

BINDURA UNIVERSITY OF SCIENCE EDUCATION
FACULTY OF SOCIAL SCIENCES AND HUMANITIES
DEPARTMENT OF SOCIAL WORK
BSc HONOURS DEGREE IN SOCIAL WORK

NOV 2022

HSW104/SW 104 INTRODUCTION TO PSYCHOLOGY

TIME: 3HOURS

INSTRUCTIONS

Answer ALL questions on a separate booklet that will be provided.

1. Psychology is the study of observable behaviour and _____.
A. Consciousness.
B. Mental processes.
C. Mental challenges
D. Mental state.
2. Which of the following is one of the goals of psychology?
A. Explore.
B. Examine.
C. Describe.
D. Explain.
3. Why is psychology considered a science?
A. It relies on popular opinion an intuition.
B. It examines psychological questions
C. It uses logic to reason about phenomena and then tests the resulting ideas by collecting additional facts.
D. None of the above.
4. An approach to understanding mental processes that focuses on the idea that the whole is greater than the sum of its parts is _____.
A. Behaviourism
B. Structuralism.
C. Gestalt psychology.
D. Functionalism.

5. _____ is an early psychologist who focused on behaviourism.
- A. Ivan Pavlov.
 - B. Carl Rogers.
 - C. John. B. Watson.
 - D. Sigmund Freud.
6. A psychologist who specialises in treating people with emotional and behaviour difficulties is called a _____ psychologist.
- A. Clinical.
 - B. Cognitive.
 - C. Developmental.
 - D. Personality.
7. A _____ psychologist is most likely to be involved in the detection of learning disabilities.
- A. Development.
 - B. Cognitive.
 - C. School.
 - D. Clinical.
8. Modern psychology can roughly be divided into two broad categories which are applied and _____ psychology.
- A. Clinical.
 - B. Basic.
 - C. Biological.
 - D. Abnormal.
9. The most important unit of the nervous system is _____.
- A. Nerve cell/neuron.
 - B. Nucleus.
 - C. Cell body.
 - D. Brain.
10. The main body of the neuron is called _____.
- A. Soma.
 - B. Ions.
 - C. Axon.
 - D. Axon terminal.
11. The branching fibres that extend out from the cell body and receive messages from other neurons is called _____.
- A. Axon terminals.
 - B. Neurons.
 - C. Dendrites.
 - D. None of these.

12. The _____ is a fibre that carries information away from the cell body of a neuron.

- A. Dendrites.
- B. Axon.
- C. Soma.
- D. Ions.

13. The part of the neuron that transmits messages to other neurons is called _____.

- A. Ions.
- B. Axons.
- C. Myelin sheath.
- D. Dendrites.

14. The neurons in the nervous system are not directly connected to one another, and messages must be transmitted across the _____.

- A. Synapse.
- B. Synaptic gap.
- C. Synaptic terminal.
- D. All of these.

15. _____ is the law that states that once a neural action potential is produced its magnitude is always the same.

- A. Depolarisation.
- B. All-or-none principle.
- C. Polarisation.
- D. None of these.

16. Messages are transmitted across the synaptic gap using _____.

- A. Neurons.
- B. Myelin sheath.
- C. Hormones.
- D. Neurotransmitters.

17. The sites of the neuron that receive the neurotransmitter substance are called the _____.

- A. Nerve sites.
- B. Ion sites.
- C. Receptor sites.
- D. Neuron sites.

18. Which of the following neurotransmitters regulate anxiety and depression?

- A. Serotonin.
- B. Dopamine.
- C. Glutamate.
- D. Acetylcholine.

19. The neurons that carry messages coming from the body into the central nervous system are called the _____.

- A. Efferent neurons.
- B. Interneurons.
- C. Afferent neurons.
- D. Axons.

20. The _____ neurons carry messages from the central nervous system to the body.

- A. Interneurons.
- B. Afferent neurons.
- C. Efferent neurons.
- D. Nerves.

21. The biological control centre of the nervous system is the _____.

- A. Neuron.
- B. Spinal cord.
- C. Brain.
- D. None of these.

22. The _____ is part of the human nervous system that consists of the brain and the bundle of nerves that runs through the spinal column.

- A. Autonomic nervous system.
- B. Central nervous system.
- C. Peripheral nervous system.
- D. Sympathetic nervous system.

23. What links the central nervous system to the organs of the body?

- A. The spinal cord.
- B. The somatic nervous system.
- C. The peripheral nervous system.
- D. The autonomic nervous system.

24. The _____ nervous system carries messages from the central nervous system to the skeletal muscles that control movements of the body.

- A. Peripheral.
- B. Autonomic.
- C. Somatic.
- D. Limbic.

25. What system usually comes into play in response to threat in the environment?

- A. Parasympathetic system.
- B. Sympathetic system.
- C. Somatic system.
- D. Peripheral system.

26. The part of the autonomic nervous system that relaxes the body is called _____.
A. Limbic system.
B. Parasympathetic system.
C. Sympathetic system.
D. Somatic system.
27. The small part of the forebrain involved with motives and emotions is called _____.
A. Thalamus.
B. Hippocampus.
C. Hypothalamus.
D. Cerebral cortex.
28. Which of the following is not part of the hindbrain?
A. Pons.
B. Thalamus.
C. Cerebellum.
D. Medulla.
29. The _____ is part of the limbic system that plays a role in memory and the processing of emotion.
A. Hypothalamus.
B. Amygdala.
C. Hippocampus.
D. Thalamus.
30. Which of the following is not one of the four lobes of the cerebral cortex?
A. Frontal.
B. Parietal.
C. Glial.
D. Temporal.
31. The _____ lobe play a role in the regulation of emotion and socially inappropriate behaviour.
A. Frontal.
B. Parietal.
C. Occipital.
D. Somatic.
32. The _____ is the area of the cortex that plays an essential role in understanding spoken language.
A. Broca's area.
B. Wernicke's area.
C. Somatosensory area.
D. Association area.

33. Persons suffering from _____ aphasia cannot make sense out of language that is spoken to them by others.

- A. Broca's
- B. Expressive.
- C. Wernicke's.
- D. Somatosensory.

34. The technique that reveals the functions of the brain is called _____.

- A. Positron emission tomography (PET).
- B. Magnetic resonance imaging (MRI).
- C. Functional magnetic resonance imaging.
- D. All of these.

35. Positive emotions are processed more by the _____ cerebral hemisphere.

- A. Right.
- B. Left.
- C. Central.
- D. None of these.

36. The _____ is a system of glands that secretes hormones.

- A. Limbic system.
- B. Endocrine system.
- C. Autonomic system.
- D. Sympathetic system.

37. The _____ gland is called the "master gland" because its neuropeptides secretions influence many other glands.

- A. Adrenal.
- B. Epinephrine.
- C. Pituitary.
- D. Glucagon.

38. Too little or too much of the _____ growth hormone make a person to develop into a "dwarf" or a "giant."

- A. Pituitary.
- B. Adrenal.
- C. Endocrine.
- D. Gonads.

39. The hormone that is secreted by the adrenal glands which activates the body's response to stress is called _____.

- A. Epinephrine.
- B. Norepinephrine.
- C. Cortisol.
- D. Dopamine.

40. _____ is the female sex hormone.

- A. Glucagon.
- B. Testosterone.
- C. Estrogen.
- D. Gonads.

41. Which of the following best expresses how psychologists define *learning*?

- A. Relatively permanent change in behaviour that results from experience.
- B. When a neutral stimulus becomes associated or paired with a stimulus that causes reflexive behaviour.
- C. Watching someone do something complex and unfamiliar on a single occasion.
- D. None of these.

42. The Law of Effect states that _____.

- A. Behaviour that leads to undesired consequence increases the likelihood of the behaviour recurrence.
- B. Actions that lead to a satisfying state of affairs are more likely to be repeated.
- C. An object or event that comes after a response changes the likelihood of its recurrence.
- D. All the above is true.

43. If a rat receives food pellet immediately after pressing a bar, the rat is receiving?

- A. Positive reinforcement.
- B. Behaviour modification.
- C. Classical conditioning.
- D. Immediate reinforcement.

44. In variable interval schedule of reinforcement _____.

- A. Reinforcement is given after a fixed ratio of responses.
- B. Reinforcement is given after a specified number of responses.
- C. Partial reinforcement is given after a specified time.
- D. Reinforcement is given after a variable interval of time.

45. _____ is defined as the patterns of behaviour, beliefs, and values that are shared by a group of people.

- A. Ethnicity.
- B. Identity.
- C. Nationality.
- D. Culture.

46. _____ refers to each person's sense of belonging to a particular group and sharing that group's beliefs and attitudes.

- A. Culture.
- B. Race.
- C. Identity.
- D. Ethnicity.

47. The translation of messages from the outside world to the brain is called_____.

- A. Accommodation.
- B. Perception.
- C. Transduction.
- D. Sensation.

48. The process of organising and interpreting information received from the outside world is called_____.

- A. Perception.
- B. Sensation.
- C. Transduction.
- D. Accommodation.

49. The term_____ refers to the lower limits of sensory experience.

- A. Transduction.
- B. Adaptation.
- C. Threshold.
- D. Accommodation.

50. When a stimulus is continuously present or repeated at short intervals, the sensation gradually becomes weaker, which is a process termed_____.

- A. Desensitisation.
- B. Sensory adaptation.
- C. Psychophysics.
- D. Accommodation.

51. The senses of touch, pressure, pain, heat, and cold are called_____.

- A. Kinesthetic senses.
- B. Skin senses.
- C. Vestibular senses.
- D. Skin receptors.

52. A natural, painkilling brain chemical similar to morphine is called_____.

- A. Adrenalin.
- B. Insulin.
- C. Beta-endorphin.
- D. Estrogen.

53. _____ is the voluntary focusing on a specific sensory input.

- A. Interpretation.
- B. Attention.
- C. Control.
- D. Anxiety.

54. Which of the following is not a Gestalt principle of perception.

- A. Nearness.
- B. Similarity.
- C. Constancy.
- D. Closure.

55. A misleading or distorted perception is called _____.

- A. Illusion.
- B. Hallucination.
- C. Adaptation level.
- D. Muller-Lyer illusion.

56. _____ is an imaginary sensation, such as seeing, hearing, or smelling something that does not exist in the external world.

- A. Adaptation.
- B. Accommodation.
- C. Hallucination.
- D. Attention.

57. Any relatively permanent change in behaviour brought about through experience is called _____.

- A. Conditioning.
- B. Learning.
- C. Modeling.
- D. Intelligence.

58. The form of learning based on the repeated association of two stimuli is called _____.

- A. Operant conditioning.
- B. Classical conditioning.
- C. Modeling.
- D. None of these.

59. The form of learning in which the consequences of behaviour lead to changes in the probability of its occurrence is called _____.

- A. Classical conditioning.
- B. Punishment.
- C. Operant conditioning.
- D. Modeling.

60. _____ is any consequence of behaviour that leads to an increase in the probability of its occurrence.

- A. Reinforcement.
- B. Punishment.
- C. Conditioning.
- D. Response.

61. The consequence of a behaviour which leads to a decrease in the frequency of the behaviour that produces it is called _____.

- A. Criticism.
- B. Reinforcement.
- C. Punishment.
- D. Conditioning.

62. _____ is the overall capacity to think rationally, act purposefully and deal effectively with the environment.

- A. Aptitude.
- B. Intelligence.
- C. Reasoning.
- D. None of these.

63. If we define intelligence by writing a test, we are using _____.

- A. An operation definition.
- B. An abstract definition.
- C. A chronological definition.
- D. A circular definition.

64. The numerical value of intelligence derived from the results of an intelligence test is called _____.

- A. Ratio intelligence quotient (RIQ).
- B. Deviation intelligence quotient (DIQ).
- C. Intelligence quotient (IQ).
- D. Normal distribution.

65. The first successful intelligence test was developed by _____.

- A. Carl Rogers.
- B. Alfred Binet.
- C. Ike Q-Tester.
- D. Howard Gardner.

66. According to Howard Gardner's theory, which of the following is not measured by traditional IQ tests?

- A. Logical skills.
- B. Linguistic skills.
- C. Intrapersonal skills.
- D. Spatial skills.

67. The ability to learn or invent new strategies to deal with new problems is called _____.

- A. Tacit intelligence.
- B. Fluid intelligence.
- C. Crystallised intelligence.
- D. None of these.

68. _____ intelligence is specialised knowledge and skills acquired through learning and experience.

- A. Reflective.
- B. Experiential.
- C. Multiple.
- D. Neural.

69. The first stage of memory is called _____.

- A. Short-term memory.
- B. Sensory register.
- C. Long-term memory.
- D. Both A and B.

70. Information can be memorised in the short-term memory through _____.

- A. Encoding.
- B. Engram.
- C. Chunking.
- D. Decoding.

71. _____ is the memory for motor movements and skills.

- A. Episodic memory.
- B. Procedural memory.
- C. Semantic memory.
- D. None of these.

72. _____ is the memory for specific experiences that can be defined in terms of time and space.

- A. Semantic memory.
- B. Procedural memory.
- C. Episodic memory.
- D. Long-term memory.

73. The memory disorder that is characterised by an inability to retrieve old long-term memory is called _____.

- A. Anterograde amnesia.
- B. Retrograde amnesia.
- C. Motivated forgetting.
- D. Korsakoff's Syndrome.

74. The disorder of memory that is characterised by an inability to store and/or retrieve new information in long-term memory is called _____.

- A. Retrograde amnesia.
- B. Anterograde amnesia.
- C. Distortion.
- D. Motivated forgetting.

75. In development psychology, the term *nurture* refers to _____ factors.

- A. Biological.
- B. Environmental.
- C. Both of A and B.
- D. None of these.

76. The stage theory of cognitive development is by _____.

- A. Kohlberg.
- B. Piaget.
- C. Gillian.
- D. Erickson.

77. _____ is the internal state or condition that activates and gives direction to our thoughts, feelings, and actions.

- A. Emotion.
- B. Arousal.
- C. Motivation.
- D. None of these.

78. Positive or negative feelings generally in reaction to stimuli that are accompanied by physiological arousal and related behaviour is called _____.

- A. Motivation.
- B. Emotion.
- C. Hyperactive.
- D. Amnesia.

79. _____ are the external cues that activate motives.

- A. Reinforcements.
- B. Catalysts.
- C. Incentives.
- D. Stimulus.

80. _____ motivation is the psychological need in humans for success.

- A. Stimulation.
- B. Encouragement.
- C. Reward.
- D. Achievement.

81. The motivation stimulated by the inherent nature of the activity or its natural consequences is called _____.

- A. Extrinsic motivation.
- B. Intrinsic motivation.
- C. Reward motivation.
- D. Achievement motivation.

82. The theory which states that conscious emotional experiences are caused by feedback to the cerebral cortex from physiological reactions and behaviour is called_____.

- A. Cannon-Bard theory.
- B. James-Lange theory.
- C. Cognitive theory.
- D. None of these.

83. The _____theory states that conscious emotional experiences and physiological reactions and behaviour are relatively independent events.

- A. Cognitive theory.
- B. James-Lange theory.
- C. Cannon-Bard theory.
- D. Maslow's theory.

84. _____ is the sum total of the typical ways of acting, thinking, and feeling that makes each person different from other people.

- A. Behaviour.
- B. Personality.
- C. Independence.
- D. Differentiation.

85. The relatively enduring patterns of behaviour that are relatively consistent across situation are called_____.

- A. Character.
- B. Values.
- C. Traits.
- D. State.

86. The personality theory which states that personality origin lies in the balance of the id, the ego and the superego is by_____.

- A. Alfred Adler.
- B. Karen Horney.
- C. Sigmund Freud.
- D. Carl Jung.

87. Actions, thoughts, and feelings that are distressing or harmful to the person or others are called_____.

- A. Disorder.
- B. Abnormal behaviour.
- C. Depersonalisation.
- D. Deviance.

88. _____ are psychological conditions involving depression and/or abnormal elation.

- A. Somatoform disorder.
- B. Dissociative disorder.
- C. Mood disorder.
- D. Anxiety disorder.

89. _____ is a disorder in which the individual experiences periods of mania that alternate irregularly with periods of severe depression.

- A. Major depression.
- B. Bipolar.
- C. Mania.
- D. Panic.

90. A psychological disorder involving cognitive disturbance, disorganisation, and reduced enjoyment and interests is called _____.

- A. Mania.
- B. Delusions.
- C. Schizophrenia.
- D. Depression.

91. _____ are false beliefs that distort reality.

- A. Mania.
- B. Delusions.
- C. Schizophrenia.
- D. Hallucinations.

92. _____ relates to false perceptual experiences that distort reality.

- A. Mania.
- B. Delusions.
- C. Schizophrenia.
- D. Hallucinations.

93. Sexual behaviour is considered to be abnormal if it is _____.

- A. Atypical.
- B. Harmful.
- C. Strange or bizarre.
- D. Infrequent.

94. Sigmund Freud helped popularise _____ theories of abnormal behaviour.

- A. Supernatural.
- B. Psychological.
- C. Biological.
- D. Cognitive.

95. The discovery that paresis developed from syphilis gave support to the theories of _____ abnormal behaviour.

- A. Supernatural.
- B. Psychological.
- C. Biological.
- D. Cognitive.

96. Insanity is a _____ term that refers to rare and unusual conditions.

- A. Biological.
- B. Social.
- C. Legal.
- D. Psychological.

97. An intense and irrational fear is an example of a _____ disorder.

- A. Somatoform.
- B. Dissociative.
- C. Mood.
- D. Anxiety.

98. A disorder that persons experience after a traumatic event is called _____.

- A. Panic anxiety.
- B. Post-traumatic.
- C. Obsessive-compulsive.
- D. Somatoform.

99. The _____ are conditions in which the individual experiences the symptoms of physical health problems that have psychological rather physical causes.

- A. Somatoform disorders.
- B. Dissociative disorders.
- C. Mood disorders.
- D. Anxiety disorders.

100. A pattern of preoccupation with perfectionism, orderliness, and control describes _____.

- A. Borderline personality disorder.
- B. Obsessive compulsive disorder.
- C. Anxiety disorder.
- D. Obsessive-compulsive personality disorder.