to show their relation to personality traits, human bodies have all of these substances in their body, except for black bile.
74. A - Rationale: As genes code for an individual's physical and personality traits, the fact that monozygotic twins share 100% of genes suggests that they will have more common personality traits than dizygotic twins (who only share 50% of genes).
75. B - Rationale: Self-explanatory
76. C - Rationale: Identity claims remind us of who we are, thus are physical objects/stimuli that are actively brought by us (e.g.

anti-anxiety tablets reminding the person of their social ineptness). The three other options are behavioural residue, which are physical information that remain from an individual's behaviour that show their personality.

77. A - Rationale: Having a refined appearance is the only option listed that correlates to high levels of extraversion
78. D - Rationale: Agreeableness is associated with altruism, sympathy and moralism, which align with her actions of giving to charity and being trustworthy.