

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

SW104/HSW 104 INTRODUCTION TO PSYCHOLOGY

TIME: 3HOURS

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INSTRUCTIONS

Answer ALL questions on a separate booklet provided.

1. Psychology is the study of _____.
 - A. Behaviour.
 - B. Mental processes.
 - C. Both A and B.
 - D. Mental state.

2. Who is usually considered as the founder of psychology.
 - A. Wilhelm Wundt.
 - B. John Watson.
 - C. Abraham Maslow.
 - D. Carl Rogers.

3. Psychology is considered to be a science because it is based on _____.
 - A. Systematic observation.
 - B. Empirical investigation.
 - C. Experimentation.
 - D. None of these.

4. _____ is one of the early psychologists who studied the nature of conscious experience.
 - A. William James.
 - B. Edward Titchener.
 - C. Hermann Ebbinghaus.
 - D. Ivan Pavlov.

5. _____ is one of the early psychologists who focused on observable behaviour and the importance of learning (behaviourism).

- A. John Watson.
- B. Carl Rogers.
- C. William James.
- D. Max Wertheimer.

6. The pioneers of psychology who examined the “unconscious mind” are _____.

- A. Wilhelm Wundt and Edward Titchener.
- B. Mary Whiton Calkins and Ivan Pavlov.
- C. Sigmund Freud and Carl Rogers.
- D. All of these.

7. One of the goals of psychology is to _____.

- A. Describe.
- B. Explore
- C. Explain
- D. Examine.

8. Mental processes are _____.

- A. Private.
- B. Directly observable.
- C. Predictable.
- D. None of these.

9. _____ is the first scientist to discover neurons.

- A. B.F Skinner.
- B. Santiago Ramón y Cajal.
- C. Ivan Pavlov.
- D. Margaret Floy Washburn.

10. The approach which states that a person can be understood only in terms of her or his culture and social influences is termed the _____.

- A. Humanistic perspective.
- B. Psychoanalytic theory.
- C. Sociocultural perspective.
- D. Cognitive perspective.

11. The applied psychology that provides help for people with emotional and behaviour problems is _____.

- A. Clinical psychology.
- B. Neuroscience.
- C. Health psychology.
- D. Social psychology.

12. The specialty within psychology that is most similar to psychiatry is _____.

- A. Cognitive psychology.
- B. Clinical psychology.
- C. Biological psychology.
- D. Counselling psychology.

13. Modern psychology can be roughly divided into two broad categories which are applied and _____ psychology.

- A. Clinical.
- B. Developmental.
- C. Basic.
- D. Abnormal.

14. The part of the neuron that most often receives messages from other neurons is called _____.

- A. Axon.
- B. Dendrite.
- C. Cell body.
- D. Myelin sheath.

15. The part of the neuron that transmits the neural message to the next neuron by releasing a neurotransmitter across the synaptic gap is called _____.

- A. Dendrite.
- B. Axon.
- C. Myelin sheath.
- D. Cell body.

16. The fatty covering of some long neurons that insulates them and allows them to carry messages more rapidly is called the _____.

- A. Cell body.
- B. Dendrite.
- C. Myelin sheath.
- D. Axon.

17. 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.

18. 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.

19. The central part of the neuron that includes the nucleus is called the _____.

- A. Synapse.
- B. Cell body.
- C. Axon.
- D. Cell membrane.

20. 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.

21. The neurons that carry messages from the central nervous system to the body are called _____.

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

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

- A. Neuron.
- B. Spinal cord.
- C. Brain.
- D. Hormones.

23. The part of the human nervous system that consists of the brain and the bundle of nerves that run through the spinal column is called _____.

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

24. The _____ is part of the human nervous system that consists of the many nerves that lie outside the brain and the spine.

- A. Limbic system.
- B. Parasympathetic nervous system.
- C. Peripheral nervous system.
- D. Autonomic nervous system.

25. The nervous system can be divided into two major parts, the peripheral and the _____ nervous system.

- A. Sympathetic.
- B. Somatic.
- C. Central.
- D. Autonomic.

26. The peripheral nervous system is divided into two major parts which are autonomic and _____ system.

- A. Somatic.
- B. Central.
- C. Sympathetic.
- D. Parasympathetic.

27. The _____ is the part of the peripheral nervous system that carries messages from the sense organs to the central nervous system and from the central nervous system to the skeletal muscles.

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

28. The part of the peripheral nervous system that regulates the actions of internal body organs, such as the heartbeat is called _____.

- A. Parasympathetic nervous system.
- B. Sympathetic nervous system.
- C. Autonomic nervous system.
- D. Somatic nervous system.

29. The part of the autonomic nervous system that prepares the body to respond to psychological or physical stress is called _____.

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

30. The _____ is the part of the autonomic nervous system that promotes bodily maintenance and energy conservation and storage under nonstressful conditions.

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

31. Clusters of cell bodies of neurons outside the central nervous system are called the _____.

- A. Glial cells.
- B. Interneurons.
- C. Ganglia.
- D. Peripheral.

32. The lowest part of the brain is called the _____.

- A. Medulla.
- B. Midbrain.
- C. Hindbrain.
- D. Reticular formation.

33. The _____ is the part of the hindbrain responsible for controlling breathing and a variety of reflexes.

- A. Pons.
- B. Medulla.
- C. Cerebellum.
- D. Midbrain.

34. The part of the hindbrain that is involved in balance, hearing, and some parasympathetic functions is called _____.

- A. Reticular formation.
- B. Cerebellum.
- C. Pons.
- D. Medulla.

35. The parts of the brain that cover the hindbrain and midbrain are called _____.

- A. Cerebellum.
- B. Forebrain.
- C. Thalamus.
- D. Reticular formation.

36. A complex brain system that works with the hypothalamus in emotional arousal is called _____.

- A. Limbic system.
- B. Amygdala.
- C. Hippocampus
- D. Medulla.

37. The _____ is the part of the limbic system that plays a role in emotion.

- A. Hippocampus.
- B. Amygdala.
- C. Pons.
- D. Cerebellum.

38. The _____ is the recording of the electrical activity of the brain obtained through electrodes placed on the scalp.

- A. Positron emission tomography (PET).
- B. Electroencephalogram (EEG).
- C. Magnetic resonance imaging (MRI).
- D. Functional magnetic resonance imaging.

39. The major neural structure that connects the left and right cerebral hemispheres is called _____.

- A. Occipital.
- B. Association area.
- C. Corpus callosum.
- D. Wernicke's aphasia.

40. The _____ is the system of glands that secretes hormones.

- A. Somatic.
- B. Sympathetic.
- C. Parasympathetic.
- D. Endocrine.

41. _____ is the abnormality caused by the presence of an additional 21st chromosome.

- A. Fetal Alcohol syndrome.
- B. Down syndrome.
- C. Mental retardation.
- D. None of these.

42. A trait found in a child only when the child receives the same gene for the same trait from both parents is called a _____ trait.

- A. Dominant.
- B. Dizygotic.
- C. Recessive.
- D. Mendelian.

43. Human behaviour and mental processes are developed by _____.

- A. Heredity.
- B. The environment.
- C. Both A and B.
- D. None of these.

44. 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.
45. The translation of energy in the environment into neural impulses is called _____.
A. Accommodation.
B. Adaptation.
C. Transduction.
D. Psychophysics.
46. The sound wave is transduced into neural into neural impulses in the _____, which is located in the cochlea in the inner ear.
A. Organ of Corti.
B. Auditory nerve.
C. Cochlear fluid.
D. Pinna.
47. We lose taste buds as we age, especially over _____ years of age.
A. 55.
B. 45.
C. 60.
D. None of these.
48. _____ is the ability of an intelligence test to produce similar scores if the test is administered on different occasions or by different examiners.
A. Validity.
B. Reliability.
C. Standardisation.
D. Objectivity.
49. The symmetrical pattern of scores on a scale in which a majority of the scores are clustered near the centre and a minority are at either extreme is called _____.
A. Normal distribution.
B. Skewed distribution.
C. Standardisation.
D. Objectivity.
50. The ability to learn or invent new strategies to deal with new problems is called _____.
A. Innovation.
B. Adaptation.
C. Tacit intelligence.
D. Fluid intelligence.

51. Physical contact is an example of _____.

- A. Primary motive.
- B. Stimulus motive.
- C. Secondary motive.
- D. None of the above.

52. What part of the brain controls hunger _____.

- A. Hypothalamus.
- B. Corpus callosum.
- C. Hippocampus.
- D. Medulla.

53. The learning in which a previously neutral stimulus (CS) is followed by a stimulus that elicits an unconditioned response (UCR) is called _____ conditioning.

- A. Operant.
- B. Classical.
- C. Escape.
- D. Avoidance.

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

- A. Primary.
- B. Secondary.
- C. Positive.
- D. Negative.

55. The reinforcement schedule in which the reinforcer is given only after a specified number of responses is called _____.

- A. Fixed interval.
- B. Fixed ratio.
- C. Variable ratio.
- D. Variable interval.

56. _____ reinforcement schedule is when the reinforcer is given following the first response occurring after a predetermined period of time.

- A. Variable interval.
- B. Fixed interval.
- C. Fixed ratio.
- D. Variable ratio.

57. The reinforcement schedule in which the reinforcer is given after a varying number of responses have been made is called _____.

- A. Fixed ratio.
- B. Variable interval.
- C. Variable ratio.
- D. Fixed interval.

58. The _____ theory of memory assumes that we humans have a three-stage memory, which meets our need to store information for different periods of time.

- A. Lateral processing.
- B. Psychoanalytic.
- C. Progression.
- D. Stage.

59. The first stage of memory is the _____ which holds an exact image of each sensory experience for a brief time until it can be fully processed.

- A. Short-term memory.
- B. Primary store.
- C. Sensory register.
- D. Initial memory store.

60. The _____ is used to store information temporarily and to think.

- A. Short-term memory.
- B. Long-term memory.
- C. Sensory register.
- D. Primary store.

61. According to _____ theory, forgetting occurs simply because the memory trace fades as time passes.

- A. Decay.
- B. Disintegration.
- C. Diminishing.
- D. Decline.

62. Forgetting that occurs because the memory is upsetting or threatening is called _____.

- A. Disturbance.
- B. Motivated forgetting.
- C. Expectation.
- D. Engram.

63. _____ theory states that forgetting occurs because similar memories block the stages or retrieval of information.

- A. Disruption.
- B. Interference.
- C. Disturbance.
- D. Freudian.

64. _____ theory suggests that some long term memories become so distorted over time that they are nrecognizable.

- A. Reconstruction.
- B. Destruction.
- C. Retrieval.
- D. Distortion.

65. The _____ mind is the mind containing information that is not presently conscious but can be easily brought into consciousness.

- A. Conscious.
- B. Preconscious.
- C. Unconscious.
- D. Suppressed.

66. According to Freud, the _____ is the inborn part of the unconscious mind that uses the primary process to satisfy its needs and that acts according to the pleasure principle.

- A. Id.
- B. Ego.
- C. Superego.
- D. Reality principle.

67. Carl Jung disagreed with Freud's one-sided negative view of the human condition and proposed that all important elements came in the form of _____ such as introversion and extraversion.

- A. Positive conditions.
- B. Synonyms.
- C. Opposites.
- D. Matches.

68. _____ is the theory that our personalities are formed primarily through learning from other members of society.

- A. Trait theory.
- B. Social learning theory.
- C. Coping theory.
- d. All of the above.

69. According to Bandura, _____ is the perception that one is capable of doing what is necessary to reach one's goals.

- A. Cognition.
- B. Self-regulation.
- C. Confidence.
- D. Self-efficacy.

70. _____ suggests that our behaviour is influenced by a combination of characteristics of the person and the situation.

- A. Situationism.
- B. Learning theory.
- C. Trait theory.
- D. Person x situation interactionism.

71. According to the _____ theory, human beings possess an innate tendency to improve and to determine their lives by the decisions they make.

- A. Social learning.
- B. Psychoanalytic.
- C. Humanistic.
- D. Conditioning.

72. According to the humanists, the _____ is the person one wishes he or she were.

- A. Real self.
- B. Ideal self.
- C. New self.
- D. Self.

73. Our _____ is our subjective perception of who we are and what we are like.

- A. Self- concept.
- B. Ideal self.
- C. Self- efficacy.
- D. Actualised self.

74. _____ is defined as those actions, thoughts, and feelings that are harmful to the person or to others.

- A. Guilty.
- B. Abnormal behaviour.
- C. Stigma.
- D. All of the above.

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

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

76. The writings of Freud helped popularise _____ theories.

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

77. Psychological disorders that involve excessive levels of nervousness, tension, worry, fright, and anxiety are termed _____ disorders.

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

78. Individuals with _____ experience a vague, uneasy sense of tension and apprehension that makes the individual uncomfortable because of its prolonged presence.

- A. Panic disorder.
- B. Dissociative identity disorder.
- C. Generalised anxiety disorder.
- D. Agoraphobia.

79. _____ disorders are a category of conditions involving sudden cognitive changes in the memory, perception, or identity.

- A. Panic.
- B. Conversion.
- C. Obsessive-compulsive.
- D. Dissociative.

80. The individual experiencing _____ is deeply unhappy, finds little pleasure in life, and experiences other symptoms such as sleeping and eating problems and loss of energy.

- A. Hypochondriasis.
- B. Major depression.
- C. Delusional disorder.
- D. All the above.

81. In a condition known as _____, periods of mania alternate irregularly with periods of severe depression.

- A. Major depression.
- B. Mania disorder.
- C. Unipolar depression.
- D. Bipolar depression.

82. Strange and false perceptual experiences are termed _____.

- A. Delusions.
- B. Paranoia.
- C. Hallucinations.
- D. Social withdrawal.

83. _____ personality disorder is similar to schizophrenia, particularly in that blunted emotions and social withdrawal are exhibited, but unlike true schizophrenia, this condition is not characterised by serious cognitive disturbances.

- A. Antisocial.
- B. Schizoid.
- C. Dependent.
- D. Histrionic.

84. _____ can be defined as a specialised process in which a trained professional uses psychological methods to help a person with psychological problems.

- A. Resistance.
- B. Psychotherapy.
- C. Liberation.
- D. All the above.

85. _____ is based on Freud's belief that the root of all psychological problems is unconscious conflicts among the id, ego and superego that must be brought into the unconscious awareness.

- A. Behaviour therapy
- B. Client- centred therapy.
- C. Psychoanalysis.
- D. Cognitive therapy.

86. Freud's primary tool of therapy was the method of _____, in which the individual talks in a loose and undirected way about whatever comes to mind.

- A. Free association.
- B. Transference.
- C. Dream interpretation.
- D. Resistance.

87. The process of _____ describes a technique used in client-centred psycho-therapy in which the therapist restates the clients' emotions to help clients clarify their feelings.

- A. Mimicking.
- B. Reflection.
- C. Repetition.
- D. Recapitulation.

88. A humanistic therapy in which the therapist takes an active role to help the client become more aware of her feelings is referred to as _____ therapy.

- A. Client- centred.
- B. Confrontational.
- C. Gestalt.
- D. Trial.

89. A _____ plays the role of a teacher, helps the client unlearn abnormal ways of thinking and behaving and learn more adaptive ways to take their place.

- A. Psychoanalyst.
- B. Cognitive- behaviour therapist.
- C. Humanistic therapist.
- D. Group therapist.

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

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

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

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

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

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

93. 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.

94. The dissociative _____ disorder is when an individual appears to shift abruptly and repeatedly from one "personality" to another.

- A. Depersonalisation.
- B. Identity.
- C. Phobia.
- D. Bipolar.

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

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

96. _____ 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.

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

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

98. _____ are false beliefs that distort reality.

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

99. _____ are false perceptual experiences that distort reality.

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

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

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