Department of Applied Psychology

Bahauddin Zakariya University Multan

Comprehensive Exam So Called BZU Lahore Campus

M.Sc Applied Psychology 2014-16

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Roll No. \_\_\_\_\_\_\_\_\_

OBJECTIVE

Time Allowed: 30 min Marks: 40

**Question 1: *Encircle the most appropriate choice for the following items. Cutting/ overwriting is not allowed. (1\*40= 40)***

1. A health psychologist would agree with all of the following except

 A) The functioning of the body is linked to psychological factors.

 B) Health psychologists seek to promote healthy life-styles.

 C) Stress is less of a factor in health psychology than it was a few years ago.

 D) Our patterns of behavior have direct impact on our health.

2. A source of stress characterized by the inability to satisfy a motive is called

 A) conflict

 B) life events

 C) frustration

 D) pressure

3. Conflicts that require choosing "the lesser of two evils" are

 A) approach-approach conflicts

 B) avoidance-avoidance conflicts

 C) approach-avoidance conflicts

 D) double-approach-avoidance conflicts

4. As Jennifer approaches the end of her senior year in college, she is excited about the prospects of graduating but scared about being "on her own." Jennifer is experiencing

 A) an approach-avoidance conflict

 B) an approach-approach conflict

 C) an avoidance-avoidance conflict

 D) the exhaustion stage of the general adaptation syndrome

5. In a study by Lazarus, participants recorded major life events, daily hassles, and daily positive events for a year. What was found to be the BEST predictor of both health and psychological well-being?

 A) daily hassles

 B) positive events

 C) major life events

 D) number of conflicts

6. In which stage of the general adaptation syndrome is resistance to stress lowered?

 A) the resistance stage

 B) the exhaustion stage

 C) the alarm stage

 D) the defensive stage

7. In which stage of the GAS are the body's resources fully mobilized and resistant to stress?

 A) alarm reaction

 B) resistance stage

 C) exhaustion stage

 D) any of the above

8. Research suggests that immune system functioning can be affected by

 A) stress

 B) stress management

 C) depression

 D) all of the above

9. Cancer patients showed increases in immune system functioning after

 A) they were questioned about life events

 B) stress management treatment

 C) the general adaptation syndrome began

 D) they were taught repressor coping styles

10. Which of the following factors is known to depress immune system functioning?

 A) heavy alcohol consumption

 B) stress

 C) depression

 D) all of the above

11. In general, stress events are less stressful when they are

 A) predictable

 B) unpredictable

 C) controllable

 D) a and c

12. With repeated exposures to stressful situations, a person's general stress level

 A) increases

 B) disappears

 C) decreases

 D) remains constant

13. Research on sharing negative feelings with others ("getting it off your chest") found that participants

 A) had elevated blood pressure immediately after venting their feelings

 B) reported feeling better immediately after venting their feelings

 C) were less ill and visited the health center less often during the following six months

 D) a and c above

14. Reactions to stress can be affected by person variables, including

 A) cognitive factors

 B) emotional characteristics

 C) personality characteristics

 D) all of the above

15. Which of the following components of Type A behavior has a strong negative effect on cardiac functioning?

 A) hostile/verbally aggressive

 B) hostile/suspicious

 C) highly competitive

 D) perfectionistic

16. Research on Type A behavior suggests that the link to heart disease may stem from

 A) high blood pressure

 B) high cholesterol

 C) poor dietary habits

 D) a and b above

17. After being promoted to department head, Bill found the job to be uncomfortable and highly stressful. Ultimately, Bill resigned from the position and returned to his former job, where he reported being much happier. Which method of coping with stress did Bill use?

 A) managing stress reactions, an effective coping method

 B) withdrawal, an ineffective coping method

 C) removing stress, an effective coping method

 D) excessive use of defense mechanisms, an ineffective coping method

18. Each of the following is an effective method of coping with stress except

 A) removing stress

 B) cognitive coping

 C) defense mechanisms

 D) managing stress reactions

19. Jeff used a coping strategy that was ineffective because it distorted reality. What kind of strategy did he use?

 A) cognitive coping

 B) defense mechanism

 C) sesnitization

 D) stress removal

20. Each of the following is considered to be an ineffective method of coping with stress except

 A) withdrawal

 B) aggression

 C) use of defense mechanisms

 D) cognitive coping

21. The process of blocking out of consciousness any upsetting thoughts is the defense mechanism called

 A) projection

 B) reaction formation

 C) denial

 D) intellectualization

22. When Ken called Barbie to ask her for a date, Barbie said, "I'm sorry, but I think I'm busy for the rest of my life!" Ken has decided that he is really relieved because Barbie has lots of faults anyway. Which defense mechanism is he using?

 A) displacement

 B) repression

 C) rationalization

 D) suppression

23. Teaching a person to alternately tense the major muscles and then release that tension is used in

 A) progressive relaxation

 B) aerobic exercise

 C) behavioral inhibition

 D) aversion therapy

24. Which of the following has been successfully treated with progressive relaxation?

 A) insomnia

 B) tension and migraine headaches

 C) high blood pressure

 D) all of the above

25. Research suggests that when people are presented with accurate information concerning proper eating habits

 A) most people permanently change their eating habits

 B) many people change their eating habits only briefly

 C) few people change their eating habits

 D) none of the above

26. According to psychologists, which of the following would be good advice for keeping a commitment to an exercise program?

 A) social support

 B) setting clear personal goals

 C) avoiding excessively strenuous exercise

 D) all of the above

27. Women are considered to have unique health concerns, apart from men, because

 A) women have many unique health problems, including breast, ovarian, and cervical cancer

 B) women are often prescribed the hormone estrogen

 C) women’s needs have been neglected by those conducting health research in the past

 D) all of the above

28. Women who are the healthiest

 A) have satisfying jobs

 B) are married

 C) have children

 D) all of the above

29. AIDS impairs the body's immune system by destroying or disabling the immune cells called

 A) T-4 helper cells

 B) B-cells

 C) DNA

 D) a and b above

30. Health psychologists can lessen the negative impact of the AIDS epidemic by

 A) helping individuals change their high-risk behaviors

 B) helping to cure those with the HIV infection by counseling

 C) helping individuals with HIV to confront the reality of their disease

 D) a and c above

31. Psychological tests

a. pertain only to overt behavior.

b. always have right or wrong answers.

c. do not attempt to measure traits.

d. measure characteristics of human behavior.

32. One's general potential, independent of prior learning, can best be described as

a. achievement.

b. aptitude.

c. intelligence.

d. ability.

34. Achievement, aptitude and intelligence can be encompassed by the term

a. human potential.

b. human traits.

c. human personality.

d. human ability.

35. A child's mental age

a. cannot be determined independently of the child's chronological age.

b. provides a measurement of a child's performance relative to other children of a particular

age group.

c. cannot be determined from a child's test score.

d. can only be determined from large representative samples.

36. Factor analytic techniques were employed in the development of the

a. MMPI.

b. CPI.

c. TAT.

d. 16PF.

37. Which of the following scales would be used when the information is qualitative rather than quantitative?

a. ordinal

b. interval

c. nominal

d. ratio

38.In a negative correlation,

a. individuals tend to maintain the same or a similar relative performance.

b. scores on one variable tell us nothing about scores on a second.

c. individuals who score low on one variable tend to score low on a second.

d. high scores on the x variable are associated with low scores on the y variable

39. Which of the following correlations represents the strongest relationship between two variables?

a. .01

b. .85

c. .80

d. .50

40. If the scores on X gives us no information about the score on Y, this indicate.

A. Positive correlation

B. Negative correlation

C. No correlation

D. Perfect correlation