

MIZORAM PUBLIC SERVICE COMMISSION
COMPETITIVE EXAMINATIONS FOR
DISTRICT SOCIAL WELFARE OFFICER (DSWO)
UNDER SOCIAL WELFARE & TRIBAL AFFAIRS DEPARTMENT,
GOVERNMENT OF MIZORAM, AUGUST-2023
PAPER-IV (PSYCHOLOGY)

Time Allowed : 3 hours

FM : 200

SECTION - A (Multiple Choice questions) (100 Marks)

All questions carry equal marks of 2 each. Attempt all questions.

*This Section should be answered only on the **OMR Response Sheet** provided.*

1. The concept of individual differences is highlighted by
 - (a) Behavioural Psychologists
 - (b) Humanistic Psychologists
 - (c) Biological Psychologists
 - (d) Cognitive Psychologists
2. Which of the following is a type of reliability?
 - (a) Test-Retest
 - (b) Construct
 - (c) Concurrent
 - (d) Discriminant
3. An ideal test has many characteristics. Which of the following is not included?
 - (a) Self – correlation
 - (b) Validity
 - (c) Subjectivity
 - (d) Norms
4. A phenomenon in which victims of major catastrophes reexperience the original stress event and associated feelings in vivid flashbacks or dreams –
 - (a) Post-partum depression
 - (b) Posttraumatic stress disorder
 - (c) Learned helplessness
 - (d) Psychotic disorder
5. Tests that employ ambiguous pictures to reveal hidden emotions and thoughts.
 - (a) Projective
 - (b) Test Batteries
 - (c) Performance Tasks
 - (d) Neuropsychological tests
6. The requirement that research participants be provided with information about all events and procedures of the study before they agree.
 - (a) Giving instructions
 - (b) Debriefing
 - (c) Informed consent
 - (d) Standardization
7. Which of the following is not a cause of illness and disorders?
 - (a) Biological Inheritance
 - (b) Environment
 - (c) Educational outcome
 - (d) Traumatic experiences
8. An anxiety disorder in which there is excessive distress when separated from an attachment figure is
 - (a) Generalised Anxiety Disorder
 - (b) Separation anxiety
 - (c) Social Phobia
 - (d) Panic Attack

9. Which of the following is not a symptom of depression?
- (a) Heart palpitations (b) Excessive eating
(c) Hypersomnia (d) Feelings of hopelessness
10. Tolerance of a substance of abuse is
- (a) Being able to abstain from substance use
(b) A need for markedly increased amounts of the substance to achieve the desired effect.
(c) Physical and mental symptoms that a person has when they suddenly stop or cutback on a substance
(d) Reuse of substance after a long period of disuse.
11. Biofeedback is a type of mind-body technique that can be used to control
- (a) Thought process (b) Behavior
(c) Body's functions (d) None of the above
12. An example of behavioral therapy is
- (a) Gestalt therapy (b) Client focused therapy
(c) Aversion Therapy (d) Psychoanalysis
13. A meditative practice that promotes relaxation, reduces stress and anxiety, and promotes a positive mental state through gentle touch
- (a) Reiki (b) Grounding
(c) Mindfulness (d) Yoga
14. The main focus of industrial/organizational psychology is the study and assessment of the individual in a
- (a) Social dynamic (b) Work dynamic
(c) Home environment (d) Educational environment
15. Which of the following is an element of industrial/organizational psychology?
- (a) Training and development (b) Career counseling
(c) Assessment and diagnosis (d) None of the above
16. Which style of leadership is often considered the best type of leadership?
- (a) Laissez-Faire leadership (b) Authoritarian leadership
(c) Democratic leadership (d) Autocratic leadership
17. The information presented first has a stronger effect than the information presented at the end is called
- (a) primacy effect (b) recency effect
(c) halo effect (d) None of the above
18. _____ refers to all those psychological processes that deal with the gathering and processing of information related to social objects.
- (a) Social interaction (b) Social cognition
(c) Social facilitation (d) Social integration
19. Which theorist said that emotions can occur in response to stress even though there may be no physiological signs?
- (a) William James (b) Carl Lange
(c) Stanley Schachter (d) Walter Canon

20. Forceful destructive behaviour towards another person or object is termed as
- (a) aggression (b) violence
(c) frustration (d) anger
21. _____ refers to an individual's underlying potential for acquiring skills.
- (a) Intelligence (b) Aptitude
(c) Interest (d) Personality
22. Being part of a group satisfies our need for social interaction by giving us opportunities for
- (a) Climbing the social ladder (b) Self-Awareness
(c) Belongingness (d) None of the above
23. _____ is a behaviour or skill that helps to communicate, clearly and confidently, our feelings, needs, wants, and thoughts.
- (a) Physiological (b) Cognitive
(c) Assertiveness (d) Resilient
24. Primary prevention programs focus on
- (a) Early detection and intervention
(b) Advanced recovery and reduction of relapse
(c) Reduction of demand and supply
(d) Various determinants in the population or in the high-risk groups
25. Which of the following is not a step/goal in substance-abuse rehabilitation?
- (a) Prediction (b) Identifying goals
(c) Defining Objectives (d) Establishing interventions
26. The most direct effect of Anti-Retroviral Therapy is
- (a) Removal of HIV RNA (b) Reduction of symptoms
(c) Maximal suppression of HIV RNA (d) Strengthening of immunological function
27. Which is not a predominant learning style?
- (a) Visual (b) Auditory
(c) Kinaesthetic (d) Sensing
28. Advanced thinking and comprehension among one's peers is known as
- (a) Maturity (b) Giftedness
(c) Learnedness (d) Skilled
29. Educational psychology assessment helps to identify the _____ of the students.
- (a) Academic performance (b) Personality
(c) Strengths and weaknesses (d) Intelligence level
30. Factors of being disadvantaged includes mental illness, poor education and
- (a) Low socioeconomic status (b) Intelligence
(c) Personality (d) Attitude
31. Lack of social contacts and having few people to interact with regularly is called
- (a) Social Deprivation (b) Social Isolation
(c) Social Disfavour (d) Social Ineptitude

32. Terrorism, tactical and operational psychology are areas of which field of psychology?
(a) Criminal Psychology (b) Forensic Psychology
(c) Behavioural Psychology (d) Military Psychology
33. Psychologist plays an important role in military psychology, specifically in the area of
(a) Personnel selection (b) Career advancement
(c) Personality development (d) Cognitive training
34. The most common psychological problems among military personnels are depression and
(a) Eating Disorders (b) Post Traumatic Stress Disorder
(c) Personality Disorders (d) Schizophrenia
35. Cyberpsychology includes the study of virtual reality, social media and
(a) Artificial Intelligence (b) Advertisements
(c) Cognitive processes (d) Attention and memory
36. When the social media user sees only the joyous or entertaining experiences in a friend's life and compares them to their own lesser experiences, it can lead to
(a) Contentment in one's situation (b) Anger and jealousy
(c) Apathy and disinterest (d) Comparison and low self esteem
37. The process during which newcomers or minorities are incorporated into the social structure of the host society.
(a) Social Integration (b) Social Interaction
(c) Social Assimilation (d) Social Competence
38. Prejudice based on race of an individual is known as
(a) Sexism (b) Racism
(c) Bigotry (d) Discrimination
39. Which of the following is not a cause of conflict?
(a) Values (b) Interest
(c) Miscommunication (d) Mutual goals
40. Recognition of diverse social groups, cultures and identity in order to promote respect, dignity and co-operation is a method to achieve
(a) Social Interaction (b) Social Conformity
(c) Social Integration (d) Social Responsibility
41. Expectancy for success at a task or the achievement of a goal in relation to the value of task completion or goal attainment is called
(a) Dual Factor Theory (b) Expectancy-Value Theory of Motivation
(c) Hierarchy of Motivational Needs (d) Acquired Needs Theory
42. When it comes to locus of control, an entrepreneur has an internal locus of control, meaning that
(a) They attribute the outcomes of their endeavours on factors like fate.
(b) They attribute the outcomes of their endeavours on factors like their own traits or deeds.
(c) They attribute the outcomes of their endeavours on random factors
(d) They attribute the outcomes of their endeavours on luck

43. The approach to counselling in which the therapeutic process is directed along lines considered relevant by the counsellor is named as:
- (a) Non-directive counselling
 - (b) Directive counselling
 - (c) Eclectic counselling
 - (d) Vocational counselling
44. The study of how human beings and natural surroundings shape and influence each other is known as
- (a) Community Psychology
 - (b) Environmental Psychology
 - (c) Social Psychology
 - (d) Group Dynamics
45. Population explosion leads to crowding and psychological distress such as
- (a) High stress level and depression
 - (b) Learning disabilities
 - (c) Neurocognitive disorders
 - (d) Personality disorders
46. How many different types of population density measurements are used?
- (a) Two
 - (b) Three
 - (c) Four
 - (d) Five
47. In marital counselling, the therapist aims to help the married couple
- (a) Identify the source of conflict and how to resolve them.
 - (b) Make their marriage into a more fulfilling union
 - (c) Become successful as individuals and as a couple
 - (d) Learn to be better parents to their children.
48. Sport psychology includes helping athletes with
- (a) Anger management
 - (b) Team building
 - (c) Stress management
 - (d) All of the above
49. Which of the following is not an element of political psychology?
- (a) Different political ideologies
 - (b) Voter behavior
 - (c) Political extremism
 - (d) Criminal behavior
50. Need for power, need for recognition and 'Us versus Them' thinking are traits of
- (a) Corrupt individuals
 - (b) Distressed individuals
 - (c) Depressed people
 - (d) Aggressive people

SECTION - B (Short answer type question) (100 Marks)

Marks for each question is indicated against it.

Attempt all questions.

*This Section should be answered only on the **Answer Sheet** provided.*

1. Write short notes on the following: **(10×2=20)**
 - (a) Anxiety Disorders
 - (b) Behavior Therapy
 - (c) Two important ethical guidelines for conducting psychological test.
 - (d) Stress management
 - (e) Rehabilitation of victims of violence
 - (f) Four main learning styles.
 - (g) Importance of having women entrepreneurs
 - (h) Cardinal rules of mental skills training in sport psychology
 - (i) Personal space
 - (j) Effects of noise pollution

2. Answer the following: **(10×5=50)**
 - (a) Describe the main ethical issues in psychological testing.
 - (b) Describe the differences between Affective Well Being and Cognitive Well Being.
 - (c) What kinds of tests are used in educational institutions? Give examples of each.
 - (d) What are the main psychological issues faced by military personnels?
 - (e) 'The rapid development of Information Technology has seen the biggest consequences in the use of social media.' Elaborate.
 - (f) What is prejudice? Describe the different types of prejudice.
 - (g) What traits/qualities are associated with highly successful entrepreneurs?
 - (h) Explain in detail the ethics to be followed in professional counselling.
 - (i) Explain strategies for providing education and motivation to marginalized populations in order to promote their growth and advancement
 - (j) What are the different types of family counselling?

3. Answer **any 3 (three)** of the following in descriptive form:
 - (a) What is client-centered therapy? What are the advantages of client centered therapy? **(3+7=10)**
 - (b) Describe the different styles of leaderships. Which is the most effect style? Give reasons to support your decision. **(4+2+4=10)**
 - (c) Describe the various factors that contribute to deprivation. Suggest measures to solve these problems. **(5+5=10)**
 - (d) Define Rehabilitation? What are the different types of disabilities mentioned in the RPWD Act and the various scope of rehabilitation available? **(2+8=10)**
 - (e) What are the diagnostic symptoms of Major Depressive Disorder? What are the risk factors involved in the development of Major Depressive Disorder? **(5+5=10)**