

1. Conversion disorder differs from hypochondriasis in that :
 - (A) Conversion requires delusions, hypochondriasis requires hallucinations
 - (B) Conversion involves neurological-like symptoms without organic basis, while hypochondriasis involves fear of having a serious illness
 - (C) Conversion involves somatic preoccupation, hypochondriasis does not
 - (D) Hypochondriasis is always associated with depression, conversion is not
2. A key of distinguishing feature of dementia vs. delirium is :
 - (A) Delusions in dementia but not delirium
 - (B) Onset gradual in delirium vs. acute in dementia
 - (C) Hallucinations in dementia but not delirium
 - (D) Impaired memory in dementia vs. fluctuating consciousness in delirium
3. Cyclothymia is best defined as :
 - (A) Alternating manic and depressive episodes of equal severity
 - (B) A single hypomanic episode without depression
 - (C) Recurrent dysthymic episodes lasting 6 months
 - (D) At least 2 years of fluctuating hypomanic and depressive symptoms not meeting criteria for bipolar disorder
4. The term functional blindness refers to :
 - (A) Progressive loss due to optic nerve atrophy
 - (B) Color vision deficiency
 - (C) Blindness explained by psychological factors without organic damage
 - (D) Vision loss due to cortical lesion

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5. The ICD-10 duration criterion for schizophrenia requires symptoms to persist for at least :
- (A) 6 months
 - (B) 2 weeks
 - (C) 3 months
 - (D) 1 month
6. Gestalt psychology emphasizes :
- (A) Reinforcement and punishment
 - (B) Neurotransmitter balance
 - (C) Cognitive distortions
 - (D) The whole is greater than the sum of its parts
7. According to Piaget, object permanence develops during :
- (A) Sensorimotor stage
 - (B) Preoperational stage
 - (C) Concrete operational stage
 - (D) Formal operational stage
8. In signal detection theory, the ability to distinguish a stimulus from background noise is :
- (A) Sensitivity (d')
 - (B) Criterion (β)
 - (C) ROC curve
 - (D) JND

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9. The “levels of processing” model was proposed by :
- (A) Atkinson & Shiffrin
 - (B) Craik & Lockhart
 - (C) Baddeley & Hitch
 - (D) Tulving
10. Latent learning was demonstrated by :
- (A) Tolman
 - (B) Bandura
 - (C) Skinner
 - (D) Kohler
11. Which system includes the brain and spinal cord?
- (A) Peripheral nervous system
 - (B) Autonomic nervous system
 - (C) Somatic nervous system
 - (D) Central nervous system
12. A researcher finds a correlation of $r = -0.85$ between stress and sleep quality. This indicates :
- (A) A weak negative relationship
 - (B) A strong positive relationship
 - (C) A strong negative relationship
 - (D) No relationship

Series A

13. Which disorder is characterized by persistent sadness and loss of interest?
- (A) Bipolar disorder
 - (B) Major depressive disorder
 - (C) Anxiety disorder
 - (D) OCD
14. Which gland is considered the “master gland” of the endocrine system?
- (A) Adrenal gland
 - (B) Pineal gland
 - (C) Pituitary gland
 - (D) Thyroid gland
15. Which of the following describes introversion?
- (A) Enjoying large social gatherings
 - (B) Being talkative and outgoing
 - (C) Gaining energy from solitude
 - (D) Being aggressive and dominant
16. An adolescent struggling with role confusion is in Erikson’s psychosocial stage of:
- (A) Intimacy vs Isolation
 - (B) Identity vs Role Confusion
 - (C) Industry vs Inferiority
 - (D) Generativity vs Stagnation

17. Which of the following represents L-data in personality assessment?
- (A) Performance on projective tests
 - (B) Self-report questionnaires
 - (C) Life record data such as school performance and criminal records
 - (D) Responses on Q-sort tasks
18. In a regression formula $Y = a + bX$, the slope is represented by :
- (A) a
 - (B) Y
 - (C) b
 - (D) X
19. Which of the following is an example of interval scale measurement?
- (A) Eye color
 - (B) Gender
 - (C) Temperature in Celsius
 - (D) Socioeconomic status categories
20. The neocortex is primarily associated with :
- (A) Basic reflexes
 - (B) Olfactory processing
 - (C) Autonomic regulation
 - (D) Higher cognitive functions

Series A

21. The "parallel distributed processing" model of memory emphasizes :
- (A) Serial information processing
 - (B) Associative networks and simultaneous activation of nodes
 - (C) Central executive functioning only
 - (D) Sensory register as the primary memory system
22. Which phenomenon explains decreased effort in groups?
- (A) Groupthink
 - (B) Social loafing
 - (C) Bystander effect
 - (D) Deindividuation
23. Which lobe of the brain is responsible for vision?
- (A) Frontal
 - (B) Temporal
 - (C) Occipital
 - (D) Parietal
24. Broca's area is involved in :
- (A) Speech production
 - (B) Speech comprehension
 - (C) Memory consolidation
 - (D) Motor coordination

25. The corpus callosum connects :
- (A) Brainstem and cerebellum
 - (B) Left and right hemispheres
 - (C) Frontal and temporal lobes
 - (D) Thalamus and cortex
26. A phobia is best described as a :
- (A) Persistent irrational fear of a specific object or situation
 - (B) Mild stress reaction
 - (C) Personality disorder
 - (D) Temporary hallucination
27. Which version of the DSM is currently in use (as of 2025)?
- (A) DSM-IV
 - (B) DSM-V
 - (C) DSM-III
 - (D) DSM-6
28. Which of the following is most likely to reduce prejudice?
- (A) Segregation
 - (B) Minimal contact
 - (C) Competition
 - (D) Intergroup contact and cooperation

Series A

29. The ability to adjust to new experiences by changing one's way of thinking is called:
- (A) Assimilation
 - (B) Conservation
 - (C) Accommodation
 - (D) Habituation
30. Which therapy focuses on changing maladaptive thought patterns?
- (A) Humanistic therapy
 - (B) Cognitive-behavioural therapy (CBT)
 - (C) Psychoanalysis
 - (D) Play therapy
31. The Crespi effect in learning experiments refers to :
- (A) Loss of previously learned behavior due to retroactive inhibition
 - (B) Increase in motivation when the magnitude of reinforcement increases
 - (C) Decrease in response strength after extinction training
 - (D) Sudden improvement in performance due to insight
32. Lewy body dementia is most characteristically associated with :
- (A) Aphasia
 - (B) Auditory hallucinations
 - (C) Visual hallucinations
 - (D) Olfactory loss

33. Physiognomy, an early approach to personality study, was based on :
- (A) Brain localization of functions
 - (B) Dreams and unconscious motives
 - (C) Handwriting style analysis
 - (D) Facial features as indicators of character
34. Eugen Bleuler's four A's of schizophrenia include :
- (A) Attention, Affect, Ambivalence, Aphasia
 - (B) Affect, Amnesia, Autism, Anxiety
 - (C) Affect, Ambivalence, Autism, Association disturbances
 - (D) Affect, Anhedonia, Autism, Avolition
35. The portion size effect refers to :
- (A) Eating less when food is divided
 - (B) Preference for high-calorie foods
 - (C) Eating more when served larger portions
 - (D) Reducing consumption when others eat less
36. ANOVA is used when :
- (A) Two means are compared
 - (B) More than two means are compared
 - (C) Variances are unequal
 - (D) Correlation is tested

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37. The "r" in correlation measures :
- (A) Mean
 - (B) Association
 - (C) Variance
 - (D) Ratio
38. Cronbach's alpha assesses :
- (A) Validity
 - (B) Reliability (internal consistency)
 - (C) Variance
 - (D) Regression
39. The Chi-square test is primarily used for :
- (A) Parametric data
 - (B) Non-parametric categorical data
 - (C) Ratio data
 - (D) Interval data
40. Multicollinearity occurs when :
- (A) Predictors are highly correlated
 - (B) Dependent variable is categorical
 - (C) Variances are equal
 - (D) Assumptions are violated

41. What is the focus of Kohlberg's preconventional level of moral development?
- (A) Social contract
 - (B) Avoiding punishment and gaining rewards
 - (C) Obeying laws
 - (D) Ethical principles
42. Which term refers to the biological unfolding of genetic potential?
- (A) Maturation
 - (B) Socialization
 - (C) Accommodation
 - (D) Conditioning
43. A general of humanistic-experiential psychotherapy is :
- (A) Promote fluid and integrative self-organization
 - (B) To understand and resolve deep seated psychological conflicts
 - (C) To change maladaptive behaviours
 - (D) To develop interpersonal skills
44. What does "groupthink" often lead to?
- (A) Critical thinking
 - (B) Better decisions-making
 - (C) Poor decision-making
 - (D) Increased creativity

Series A

45. The limbic system is primarily involved in :
- (A) Motor control
 - (B) Sensory processing
 - (C) Emotion and memory
 - (D) Hormone regulation
46. Infantile autism was first described by :
- (A) Hans Asperger .
 - (B) Leo Kanner
 - (C) Eugen Bleuler
 - (D) Kurt Schneider
47. In narcolepsy, which of the following is most characteristically present?
- (A) Both cataplexy and catalepsy equally
 - (B) Cataplexy – sudden loss of muscle tone triggered by emotions
 - (C) Neither cataplexy nor catalepsy
 - (D) Catalepsy – maintenance of imposed posture with waxy flexibility
48. Mischel's critique of personality traits mainly emphasized that :
- (A) Situational factors often override traits in determining behavior
 - (B) Personality is entirely biologically based
 - (C) Traits are more important than situations in predicting behavior
 - (D) Traits cannot be measured reliably

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49. The term "fictional finalism" in Adlerian theory refers to :

- (A) The influence of parental expectations
- (B) An imagined goal that guides behavior
- (C) A repressed unconscious conflict
- (D) A biologically determined trait

50. The Jonah Complex refers to :

- (A) Fear of aging
- (B) Fear of realizing one's full potential
- (C) Fear of social judgment
- (D) Fear of early childhood trauma

51. Erikson's first psychosocial stage is :

- (A) Trust vs. mistrust
- (B) Autonomy vs. shame
- (C) Initiative vs. guilt
- (D) Industry vs. inferiority

52. Piaget's preoperational stage age range :

- (A) Birth-2
- (B) 2-7
- (C) 7-11
- (D) 12+

53. The term “zone of proximal development” was coined by :

- (A) Piaget
- (B) Vygotsky
- (C) Erikson
- (D) Skinner

54. Attachment theory was developed by :

- (A) Freud
- (B) Bowlby
- (C) Rogers
- (D) Bandura

55. “Strange Situation” experiment was done by :

- (A) Mary Ainsworth
- (B) Piaget
- (C) Harlow
- (D) Erikson

56. Temperament is generally considered to be :

- (A) Learned behaviour
- (B) Genetically based
- (C) Environmentally influenced
- (D) A result of parenting

57. Which of the following is most appropriate for measuring the relationship between two continuous variables?
- (A) Chi-square test
 - (B) Independent t-test
 - (C) Pearson's correlation coefficient
 - (D) Mann-Whitney U test
58. Which of the following best defines "prognosis"?
- (A) History of the illness
 - (B) Likely outcome or course of the disorder
 - (C) Immediate symptoms
 - (D) Diagnostic criteria
59. Which of the below interventions is primary focus in positive psychology based intervention?
- (A) Promoting hope
 - (B) Behaviour Therapy
 - (C) Psychoanalysis
 - (D) Dialectic Behaviour Therapy
60. A child exhibits no eye contact, delayed language, and repetitive movements. These are characteristic of :
- (A) ADHD
 - (B) Conduct disorder
 - (C) Autism spectrum disorder
 - (D) Specific learning disorder

61. During embryonic development, the nervous system begins forming at the :
(A) Zygote stage
(B) Morula stage
(C) Gastrula stage
(D) Blastocyst stage
62. According to Marcia's identity theory, an adolescent who explores options and makes commitments demonstrates :
(A) Identity foreclosure
(B) Identity diffusion
(C) Identity achievement
(D) Identity moratorium
63. Masters and Johnson's sexual response cycle is distinct from Kaplan's model. Which of the following correctly reflects Masters and Johnson's sequence?
(A) Excitement → Plateau → Orgasm → Resolution
(B) Plateau → Excitement → Orgasm → Resolution
(C) Excitement → Desire → Plateau → Orgasm → Refractory
(D) Desire → Arousal → Plateau → Orgasm → Resolution
64. Match the theory/thinker with the concept :
1. Fiedler a) Implicit rules of attribution
2. Fritz Heider b) Contingency theory of leadership
3. Freud c) Unconscious conflict
4. Bandura d) Social learning theory
- Options :
(A) 1-b, 2-a, 3-c, 4-d
(B) 1-a, 2-c, 3-b, 4-d
(C) 1-b, 2-d, 3-c, 4-a
(D) 1-c, 2-b, 3-a, 4-d

65. A high false positive rate in diagnosis means :
- (A) Diagnosis is too strict
 - (B) Normal people are diagnosed as disordered
 - (C) Diagnosis has low reliability
 - (D) Disordered people go undetected
66. A hallmark of behavioral therapy is :
- (A) Cognitive restructuring
 - (B) Dream analysis
 - (C) Classical/operant conditioning techniques
 - (D) Free association
67. A structured interview commonly used in clinical psychology is :
- (A) MMSE
 - (B) SCID
 - (C) WAIS
 - (D) TAT
68. REBT was developed by :
- (A) Aaron Beck
 - (B) Albert Ellis
 - (C) Carl Rogers
 - (D) Adler

69. The MMPI is primarily designed to assess :
- (A) Intelligence
 - (B) Personality and psychopathology
 - (C) Aptitude
 - (D) Interests
70. Systematic desensitization was proposed by :
- (A) Wolpe
 - (B) Skinner
 - (C) Pavlov
 - (D) Beck
71. Which of the following is a negative symptom of schizophrenia?
- (A) Flat affect
 - (B) Delusions
 - (C) Hallucinations
 - (D) Disorganized speech
72. Which of the following best distinguishes psychotic disorders from mood disorders with psychotic features?
- (A) Presence of delusions only
 - (B) Mood congruence of psychotic symptoms
 - (C) Duration of depressive episodes
 - (D) Comorbidity with anxiety disorders

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73. In exposure therapy, "habituation" refers to :
- (A) Reduction in anxiety through repeated encounter
 - (B) Increasing fear over time
 - (C) Avoiding feared stimuli
 - (D) Creating fear associations
74. The difference between malingering and factitious disorder lies in :
- (A) The presence or absence of external rewards
 - (B) Whether the individual believes the symptoms are real
 - (C) The severity of symptoms
 - (D) Age of onset
75. Systematic desensitization technique is based upon the idea of :
- (A) Reciprocal inhibition
 - (B) Law of effect
 - (C) Habituation
 - (D) Adaptation to stress
76. A progressive neurodegenerative disorder characterized by memory impairment, language difficulties, and visuospatial deficits, with an insidious onset and gradual progression, is :
- (A) Lewy Body Dementia
 - (B) Vascular Dementia
 - (C) Alzheimer's Disease
 - (D) Frontotemporal Dementia

77. The presence of delusions, hallucinations, disorganized thinking, and grossly disorganized or abnormal motor behavior, lasting for at least one month but less than six months, is indicative of :
- (A) Schizoaffective Disorder
 - (B) Delusional Disorder
 - (C) Brief Psychotic Disorder
 - (D) Schizophrenia
78. The arcuate nucleus, a hypothalamic region, plays a key role in :
- (A) Fine motor coordination
 - (B) Long-term memory consolidation
 - (C) Appetite regulation and energy balance
 - (D) Circadian rhythm control
79. A male child presents with tall stature, small testes, and learning difficulties. Karyotype analysis shows an extra X chromosome. This condition is :
- (A) Klinefelter syndrome
 - (B) Turner syndrome
 - (C) Prader-Willi syndrome
 - (D) Down syndrome
80. A child with hyperphagia, obesity, short stature, and hypotonia is found to have a deletion on chromosome 15 (15q11-q13). This syndrome is :
- (A) Fragile X syndrome
 - (B) Turner syndrome
 - (C) Prader-Willi syndrome
 - (D) Klinefelter syndrome

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81. Y-BOCS is a scale for :
- (A) Depression
 - (B) Bipolar disorder
 - (C) Schizophrenia
 - (D) OCD
82. The suprachiasmatic nucleus (SCN) is crucial for :
- (A) Memory consolidation
 - (B) Circadian rhythm regulation
 - (C) Language processing
 - (D) Pain perception
83. Which therapy focuses on “empty chair technique”?
- (A) CBT
 - (B) Gestalt therapy
 - (C) Psychoanalysis
 - (D) DBT
84. According to social identity theory, prejudice arises primarily due to :
- (A) Competition for scarce resources
 - (B) Cognitive dissonance
 - (C) Categorization into in-groups and out-groups
 - (D) Social facilitation

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85. "Third-wave CBT" includes all EXCEPT :
- (A) Acceptance and Commitment Therapy
 - (B) Dialectical Behavior Therapy
 - (C) Mindfulness-Based Cognitive Therapy
 - (D) Psychoanalysis
86. According to Wundt 'apperceptive mass' constitutes _____ .
- (A) Compound of elemental processes bound by association
 - (B) Sensation and pure perception
 - (C) Pure perception and preexisting ideas
 - (D) Sensation plus unconscious inference
87. Social Readjustment Rating Scale of Holms and Rahe focuses upon _____ .
- (A) Life Events
 - (B) Physiological reactions
 - (C) Cognitive Changes
 - (D) Daily Hassles
88. Which of the following disorders often involves identity disturbance and fear of abandonment?
- (A) Schizoid personality disorder
 - (B) Histrionic personality disorder
 - (C) Borderline personality disorder
 - (D) Antisocial personality disorder

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89. From the perspective of learning theory 'compulsive acts' related to OCD are explained as patterns of _____ behaviours.
- (A) Performance
 - (B) Conditioning
 - (C) Escape
 - (D) Involuntary
90. In the A-B-C-D-E model of cognitive behaviour therapy (RET) 'D' refers to _____ .
- (A) Drama
 - (B) Desensitization
 - (C) Discuss
 - (D) Disputing
91. The Mach bands phenomenon is best explained by :
- (A) Rod-cone dichotomy in the fovea
 - (B) Opponent-process theory of color vision
 - (C) Lateral inhibition in the retina
 - (D) Temporal summation in photoreceptors
92. A teacher watches two students interact for less than a minute and correctly infers who is the class leader. This example best illustrates :
- (A) Social facilitation
 - (B) Self-fulfilling prophecy
 - (C) Thin slicing
 - (D) Fundamental attribution error

93. "Receiver-operant characteristics" in communication studies refer to :
- (A) Physiological thresholds of auditory perception
 - (B) Reinforcement controlling message recall
 - (C) Cognitive biases in message interpretation
 - (D) Factors in the audience influencing persuasion
94. Which of the following is a key legal provision under the Mental Healthcare Act, 2017?
- (A) Suicide attempts are decriminalized, recognizing mental illness as a contributing factor
 - (B) Electroconvulsive therapy (ECT) can be administered without consent in all cases
 - (C) Only psychiatrists can provide therapy; psychologists are excluded
 - (D) Mental health establishments are exempt from registration if government-run
95. Deja entendu refers to :
- (A) Illusion of having seen something before
 - (B) Memory of past events with clarity
 - (C) Illusion of having heard something previously
 - (D) Repetitive involuntary speech
96. Delusion of persecution is most commonly seen in :
- (A) OCD
 - (B) Bipolar disorder
 - (C) Schizophrenia
 - (D) Panic disorder

97. Anorexia nervosa is primarily characterized by :
- (A) Obsession with cleanliness
 - (B) Fear of gaining weight and food restriction
 - (C) Repeated vomiting after bingeing
 - (D) Excessive exercise only
98. The “kindling hypothesis” in mood disorders suggests :
- (A) Each episode of depression lowers the threshold for future episodes
 - (B) Bipolar disorder is caused solely by genetics
 - (C) Antidepressants permanently cure depression
 - (D) Anxiety and depression are unrelated
99. The “double-bind” theory was proposed as an explanation for :
- (A) Autism
 - (B) Schizophrenia
 - (C) PTSD
 - (D) Bipolar disorder
100. Catatonia is classified in DSM-5 as :
- (A) An independent disorder
 - (B) A specifier across several disorders
 - (C) A personality disorder
 - (D) A subtype of bipolar disorder