

MIZORAM PUBLIC SERVICE COMMISSION
TECHNICAL COMPETITIVE EXAMINATIONS FOR
PSYCHOLOGIST (CONTRACT)
UNDER SOCIAL WELFARE & TRIBAL AFFAIRS DEPARTMENT,
GOVERNMENT OF MIZORAM, JANUARY-2024

PSYCHOLOGY PAPER-II

Time Allowed : 3 hours

FM : 200

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

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

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

1. The level of measurement in which there is the property of magnitude but not of equal intervals or an absolute zero
 - (a) Ordinal scale of measurement
 - (b) Nominal scale of measurement
 - (c) Interval scale of measurement
 - (d) Ratio scale of measurement
2. A test should give similar results even though different testers administer it, different people score it, different forms of the test are given and the same person takes the test at two or more different times. This is known as:
 - (a) Validity
 - (b) Norms
 - (c) Reliability
 - (d) None of the above
3. Individual differences are seen in many areas, notably in
 - (a) Intelligence, personality and aptitude
 - (b) Intelligence, attitude and memory
 - (c) Personality, attitude and memory
 - (d) Aptitude, memory and development
4. Which of the following is not an ethical concern in using psychological tests?
 - (a) Confidentiality
 - (b) IQ level
 - (c) Informed Consent
 - (d) Exploitation
5. A disorder in which a person alternates between periods of euphoric feelings of mania and periods of depression
 - (a) Mania
 - (b) Anxiety disorder
 - (c) Personality disorder
 - (d) Bipolar disorder
6. The APA published the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR) in-
 - (a) 2021
 - (b) 2022
 - (c) 2023
 - (d) 2020
7. A disorder in which individuals tend to display no regard for the moral and ethical rules of society or the rights of others-
 - (a) Antisocial personality disorder
 - (b) Bipolar disorder
 - (c) Personality disorder
 - (d) Borderline personality disorder

8. Which of the following anxiety disorders is often diagnosed in children?
 - (a) Social Anxiety Disorder
 - (b) Separation Anxiety Disorder
 - (c) Generalised Anxiety disorder
 - (d) Panic Attack
9. The main difference between Bipolar-I and Bipolar-II disorders is:
 - (a) Hypomanic symptoms are not present in Bipolar I disorder
 - (b) Hypomanic symptoms are not present in Bipolar-II disorder
 - (c) Manic symptoms are not present in Bipolar-I
 - (d) Manic symptoms are not present in Bipolar-II
10. Which of the following is not a hallmark symptom of schizophrenia?
 - (a) Hallucinations
 - (b) Palpitations
 - (c) Disorganized speech
 - (d) Delusions
11. Which of the following symptoms is not a hallmark of Autistic Spectrum Disorder?
 - (a) Repetitive Behavior
 - (b) Limited social interaction
 - (c) Lack of emotional expressivity
 - (d) Depressed mood
12. How can Post Traumatic Stress Disorder be caused?
 - (a) Directly experiencing the traumatic event
 - (b) Witnessing someone else experience a traumatic event
 - (c) Learning that a traumatic experience happened to a close loved one
 - (d) All of the above
13. Dissociative Identity Disorder was previously referred to as
 - (a) Depersonalization Disorder
 - (b) Multiple Personality Disorder
 - (c) Derealization Disorder
 - (d) None of the above
14. A form of therapy that attempts to restructure a person's belief system into a more realistic, rational and logical set of views
 - (a) Rational- emotive behaviour therapy
 - (b) Psychoanalytic therapy
 - (c) Humanistic therapy
 - (d) Client-centered therapy
15. People's evaluations of their lives in terms of both their thoughts and their emotions and how happy they are is called -
 - (a) Happiness
 - (b) Mental Health
 - (c) Subjective well-being
 - (d) Quality of life
16. A meditative practice that promotes relaxation, reduces stress and anxiety, and promotes a positive mental state through gentle touch
 - (a) Grounding
 - (b) Reiki
 - (c) Mindfulness
 - (d) Yoga
17. Health is best defined as
 - (a) The absence of illness or pain
 - (b) A body condition with no current physical disease or injury
 - (c) A positive state of mental, social, and physical well being
 - (d) A body condition with no risk of physical illness
18. The three aspects of the biosocial model of health psychology are:
 - (a) Biological, psychological & social
 - (b) Cognitive, psychological & social
 - (c) Cognitive, biological & psychological
 - (d) Cognitive, biological & social

19. The term 'Fight or Flight' was coined by
- (a) Hans Selye
 - (b) Walter Canon
 - (c) Peter Salovey
 - (d) Daniel Goleman
20. Which of the following physical process is not present during anger?
- (a) Dilated pupils
 - (b) Release of adrenaline
 - (c) Rise in blood pressure
 - (d) Blood moving towards the guts
21. Most adult that they don't take regular exercise due to
- (a) Lack of time, stress & interference of daily life
 - (b) Lack of time, stress & laziness
 - (c) Stress, laziness & fatigue
 - (d) Fatigue, laziness & interference of daily life
22. 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
23. Some drugs alter sensory perception, often striking in dramatic ways, and produce peculiar experiences. These drugs are termed -
- (a) depressants
 - (b) paracetamol
 - (c) hallucinogens
 - (d) pain killers
24. The diminished response to alcohol or other drugs over the course of repeated or prolonged exposure is called -
- (a) Tolerance
 - (b) Withdrawal
 - (c) Abuse
 - (d) Addiction
25. Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking is an indication of -
- (a) dependence
 - (b) craving
 - (c) loss of control
 - (d) tolerance
26. _____ personalities are at a greater risk for coronary heart disease.
- (a) Type D
 - (b) Type B
 - (c) Type C
 - (d) Type A
27. Mindfulness and forgiveness are examples of what approach to positive psychology?
- (a) Problem focused approach
 - (b) Emotion focused approach
 - (c) Cognitive focused approach
 - (d) None of the above
28. Examples of cognitive approaches to positive psychology include
- (a) Problem solving and decision making
 - (b) Problem solving and mindfulness
 - (c) Decision making and mindfulness
 - (d) Decision making and journaling
29. Self Awareness approaches focus on
- (a) Protecting and defending the self
 - (b) Rationalization of events that happen to the self
 - (c) Self-Improvement techniques
 - (d) Comparison of the self to others
30. Hallmarks of Interpersonal approaches include
- (a) Leadership roles in a group setting
 - (b) Depending on other people
 - (c) Relying in other people to improve one's situation
 - (d) Interpersonal communication and relationships

31. A study of human behaviour in organizational settings is
(a) individual behaviour (b) group behaviour
(c) organizational behaviour (d) none of these
32. "————— are social inventions for accomplishing goals through group efforts"
(a) management (b) organization
(c) leadership (d) behaviour
33. Most valuable asset in an organization is
(a) land and building (b) cash and bank balances
(c) human being (d) technology
34. Who developed the motivation's dual structure approach?
(a) Alderfer (b) Mc Gregor
(c) Maslow (d) F. Herzberg
35. Leaders practicing the delegative leadership style who offer little or no guidance to their group and leave decision making up to the group is referred to as-
(a) Democratic leadership (b) Authoritarian leadership
(c) Laissez-Faire leadership (d) Transactional leadership
36. In ————— leadership, there is a complete centralization of authority in the leader
(a) democratic (b) autocratic
(c) free rein (d) bureaucratic
37. The branch of psychology concerned with person environment interactions and the ways society affects individual and community functioning
(a) Community psychology (b) Sociology
(c) Group psychology (d) Psychology of society
38. Small groups are efficient because they can
(a) Meet rarely and have more time for individual work
(b) Meet often to identify problems and solve them
(c) Meet intermittently to report progress
(d) Meet as the need rises
39. Community psychologists are motivated to improve the conditions of
(a) The individual (b) Those who have specific needs
(c) The group as a whole (d) Particular sections of the society
40. Community psychologists may work in many settings but are not usually found in
(a) Government offices (b) Community centers
(c) Private organisations (d) Clinical settings
41. The leadership style based on performance of employees is
(a) Democratic Leadership (b) Laissez Faire Leadership
(c) Transactional Leadership (d) Autocratic Leadership
42. Social Psychology plays an important role in addressing social problems by providing insight into
(a) The causes and consequences of social issues (b) Individual relationship to others
(c) Relationship between various groups (d) Cultural change

43. Decreased in-person communication has led to individuals
(a) To become more stress free (b) To have more frustration and anger issues
(c) To be less able to pick up in social cues (d) To be more invested in their work
44. Which of the following is not an issue in social psychology?
(a) Attitudes (b) Prosocial Behavior
(c) Social Influence (d) Self-Awareness
45. The manner in which we interpret, analyse, remember and use information about the social world
(a) Social analysis (b) Social prototypes
(c) Social cognition (d) Social schemas
46. The tendency to divide the social world into two separate categories: our ingroup ('us') and various outgroups ('them') -
(a) Social generalization (b) Social discrimination
(c) Social categorization (d) None of the above
47. Negative attitudes toward the members of specific social groups
(a) prejudice (b) discrimination
(c) stereotype (d) conflict
48. Generalized beliefs and expectations about social groups and their members-
(a) Stereotypes (b) Misconception
(c) Prejudice (d) Bias
49. A phenomenon in which an initial perception of a person as having positive traits produces the expectation that the person has other uniformly positive characteristics
(a) Halo effect (b) Assumed-similarity bias
(c) Similarity bias (d) Attribution effect
50. One way to reduce intergroup prejudice is to get all members to spend more time together, a technique known as
(a) Decategorization (b) Cooperative Learning
(c) Contact hypothesis (d) Talking things through

SECTION - B (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. Mention the different concerns a psychologist must consider when constructing a psychological test. (4)
2. What are the various ethical issues involved in the use of psychological tests? (4)
3. What are the various biological causes of psychological disorders? (6)
4. Discuss the different ways to rehabilitate the mentally ill. (5)
5. Describe the fundamental principles of Cognitive-Behavior Therapy (CBT) and outline its application for both prevention and intervention. (15)

6. What is meant by Addiction? Explain the Stages of Addiction. (5)
7. What is meant by health enhancing behavior? Explain the different ways of enhancing health. (10)
8. Explain the different Emotion-based coping approaches and techniques. (10)
9. What are the different interpersonal therapies that may be used by a psychologist in a clinical setting? (5)
10. What is meant by Performance Appraisal? Explain any two theory of work motivation. (2+3+3=8)
11. Discuss the role of a community psychologists in bringing about social change? (10)
12. Discuss the impact of Information & Communication technology on social behavior. (9)
13. Describe the psychological effects of poverty and unemployment. (9)

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