



# UNIVERSITY OF THE PUNJAB

Roll No. ....

First Semester 2015

Examination: B.S. 4 Years Programme

PAPER: Introduction to Psychology

TIME ALLOWED: 30 mins.

Course Code: APSY-101

MAX. MARKS: 10

*Attempt this Paper on this Question Sheet only.*

(OBJECTIVE TYPE)

Encircle the correct options. (1 mark each)

- The Founder of Structuralism is
  - Wilhelm Wundt
  - John. B Watson
  - Stanley Hall
  - William James
- The system that increase the heart beat and blood pressure is:
  - Sympathetic Nervous System
  - Parasympathetic Nervous System
  - Somatic Nervous System
  - Glandur System
- The method used by clinical psychologists for diagnosis and treatment is called:
  - Interview Method
  - Day Book Method
  - Clinical Method
  - Treatment Method
- Neurons are found in human brain.
  - 10-12 hundred million
  - 8-10 hundred million
  - 6-4 hundred million
  - 5 hundred million
- Which of the following occurs when one object seems to block another object
  - Convergence
  - Linear Perspective
  - Overlap
  - Texture Gradient
- \_\_\_\_\_ occurs when a response is followed by experiencing something pleasurable.
  - Positive Reinforcement
  - Negative Reinforcement
  - Punishment
  - Generalization

7. The attention determined by objective conditions is called
- a). Passive Attention
  - b). Active Attention
  - c). Secondary Passive attention
  - d). Primary Attention
8. External white and hard coat of eye is called:
- a). Sclerotic coat
  - b). Choroid coat
  - c). Retinal coat
  - d). Anvial coat
9. \_\_\_\_\_ is the fundamental element of the Nervous System.
- a). Cell
  - b). Soma
  - c). Neuron
  - d). Dendrites
10. The Chemical material present in the synapse is called
- a). Neuroreceptors
  - b). Sodium ions
  - c). Nerve Transmitters
  - d). Neurotransmitters





# UNIVERSITY OF THE PUNJAB

First Semester 2015

Examination: B.S. 4 Years Programme

Roll No. ....

PAPER: Introduction to Psychology

TIME ALLOWED: 2 hrs. & 30 mins.

Course Code: APSY-101

MAX. MARKS: 50

*Attempt this Paper on Separate Answer Sheet provided.*

(SUBJECTIVE TYPE)

(Short Answers Questions): (2 marks each)

1. Define Personality.
2. Name three bones of the ear.
3. Define Illusion.
4. What is the difference between short term memory and long term memory?
5. Give an example of Negative reinforcement.
6. Define the James-Lange theory of emotions.
7. What are the main functions of Parathyroid gland?
8. Name the hormone released by Pineal gland.
9. Define Perception.
10. Describe the structure of Neuron.

(Long Answers Questions): (15 marks each)

1. Explain Survey method of study in Psychology.

OR

Describe Central Nervous System in detail along with a labeled diagram of Brain.

2. Differentiate between Classical Conditioning and operant Conditioning.

OR

Explain Behavioral and psychodynamic model and its features in detail.



Attempt this Paper on this Question Sheet only.

**OBJECTIVE TYPE**

Cutting, overwriting or double marking of the option is not allowed and it will be considered as a mistake.

Q.I. Choose the correct option: (10)

1. The optic disk is also called the blind spot because it has no  
Rods  
Cones  
Both rods and cones  
Retina
2. The method of taking detailed information from the single participant is called  
Observation  
Case study  
Survey  
None of the above
3. If all the participants are asked the same questions which are written prior to interview is called \_\_\_\_\_ interview  
Unstructured  
Structured  
Semi structured  
All of the above
4. The data can be collected from large sample by using  
Experimental method  
Case study method  
Survey method  
Interview
5. Humans can hear sounds that are between \_\_\_\_\_ and \_\_\_\_\_ hertz.  
2 and 2000  
20 and 20000  
200 and 20000  
2000 and 20000
6. Test's ability to measure give same results, whenever it is tested is called  
Validity  
Reliability  
Norms  
None
7. Which system is involved in regulating messages from brain to different body parts?  
Limbic system  
Nervous system  
Coronary system  
Gastrointestinal system

8. Raw information is received through

- Sensation
- Perception
- Attention
- Development

9. Observers use \_\_\_\_\_ to hide themselves from the object of their observation

- Concealment
- Direct observation
- Laboratory experiment
- Survey

10. The long elongated part of the neuron is called

- Soma
- Dendrite
- Axon
- Myelin sheath

11. The sensory system involved in balance is

- Vestibular system
- Heterogenic system
- Coronary system
- Respiratory system

12. The brain is divided into two equal halves called

- Cortex
- Hemisphere
- Medulla
- Spinal cord

13. Small muscles attached to the lens that control its shape are called

- Cardiac muscles
- Ciliary muscles
- Tendon muscles
- Mesenteric muscles

14. The process of information processing in brain is called

- Sensation
- Perception
- Actualization
- Creativity

15. The mental process of eliminating those distractions, eliminating unwanted messages, is called

- Pouring
- Piercing
- Filtering
- Transferring

16. The little bumps visible on your tongue are...

- taste buds
- taste cells
- papillae
- receptors
- epithelium

17. When would serial learning definitely be needed?

- memorizing a grocery list
- memorizing the meanings of traffic symbols for a driver's test
- memorizing the turns to get through a crowded city
- memorizing names of people you met only once

18. If a child is rewarded for appropriate behavior every 15 minutes, that type of schedule is being used?

- fixed ratio
- variable ratio
- fixed interval
- variable interval

19. Self-actualization is a \_\_\_\_\_ motive

- Primary
- Secondary
- Territory
- Mandatory

20. The data can be collected from large sample by using

- Experimental method
- Case study method
- Survey method
- Interview



# UNIVERSITY OF THE PUNJAB

First Semester 2015

Examination: B.S. 4 Years Programme

Roll No. ....

PAPER: Fundamentals of Psychology

TIME ALLOWED: 2 hrs. & 30 mins.

Course Code: APSY-111 /

MAX. MARKS: 50

*Attempt this Paper on Separate Answer Sheet provided.*

**Q.II. Give short answers: (20)**

- 1) Define Observation and also name its different types. (2)
- 2) Differentiate between Central Nervous System and Peripheral Nervous System. (4)
- 3) Differentiate between Sensation and Perception. (4)
- 4) Differentiate between Biogenic and Sociogenic Motives. (4)
- 5) What is meant by problem solving? (2)
- 6) What is the difference between Classical Conditioning and Operant Conditioning? (4)

**SUBJECTIVE TYPE**

(Marks: 30)

**Note: Answer all questions. There is no choice. All questions carry equal marks**

- Q.1. Write detailed note on Historical Background and Schools of Psychology. (10)
- Q.2. Define Thinking. Write in detail about different Tools of Thinking. (10)
- Q.2. Define Emotions. Write detailed note on any Two Theories of Emotion. (10)



Attempt this Paper on this Question Sheet only.

OBJECTIVE TYPE

1. The optic disk is also called the blind spot because it has no  
Rods  
Both rods and cones  
Cones  
Retina
2. The method of taking detailed information from the single participant is called  
Observation  
Survey  
Case study  
None of the above
3. If all the participants are asked the same questions which are written prior to interview is called \_\_\_\_\_ interview  
Unstructured  
Semi structured  
Structured  
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4. The data can be collected from large sample by using  
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5. Humans can hear sounds that are between \_\_\_\_\_ and \_\_\_\_\_ hertz.  
2 and 2000  
20 and 20000  
200 and 20000  
2000 and 20000
6. Test's ability to measure give same results, whenever it is tested is called  
Validity  
Norms  
Reliability  
None
7. Which system is involved in regulating messages from brain to different body parts?  
Limbic system  
Nervous system  
Coronary system  
Gastrointestinal system





8. Raw information is received through

Sensation  
Attention

Perception  
Development

9. The process of reinforcing successively closer approximations to a desired behaviour is called

Generalization  
Shaping  
Intermittent reinforcement  
Secondary reinforcement

10. The long elongated part of the neuron is called

Soma  
Axon

Dendrite  
Myelin sheath

11. The sensory system involved in balance is

Vestibular system  
Heterogenic system  
Coronary system  
Respiratory system

12. The brain is divided into two equal halves called

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Medulla

Hemisphere  
Spinal cord

13. Small muscles attached to the lens that control its shape are called

Cardiac muscles  
Ciliary muscles  
Tendon muscles  
Mesenteric muscles

14. The process of information processing in brain is called

Sensation  
Actualization

Perception  
Creativity

15. The mental process of eliminating those distractions, eliminating unwanted messages, is called

- Pouring
- Piercing
- Filtering
- Transferring

16. The limbic system structure that regulates hunger is called

- Hypothalamus
- Thalamus
- Amygdale
- Hippocampus

17. STM stands for

- Short term memory
- Sensory term memory
- Stimulus thermo meter
- Stetho thermo meter

18. Transforming incoming information into a usable form is the stage of memory called

- Retrieval
- Encoding
- Storage
- Organization

19. An area of the brain of particular importance for memory storage is the

- Hippocampus
- Parietal lobe
- Thalamus
- Medulla

20. Ali is on his way to institute to take a final term exam. Suddenly he noticed that his pulse rate is high, he is sweating, and feeling nervous. With which theory of emotion is his experience most consistent

- Cannon-Bard
- James-Lange
- Schechter & Singer
- Adaptation level theory



# UNIVERSITY OF THE PUNJAB

First Semester 2015

Examination: B.S. 4 Years Programme

Roll No. ....

**PAPER: Introduction to Psychology (Revised)**  
**Course Code: APSY-111A**

**TIME ALLOWED: 2 hrs. & 30 mins.**  
**MAX. MARKS: 50**

*Attempt this Paper on Separate Answer Sheet provided.*

**Q. II. Give short answers: (20)**

1. What is sensory memory? (2)
2. What is the difference between Sensation and Perception? (4)
3. Name and define different types of observation. (4)
4. Differentiate between Classical conditioning and Operant conditioning (4)
5. Differentiate between James- Lange, and Cannon- Bard Theory of emotions (4)
6. Define Reinforcement and Punishment (2)

**Q.III. Answer the following questions: (30)**

1. Define endocrine system. Name its important glands and write in detail about them. (15)
2. Write a detailed note on Central Nervous System. (15)



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# UNIVERSITY OF THE PUNJAB

Roll No. ....

Second Semester 2015  
Examination: B.S. 4 Years Programme

PAPER: Theories of Personality  
Course Code: APSY-103 /

TIME ALLOWED: 30 mins.  
MAX. MARKS: 10

*Attempt this Paper on this Question Sheet only.*

## PART-I (Objective Question)

Encircle the best suitable option for given statement. (01marks \* 10 MCQs=10 Marks)

1. According to Alfred Adler, the prime motivating force in a person's life is \_\_\_\_\_
  - (a) Physical gratification
  - (b) Striving for superiority
  - (c) The need for power
  - (d) None of the above
2. Superego operates according to the \_\_\_\_\_ principal.
  - (a) Pleasure
  - (b) Reality
  - (c) Morality
  - (d) All of the above
3. Which of the following is not an attribute of extroversion in the big five factors theory of personality?
  - (a) Sociable
  - (b) Talkative
  - (c) Self-conscious
  - (d) Affectionate
4. Who emphasized on "birth order" in personality development?
  - (a) Adler
  - (b) Kohler
  - (c) Pavlov
  - (d) None of these
5. The 16 PF (Personality Factor) test was developed by
  - (a) Cattell
  - (b) Erickson
  - (c) Alport
  - (d) Kelly
6. Which of the following is a basic characteristic of a self-actualizing person?
  - (a) Awareness of inner feelings & experiences
  - (b) Continued need to grow and develop
  - (c) Achievement of as much wealth / power as possible
  - (d) Freedom of choice

7. Piaget carried out research on \_\_\_\_\_ development of children.
- (a) Social
  - (b) Cognitive
  - (c) Physical
  - (d) None of them
8. According to B. F. Skinner, much of our human learning is a result of \_\_\_\_\_
- (a) Reward & punishment
  - (b) Imitating others
  - (c) Association
  - (d) All of the above
9. According to Albert Ellis, our behavior is affected by \_\_\_\_\_
- (a) Desire for pleasure
  - (b) Reward & punishment
  - (c) Irrational thoughts
  - (d) All of the above
10. In \_\_\_\_\_, a psychoanalyst encouraged the patient to talk about whatever comes to his mind.
- (a) Dream interpretation
  - (b) Resistance
  - (c) Transference
  - (d) Free association



# UNIVERSITY OF THE PUNJAB

Second Semester 2015

Examination: B.S. 4 Years Programme

Roll No. ....

**PAPER: Theories of Personality**

**TIME ALLOWED: 2 hrs. & 30 mins.**

**Course Code: APSY-103 /**

**MAX. MARKS: 50**

*Attempt this Paper on Separate Answer Sheet provided.*

## Part-II (Subjective Questions)

Questions with Short Answers (2 Marks × 10 Questions=20 Marks)

- I. Define defense mechanism?
- II. Differentiate introvert and extrovert personality.
- III. Enlist psychosexual stages given by Freud.
- IV. Describe personality traits.
- V. Write a brief note on contribution of Alfred Adler in the field of psychology.
- VI. Elucidate the concept of identity crisis according to Erik Erikson theory.
- VII. Briefly describe social learning theory of Albert Bandura.
- VIII. Define cognitive triad given by Aron Beck.
- IX. What is the basic concept of Carl Rogers' theory?
- X. Define Personality.

## **Questions -3**

Questions with Brief Answers (10 Marks × 3 Questions=30 Marks)

1. Write a detail note on Psychoanalytic theory of personality.
2. Describe Abraham Maslow's theory. Discuss its application in the field of motivation.
3. Describe conditioning and its major types. How can principles of operant conditioning be applied in educational and clinical setting? Give examples.



# UNIVERSITY OF THE PUNJAB

Roll No. ....

Second Semester 2015  
Examination: B.S. 4 Years Programme

PAPER: Fundamentals of Psychology  
Course Code: APSY-111

TIME ALLOWED: 30 mins.  
MAX. MARKS: 10

*Attempt this Paper on this Question Sheet only.*

## OBJECTIVE TYPE

Note: Attempt all questions on question paper. Cutting, overwriting or double marking of the option is not allowed and it will be considered as a mistake.

**Q.I. Circle the correct option: (10)**

1. A personality test you are taking involves you to describe story from few pictures. What type of test are you taking?

MMPI  
TAT  
BDI  
RISB

2. A student is on his way to examination hall to take a exam. Suddenly he noticed that his pulse rate is high, he is sweating, and feeling nervous. With which theory of emotion is his experience most consistent?

Cannon-Bard  
James-Lange  
Schechter & Singer  
Adaptation level theory

3. A part of the nervous system that prepares the body for emergencies is the \_\_\_\_\_ division

Parasympathetic  
Sympathetic  
Somatic  
Adaptive

4. According to Freud, the id is governed by the

Pleasure principle  
Reality principle  
Ego ideal  
Comfort principle

5. The tendency for previous learning to hold back recall of later on learning is called

- encoding failure
- repression
- retroactive interference
- proactive interference

6. Transforming incoming information into a usable form is the stage of memory called

- Retrieval
- Encoding
- Storage
- Organization

7. Working memory is associated with which of the following?

- Sensory
- Short term
- Long term
- Integrated

8. Organizing information into larger units as a way of improving the efficiency of short-term memory is called

- Chunking
- Categorization
- Verbal learning
- Symbolization

9. Which of the following is the correct ordering of Freud's psychosexual stages?

- anal, phallic, oral, genital
- oral, anal, phallic, genital
- genital, phallic, oral, anal
- anal, oral, phallic, genital

10. The optic disk is also called the blind spot because it has no

- Rods
- Cones
- Both rods and cones
- Retina





# UNIVERSITY OF THE PUNJAB

Second Semester 2015  
Examination: B.S. 4 Years Programme

Roll No. ....

PAPER: Fundamentals of Psychology  
Course Code: APSY-111

TIME ALLOWED: 2 hrs. & 30 mins.  
MAX. MARKS: 50

*Attempt this Paper on Separate Answer Sheet provided.*

## SUBJECTIVE TYPE

### Q.II. Give Short answers: (20)

1. Differentiate between Reinforcement and Punishment (2)
2. What is the difference between Sensation and Perception? (2)
3. Differentiate between Echoic and iconic memory (2)
4. What is sensory memory? (2)
5. Name and define Schedules of reinforcement? (4)
6. Define endocrine system and name its important glands. (4)
7. Name and define different types of observation. (4)

### Q.III. Answer the following Questions: (30)

1. Define Learning. Differentiate between Classical conditioning and Operant conditioning with examples. (15)
2. Briefly describe the historical perspective and schools of Psychology. (15)



# UNIVERSITY OF THE PUNJAB

Roll No. ....

Second Semester 2015  
Examination: B.S. 4 Years Programme

PAPER: Applied Areas of Psychology  
Course Code: APSY-121

TIME ALLOWED: 30 mins.  
MAX. MARKS: 10

*Attempt this Paper on this Question Sheet only.*

**Q.1. Encircle the correct option (10)**

1. The approach which focuses on the uniqueness of every individual is

- Psychoanalysis
- Humanistic
- Gestalt
- Behavioural

2. Alarm, resistance and exhaustion describes three stages in the model of stress given by

- Hans Seyle
- Albert Bandura
- Albert Ellis
- Beck

3. Introspection was the method of

- Functionalism
- Structuralism
- Behaviourism
- Gestalt

4. Field of psychology which deals with the diagnosed or hospitalized patients

- Counseling Psychology
- Clinical Psychology
- Organizational Psychology
- Sports Psychology

5. This area of Psychology deals with the law and psychology, after the crime is committed is

- Criminal psychology
- Forensic psychology
- Organizational psychology
- Clinical psychology

6. DSM stands for

- Diagnostic and Statistical Manual
- Diagonally Mean and Standard Deviation
- Diagnostic Scale of Modalities
- Dramatic Society of Malaysia

7. Main focus of the \_\_\_\_\_ is to resolve the problems of those who study in any educational institute

- Clinical psychology
- Forensic psychology
- School psychology
- Military psychology

8. The first sport psychology laboratory was established by

- Coleman Griffith
- William James
- Wilhelm Wundt
- Benjamin Franklin

9. Recently, \_\_\_\_\_ model is used by the Health Psychologist

- Biological
- Health Belief
- Sick Role
- Bio-psychosocial

10. Pre and post natal issues are the part of course taught as an area of \_\_\_\_\_ psychology.

- Organizational psychology
- Counseling psychology
- School psychology
- Developmental psychology



# UNIVERSITY OF THE PUNJAB

Second Semester 2015  
Examination: B.S. 4 Years Programme

Roll No. ....

PAPER: Applied Areas of Psychology  
Course Code: APSY-121

TIME ALLOWED: 2 hrs. & 30 mins.  
MAX. MARKS: 50

*Attempt this Paper on Separate Answer Sheet provided.*

## Q.2. Give short answers (20)

1. What is the Scope of Psychology? (2)
2. What is the Role of a Clinical Psychologist? (2)
3. What is the Status of Counseling Psychology in Pakistan? (2)
4. Which Services are provided by I/O Psychologists? (2)
5. Which Assessment and Intervention techniques are used by the Developmental psychologists? (4)
6. What are various Perspectives of School Psychology? (2)
7. What is the Role of a Sport Psychologist in Pakistan? (2)
8. Is there any need of forensic psychologist in Pakistan? (4)

## Q.3. Answer the following questions: (30)

1. Define Forensic psychology. What is the status of Forensic Psychology in the World and in Pakistan (10)
2. Write briefly about various perspectives of Clinical Psychology. Also mention its Assessment and Intervention techniques. (10)
3. Write brief History of Health psychology. Name and define Models of Health Psychology. (10)



# UNIVERSITY OF THE PUNJAB

Roll No. ....

Third Semester 2015  
Examination: B.S. 4 Years Programme

PAPER: Environmental Psychology  
Course Code: APSY-201/

TIME ALLOWED: 30 mins.  
MAX. MARKS: 10

*Attempt this Paper on this Question Sheet only.*

## OBJECTIVE TYPE

Encircle the correct options. (1 mark each)

1. If a trace measure signifies something worn down, then it is
  - a. Unobtrusive measure
  - b. Obtrusive measure
  - c. Erosion measure
  - d. Accretion measure
2. Introducing components of real environment into an artificial setting is
  - a. Descriptive method
  - b. Stimulation method
  - c. Simulation method
  - d. Experimental method
3. According to Yerkes-Dodson Law, performance is \_\_\_\_\_ at intermediate level of arousal.
  - a. Minimal
  - b. Maximal
  - c. Intermediate
  - d. Delayed
4. The representation people have of the surrounding environmental is called \_\_\_\_\_.
  - a) Cognitive Map
  - b) Cultural context
  - c) Schema
  - d) Creativity
5. Weakening of a response to a stimulus is \_\_\_\_\_.
  - a). Adjustment
  - b). Adaptation
  - c) Acclimatization
  - d). Habituation
6. \_\_\_\_\_ theory states that the crowd behavior is not a product of crowd itself but is carried into crowd by particular individual.
  - a). Deindividuation theory
  - b). Classical theory
  - c). Convergence theory
  - d). Identity theory

(P.T.O.)

7. Natural Disaster causes \_\_\_\_\_

- a). Social disruption
- b). Social cohesion
- c). Social events
- d). Social facilitation

8. Discomfort and symptoms of illness with no clear disease as a result of for being in a specific building is called

- a). Toxic Building Syndrome
- b). Sick Building Syndrome
- c). Asthma
- d). Exhaustion

9. Annoyance is the \_\_\_\_\_ effect of noise.

- a) Physiological
- b) Psychological
- c) Sociological
- d) Philosophical

10. \_\_\_\_\_ is the neurologist who linked arousal with increased activity of reticular activating system.

- a. Noise
- b. Crowding
- c. Personal space
- d. High temperature



# UNIVERSITY OF THE PUNJAB

Third Semester 2015  
Examination: B.S. 4 Years Programme

Roll No. ....

PAPER: Environmental Psychology  
Course Code: APSY-201/

TIME ALLOWED: 2 hrs. & 30 mins.  
MAX. MARKS: 50

*Attempt this Paper on Separate Answer Sheet provided.*

## **SUBJECTIVE TYPE**

**(Short Answers/Questions) (2 marks each)**

1. Briefly define the function of a group.
2. What is General Adaptation Syndrome (GAS)?
3. Differentiate between nativism and learning.
4. Define Territoriality.
5. Briefly enlist the characteristics of man-made disasters.
6. What is the difference between Adjustment and Adaptation?
7. Define affordances.
8. What is Yerkes-Dodson Law?
9. What is the difference between Natural and Built in environments?
10. What behaviors are displayed/conducted in intimate space?

**(Long Answers/Questions) (15 marks each)**

1. Write a detailed note on Theories in Environmental Psychology.
2. What is the concept of territoriality and personal space? Explain in details the zones of Personal space.



# UNIVERSITY OF THE PUNJAB

Third Semester 2015  
Examination: B.S. 4 Years Programme

Roll No. ....

PAPER: Health Psychology  
Course Code: APSY-202i

TIME ALLOWED: 2 hrs. & 30 mins.  
MAX. MARKS: 50

*Attempt this Paper on Separate Answer Sheet provided.*

## SUBJECTIVE TYPE

Q. II. Give short answers: (20)

1. Define Biofeedback (2)
2. Define Behavioural Medicine (2)
3. What are the main causes of hyperglycemia? (2)
4. What are the reasons due to which patients may not report pain? (2)
5. There is a lot we can do to relieve pain. What is it? (2)
6. Why we should not use placebos with patients? (2)
7. Differentiate between chronic illness (2)
8. What is hypnotic treatment? (2)
9. Differentiate between anorexia nervosa and bulimia (4)

## SUBJECTIVE TYPE

Note: Answer all questions. There is no choice. All questions carry equal marks

1. Write detailed note on the historical development of health psychology. (15)
2. Name and define various models of health psychology. Write in detail about any ONE model of health psychology. (5 + 10)





*Attempt this Paper on this Question Sheet only.*

**OBJECTIVE TYPE**

Note: Attempt all questions on question paper. Cutting, overwriting or double marking of the option is not allowed and it will be considered as a mistake.

**Q.I. Encircle the correct option. (10)**

1. Which of the following are the three stages of the general adaptation syndrome?

- Denial, resistance, and resignation
- Alarm, resistance, and exhaustion
- Appraisal, adjustment, and acceptance
- Avoidance, approach, and acceptance

2. Most of the harmful effects of stress may be caused by which of the following?

- The prolonged interruption of glucocorticoid secretion
- Understimulated glucocorticoid receptors
- The prolonged secretion of glucocorticoids
- Too few glucocorticoid receptors

3. B lymphocytes develop in which of the following?

- Thymus gland
- Limbic System
- Bone marrow
- Hypothalamus

4. Which of the following statements about stress is true?

- Does not affect the elderly as much as the young because the elderly have developed and practiced more coping responses
- Does not affect the elderly more than the young as long as the elderly remain in good health
- May accelerate the aging process
- Often causes brain damage in the elderly, but not in the young

5. An effective way of coping with a conflict is to

- Compromise
- Deny the conflict
- Be aggressive
- Withdraw

6. Research suggests that the incidence of breast cancer is highest in cultures where people eat large amounts of which of the following?

- Food grown using chemical fertilizers
- Protein
- Fiber
- Fat

7. Like all reinforcers, nicotine stimulates the brain to secrete which of the following?

- Endogenous opiates
- Serotonin
- Dopamine
- Acetylcholine

8. What has research suggested about those with type A personality, relative to people with other behaviour patterns?

- Tend to be less competitive, less hostile and more tolerant
- Tend to place more value on avoiding problems and responsibilities
- May have a poorer long-term survivor rate after having a non-fatal heart attack
- May have an increased risk of developing CHD

9. One of the benefits of coping with stress through a network of social support is that we can do which of the following?

- Shift some personal responsibility to others
- Reduce our reliance on personal cognitive reappraisal by listening to what others say
- Develop an emotion-focused coping strategy which is often more effective than problem-focused coping
- Benefit from the experience of others

10. Which of the factors affect the health of the person?

- Psychological
- Sociological
- Emotional
- All of the above

11. Which management strategy relies heavily on operant conditioning principles

- Guided imagery
- Biofeedback
- Cognitive therapy
- Behaviour modification

12. Become more common with age

- Chronic illness
- Terminal illness
- All illness
- None of the above

13. \_\_\_\_\_ is the second leading complaint in physicians' offices

- Fever
- Pain
- Arthritis
- Heart disease

14. Which of these conditions is related to high rates of adherence?

- High level of anxiety
- A strong belief in the efficiency of the treatment
- A high number of stressful life events
- Having an authoritarian male physician

15. Arthritis refers to a group of more than \_\_\_\_\_ rheumatic diseases

- |     |     |
|-----|-----|
| 50  | 100 |
| 150 | 200 |

16. It is classed as a metabolism disorder

- Arthritis
- Cardiovascular disease
- Cancer
- Diabetes

17. Cancer cells can spread to other parts of the body through the blood and \_\_\_\_\_ systems.

- Limbic
- Autonomic
- Lymph
- Digestive

18. \_\_\_\_\_ care, which can be provided at home or in a long-term care facility, additionally provides emotional and spiritual support for the patient and loved ones

- Hospice
- Palliative
- Hospital
- All of the above

19. \_\_\_\_\_ literally 'limping' , is a medical term usually referring to impairment in walking

- Clarification
- Claudicating
- Codification
- Lymphocytes

20. Obesity is an increase in \_\_\_\_\_ tissue

- Adipose
- Edipose
- Depose
- Andipose



# UNIVERSITY OF THE PUNJAB

Roll No. ....

Third Semester 2015  
Examination: B.S. 4 Years Programme

PAPER: Psychology-I (MAS)  
Course Code: APSY-211/

TIME ALLOWED: 30 mins.  
MAX. MARKS: 10

*Attempt this Paper on this Question Sheet only.*

## OBJECTIVE TYPE

Encircle the correct options. (1 mark each)

- The \_\_\_\_\_ seeks immediate gratification of impulses.
  - Ego
  - Id
  - Superego
  - Thanatos
- Which sub-field of Psychology assists individual in career planning or in developing interpersonal skills?
  - Experimental Psychology
  - Biological Psychology
  - Clinical Psychology
  - Counseling Psychology
- The technique in which the client freely tells whatever comes to his/her/their mind is called:
  - Free Association
  - Dream Analysis
  - Transference and Counter Transference
  - Naturalistic Observation
- The process of integrating sensations into meaningful perceptual units is called:
  - Perception
  - Sensation
  - Selective Attention
  - Adaptation
- The perceptual tendency to fill in gaps and complete the whole object is called:
  - Law of proximity
  - Law of similarity
  - Law of closure
  - Law of figure and ground
- A stimulus that the organism has learned to associate with the unconditioned stimulus is known as \_\_\_\_\_.
  - Secondary stimulus
  - Primary stimulus
  - Neutral Stimulus
  - Conditioned stimulus

7. Achievement is a called \_\_\_\_\_.
- a). Primary motives
  - b). Secondary Motives
  - c). Theoretical Motives
  - d). Practical Motives
8. In the \_\_\_\_\_ tasks of memory, participants are asked to pick out correct responses from a set including different options.
- a). Recall
  - b). Relearning
  - c). Recognition
  - d). Rearrangement
9. Learning through Observation is also called learning by \_\_\_\_\_
- a). Viewing
  - b). Reinforcement
  - c). Imitation
  - d). Conditioning
10. James Lange theory of emotions was given in
- a) 1884
  - b) 1930
  - c) 1880
  - d) 1929





# UNIVERSITY OF THE PUNJAB

Third Semester 2015

Examination: B.S. 4 Years Programme

Roll No. ....

PAPER: Psychology-I (MAS)

TIME ALLOWED: 2 hrs. & 30 mins.

Course Code: APSY-211/

MAX. MARKS: 50

*Attempt this Paper on Separate Answer Sheet provided.*

## **SUBJECTIVE TYPE**

### **Part 2 (Short Questions/Answers) (2 marks each)**

1. Define Psychology.
2. Define Introspection.
3. Differentiate between a psychologist and a psychiatrist.
4. What are the secondary motives?
5. Briefly explain the process of thinking.
6. What is Operant Conditioning?
7. Differentiate between retroactive and proactive inhibition.
8. What is the difference between sensation and perception?
9. Give an example of episodic memory.
10. Define differential threshold.

### **Part 3 (Long Answers/Questions) (10 marks each)**

1. Write down the tools of thinking.
2. Give a detailed account of Classical Conditioning.
3. Give a comparative analysis of all the three major theories of emotions.



# UNIVERSITY OF THE PUNJAB

Fourth Semester 2015

Examination: B.S. 4 Years Programme

Roll No. ....

PAPER: Psychology-II (MAS)

TIME ALLOWED: 2 hrs. & 30 mins.

Course Code: APSY-212 /

MAX. MARKS: 50

*Attempt this Paper on Separate Answer Sheet provided.*

## SUBJECTIVE TYPE

### Q.II. Give short answer (20)

1. Define consciousness. (2)
2. Differentiate between Mania and major Depression. (4)
3. What is meant by Psychopathology? (2)
4. What is anti social personality disorder? (2)
5. Define rational emotive behaviour therapy. (2)
6. Define social cognition. (2)
7. Define the main functions of sleep. (4)
8. Define self esteem. (2)

### Q.III. Answer the following Questions :( 30)

1. Differentiate between Obsessive compulsive disorder and Generalized anxiety disorder. Give relevant examples from Pakistani Society. (15)
2. Define stress. Write a detailed note on Hans Seyles Model of Stress. (15)





# UNIVERSITY OF THE PUNJAB

Roll No. ....

Fourth Semester 2015  
Examination: B.S. 4 Years Programme

PAPER: Psychology-II (MAS)

TIME ALLOWED: 30 mins.

Course Code: APSY-212 / 174-21410

MAX. MARKS: 10

*Attempt this Paper on this Question Sheet only.*

## OBJECTIVE TYPE

Note: Attempt Q.1 on question paper. Cutting, overwriting or double marking of the option is not allowed and it will be considered as a mistake.

**Q.I. Circle the correct option: (10)**

1. In which condition a person has difficulty in breathing while sleeping

- Narcolepsy
- Insomnia
- Sleep apnea
- Night terrors

2. A person who is terrified by the elevator is suffering from which disorder

- Obsessive compulsive disorder
- Phobic disorder
- Panic disorder
- Generalized anxiety disorder

3. One of the major criticism of humanistic therapies is that

- They work well on only lower socioeconomic clients
- The therapist dominates the patient- therapist interaction
- They treat only the symptom of problem
- They are too imprecise and unstructured

4. What is always found in cases of OCD (obsessive-compulsive disorder)?

- Hallucinations
- phobias
- forbidden wishes
- irrational impulses

5. Delusion refer to:

- Thoughts or beliefs that have no basis in reality
- Feelings that have no basis in reality
- Behaviors that have no basis in reality
- None of these

6. A trait is best described as

- a cluster of surface factors
- a temporary attitude toward a person or event
- a relatively permanent disposition of a person
- an environmentally determined hypothetical construct that shapes an individual's behavior and thought

7. The model of stress with alarm, resistance and exhaustion stages was proposed by

- Hans Seyle
- Seligman
- Bandura
- Fritz Perls

8. \_\_\_\_ personalities are at a greater risk for coronary heart disease

- Type B
- Type A
- Type C
- Type D

9. In which form of coping style a person uses direct escape routes, such as drug use and overeating.

- Emotion focused coping
- Avoidant coping
- Problem focused coping
- None of the above

10. Which of the following treatments deal with phobias with gradual exposure to the item producing the fear

- Systematic desensitization
- Partial reinforcement
- Behaviour self management
- Aversion therapy



# UNIVERSITY OF THE PUNJAB

Fourth Semester 2015

Examination: B.S. 4 Years Programme

Roll No. ....

PAPER: Gender Issue in Psychology

TIME ALLOWED: 2 hrs. & 30 mins.

Course Code: APSY-203 /

MAX. MARKS: 50

*Attempt this Paper on Separate Answer Sheet provided.*

**Part 2 (Answer shortly to the given Questions) (2 marks each)**

1. Define Cognitive Development theory in reference to gender role development.
2. Describe the concept "Internalizing the external" in reference to gender.
3. Define domestic violence.
4. What is the concept of fragmentation values?
5. What is gender stereotyping?
6. Name the hormones that cause puberty.
7. Give example of Hostile Aggression.
8. Define achievement motive.
9. What are the contributions of Anthropology in gender issues in Psychology?
10. What is the difference between verbal and non-verbal communication?

**Part 3 (Answer briefly to the given Questions) (10 marks each)**

1. Discuss in detail the issues faced by women in Pakistan with examples.
2. Give a detailed account of Psychoanalytical Perspective in gender development with examples.
3. Explain in detail the Pakistani law in reference to women issues.



# UNIVERSITY OF THE PUNJAB

Roll No. ....

Fourth Semester 2015  
Examination: B.S. 4 Years Programme

PAPER: Gender Issue in Psychology  
Course Code: APSY-203 / .....

TIME ALLOWED: 30 mins.  
MAX. MARKS: 10

*Attempt this Paper on this Question Sheet only.*

## Part 1 (OBJECTIVE TYPE) (1 mark each)

Encircle the correct options.

- i. Gender is a \_\_\_\_\_ component
  - a) Biological
  - b) Social
  - c) Organic
  - d) Personal
- ii. Cognitive component of one's attitude towards sex characterized by demonstration of prejudice towards people based on their sex is called
  - a) Sex Stereotyping
  - b) Gender Discrimination
  - c) Sex discrimination
  - d) Sexism
- iii. National Organization for Women (NOW) was established by Betty Friedan in
  - a) 1947
  - b) 1966
  - c) 1958
  - d) 1971
- iv. Hudood Ordinance was enacted in
  - a) 1976
  - b) 1978
  - c) 1977
  - d) 1979
- v. Under the Acid Control and Acid Crime Prevention Bill 2011, the perpetrator can be sentenced to maximum \_\_\_\_\_ of imprisonment
  - a) 10 years
  - b) 14 years
  - c) 12 years
  - d) 15 years
- vi. The theory which believed that the parent-child relationship, especially mother-child relationship is important for the personality as well as gender role development in children is called:
  - a) Object Relation Theory
  - b) Social Role Theory
  - c) Psychoanalytic Theory
  - d) Cognitive Development Theory
- vii. Females frequently considered having higher specialty in:
  - a) Spatial
  - b) Language
  - c) Mathematical
  - d) Cognitive
- viii. According to Psychoanalytic approach, development of gender occur in \_\_\_\_\_ stage
  - a) Oral
  - b) Phallic
  - c) Anal
  - d) Genital
- ix. The two hemispheres are joined with a matter called:
  - a) Myline Sheath
  - b) Spinal cord
  - c) Corpus Collosum
  - d) None of the above
- x. Behavior that has the purpose of intending to harm someone is
  - a) Hostile Aggression
  - b) Proactive Aggression
  - c) Instrumental Aggression
  - d) Reactive Aggression



# UNIVERSITY OF THE PUNJAB

Fourth Semester 2015

Examination: B.S. 4 Years Programme

Roll No. ....

**PAPER: Positive Psychology**

**TIME ALLOWED: 2 hrs. & 30 mins.**

**Course Code: APSY-204 /**

**MAX. MARKS: 50**

*Attempt this Paper on Separate Answer Sheet provided.*

## SUBJECTIVE TYPE

### **Q.2. Give short answers: (20)**

1. What are the characteristics of a positive life
2. Highlight any two important assumptions of positive psychology.
3. What good are positive emotions?
4. Describe happiest day of your life?
5. When you see someone do a really good deed, do you feel something? Does it make you want to do anything?"
6. Does positivity provide strength?
7. Narrate any incident, when you made someone happy?
8. Discuss importance of Love in life?
9. Discuss importance of Friendship in life?
10. What is future of positive psychology in Pakistan?

### **Q.3. Answer the following questions (30)**

1. Define positive psychology. Highlight few Eastern and Western Landmarks in the development of positive psychology?
2. Compare and contrast Emotion focused and Cognitive focused approach of positive psychology? Also discuss three aspects of positive life as described in positive psychology?



# UNIVERSITY OF THE PUNJAB

Roll No. ....

Fourth Semester 2015  
Examination: B.S. 4 Years Programme

PAPER: Positive Psychology

TIME ALLOWED: 30 mins.

Course Code: APSY-204 /

MAX. MARKS: 10

*Attempt this Paper on this Question Sheet only.*

## OBJECTIVE TYPE

Note: Attempt all questions on question paper. Cutting, overwriting or double marking of the option is not allowed and it will be considered as a mistake.

Q.I. Encircle the correct answer. (10)

1. Which one of the following is NOT the type of happiness according to the division of Seligman

The pleasant life  
The good life  
The meaningful life  
The social life  
All of the above

2. Grandfather of positive psychology is:

Sigmund Freud  
Alfred Adler  
Carl Jung  
Karen Horney  
Jean Piaget

3. Positive psychology has also been defined as a scientific study of:

Optimal functioning  
Flourishing  
Enjoyment  
Satisfaction  
All of the above

4. Founder of Positive Psychology is:

Alfred Adler  
Martin Seligman  
J. B. Watson  
Veenhoven  
None of the above



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P.T.O.

5. Importance of positive psychology rests in demonstrating that happiness can be empirically:

- Studied
- Defined
- Measured
- Enhanced
- All of the above

6. Field of positive psychology operates around how many factors that contributes towards happiness:

- One Factor
- Two Factors
- Three Factors
- Four Factors
- Many Factors

7. The manual of positive psychology is called:

- Diagnostic manual
- Attributional manual
- Contributory manual
- Traits manual
- None of the above

8. The term of Positive psychology was coined by \_\_\_\_\_.

- J. B. Watson
- Carl Jung
- Abraham Maslow
- Anna Clark
- None of the above

9. Which of the following does not fall in the realm of positive psychology?

- Love
- Gratitude
- Jealousy
- Optimism
- Altruism

10. Which of the following can be used as synonym to happiness?

- Smiles and Laughter
- Enjoyment
- Subjective well being
- Ecstasy

