

MIZORAM PUBLIC SERVICE COMMISSION
TECHNICAL COMPETITIVE EXAMINATIONS FOR
CASE WORKER UNDER SOCIAL WELFARE & TRIBAL AFFAIRS
DEPARTMENT, GOVERNMENT OF MIZORAM, FEBRUARY-2024

TECHNICAL PAPER - II
(PSYCHOLOGY)

Time Allowed : 2 hours

FM : 200

All questions carry equal marks of 2 each.

Attempt all questions.

1. Individual differences occur due to
 - (a) Genetic Factors
 - (b) Environmental Factors
 - (c) Creativity
 - (d) Both (a) & (b)
2. Reflects information-processing capabilities, reasoning, and memory
 - (a) Fluid Intelligence
 - (b) G-Factor intelligence
 - (c) Crystallized Intelligence
 - (d) Emotional Intelligence
3. Refers to administering and scoring tests in a consistent, uniform manner according to official instructions
 - (a) Distinction
 - (b) Grading
 - (c) Results
 - (d) Standardization
4. A test measure what it claims to measure
 - (a) Reliability
 - (b) Validity
 - (c) Norms
 - (d) Variable
5. Test used for analyzing responses to ambiguous stimuli
 - (a) Pen and Paper test
 - (b) Online test
 - (c) Interviews
 - (d) Projective tests
6. Refers to instrument used to measure attainment of knowledge or skills
 - (a) Aptitude Test
 - (b) Intelligence Test
 - (c) Achievement Test
 - (d) Personality Test
7. Major consequence of misuse of psychological test is
 - (a) Rediagnosis
 - (b) Misdiagnosis
 - (c) Diagnosis
 - (d) Misrepresentation
8. Voluntary agreement to participate in a study or experiment
 - (a) Informed Consent
 - (b) Compete Consent
 - (c) Appropriateness
 - (d) None of these
9. A rare childhood disorder characterized by a lack of speech in one or more settings in which speaking is socially expected.
 - (a) ADHD
 - (b) Specific Phobia
 - (c) Reactive Attachment Disorder
 - (d) Selective Mutism
10. A general feeling of apprehension about possible future danger is known as
 - (a) Fear
 - (b) Phobia
 - (c) Panic attack
 - (d) Anxiety

11. An episode where a person shows a markedly elevated, euphoric, expansive mood, often interrupted by occasional outbursts of intense irritability or even violence is known as
 - (a) Depressive episode
 - (b) Manic episode
 - (c) Hyperactivity episode
 - (d) Impulsive episode
12. A chronic form of depression where mood disturbance continues for at least 2 years is known as
 - (a) Dysthymia
 - (b) Bipolar
 - (c) Cyclothymia
 - (d) Major Depression
13. _____ are fixed beliefs that are not amenable to change in light of conflicting evidence.
 - (a) Hallucination
 - (b) Obsession
 - (c) Delusion
 - (d) Compulsion
14. Which type of schizophrenia is dominated by absurd and illogical beliefs that are often highly elaborated and organized into a coherent, though delusional, framework?
 - (a) Catatonic Schizophrenia
 - (b) Disorganized Schizophrenia
 - (c) Schizoaffective disorder
 - (d) Paranoid Schizophrenia
15. Which of the following personality disorders falls under cluster B Personality disorders
 - (a) Avoidant personality Disorder
 - (b) Paranoid Personality Disorder
 - (c) Dependent Personality Disorder
 - (d) Histrionic Personality Disorder
16. A pattern of learning difficulties characterized by problems with accurate or fluent word recognition, poor decoding, and poor spelling abilities is known as
 - (a) Dyslexia
 - (b) Dyscalculia
 - (c) Aphasia
 - (d) Amnesia
17. A pattern of behavior in which a child actively approaches and interacts with unfamiliar adults
 - (a) Adjustment Disorder
 - (b) Disinhibited Social Engagement Disorder
 - (c) Reactive Attachment Disorder
 - (d) Intellectual Disability
18. _____ is a persistent or recurrent experiences of feeling detached from, and as if one were an outside observer of, one's mental processes or body.
 - (a) Depersonalization
 - (b) Derealization
 - (c) Sleepwalking
 - (d) Hallucination
19. In hypochondriasis the person is preoccupied either with fears of contracting a serious disease or with the idea that of having that disease even though they do not.
 - (a) Malingering
 - (b) Conversion
 - (c) Hysteria
 - (d) Hypochondriasis
20. _____ perspective emphasized the role of unconscious motives and thoughts and their dynamic interrelationships in determination of both normal and abnormal behavior.
 - (a) Psychosocial
 - (b) Psychodynamic
 - (c) Cognitive Humanistic
 - (d) Humanistic
21. An ego defence mechanism that is characterized by attributing one's unacceptable motives or characteristics to others is known as
 - (a) Projection
 - (b) Rationalization
 - (c) Displacement
 - (d) Sublimation
22. Diagnostic and Statistical Manual of Mental Disorders (DSM) is published by _____
 - (a) American Psychological Association
 - (b) World Health Organization
 - (c) American Psychiatric Association
 - (d) World Psychological Association
23. Maintenance, recovery, or improvement in mental or physical health following challenge is known as
 - (a) Subjective well-being
 - (b) Mental Health
 - (c) Resilience
 - (d) Hope

24. A parenting style where children tend to be friendly and to show development of general competencies for dealing with others and with their environment is
- (a) Permissive Parenting
 - (b) Authoritarian Parenting
 - (c) Authoritative Parenting
 - (d) Neglectful Parenting
25. Mild distortions in how we view life and ourselves that promote health, happiness, and coping with stress and trauma.
- (a) Illusion
 - (b) Positive illusion
 - (c) Delusion
 - (d) None of the above
26. _____ therapy involves modifying undesirable behavior by the old-fashioned method of punishment.
- (a) Conditioning
 - (b) Flooding
 - (c) Aversion
 - (d) Existential
27. The process where clients carry over attitudes and feelings that they had in their relations with a parent or other person close to them, and unconsciously apply to their therapist is known as
- (a) Resistance
 - (b) Transference
 - (c) Countertransference
 - (d) Projection
28. It involves controlled exposure to the stimuli or situations that elicit phobic fear.
- (a) System Desensitization
 - (b) Direct Exposure
 - (c) Exposure Therapy
 - (d) Token economy
29. _____ therapy focuses on the natural power of the organism to heal itself.
- (a) Client-centered therapy
 - (b) Cognitive
 - (c) Mindfulness
 - (d) Narrative
30. A type of cognitive distortion which involves a tendency to focus on one negative detail of a situation while ignoring other elements of the situation is known as
- (a) Personalization
 - (b) Overgeneralization
 - (c) Selective abstraction
 - (d) Magnification
31. The process of restoration of community functioning and wellbeing of an individual who has a psychiatric disability
- (a) Psychosocial rehabilitation
 - (b) Skill Training
 - (c) Rational Emotive Behavior Therapy
 - (d) Dialectic Behavior therapy
32. _____ is a way of acting, thinking and willing by which one orients oneself toward realization by acting in accordance with one's duty (dharma) without consideration of personal self-centered desires, likes or dislikes.
- (a) Hatha Yoga
 - (b) Karma yoga
 - (c) Bhagti Yoga
 - (d) Kundalini Yoga
33. A mind-body technique in which individuals learn how to modify their physiology for the purpose of improving physical, mental, emotional and spiritual health is
- (a) Cognitive Therapy
 - (b) Behavioral Therapy
 - (c) Biofeedback Therapy
 - (d) Mindfulness Therapy
34. A field devoted to understanding psychological influences on how people stay healthy, why they become ill, and how they respond when they do get ill
- (a) Wellness Psychology
 - (b) Health Psychology
 - (c) Health Management
 - (d) Environmental Health
35. Optimum state of health
- (a) Wellness
 - (b) Health
 - (c) Illness
 - (d) Wellbeing

36. Health and illness are consequences of the interplay of biological, psychological, and social factors
- (a) Bio-Medical Model
 - (b) Social Model
 - (c) Psychological Model
 - (d) Biopsychosocial Model
37. Slowly developing diseases that cannot be cured but rather only managed by patient and health care providers
- (a) Acute Disorder
 - (b) Chronic Illnesses
 - (c) Short-term Illnesses
 - (d) Acute Illnesses
38. _____ refers to numbers of deaths due to particular causes.
- (a) Epidemiology
 - (b) Morbidity
 - (c) Mortality
 - (d) None of these
39. "Cognitive Appraisal Theory of Stress" was proposed in 1966 by
- (a) Hans Selye
 - (b) Wolfe
 - (c) Haggard
 - (d) Lazarus et al
40. General Adaptation Syndrome have _____ Stages.
- (a) 2
 - (b) 3
 - (c) 4
 - (d) 5
41. An exhausted psychological condition resulting from too much stress
- (a) BOSE
 - (b) BOSS
 - (c) BOEE
 - (d) None of these
42. Affective state or the feeling tone that is brought by the emotion
- (a) Subjective Experience
 - (b) Objective Experience
 - (c) Cognitive Experience
 - (d) Behavioral Experience
43. Two-factor theory of emotion was proposed by
- (a) James-Lange
 - (b) Cannon-Bard
 - (c) Schachter-Singer
 - (d) Opponent Process Theory
44. It attacks the helper T cells and macrophages of the immune system
- (a) Cancer
 - (b) Diabetes
 - (c) Stroke
 - (d) HIV
45. Health-related behavior that is firmly established and often performed automatically, without awareness
- (a) Health Behaviors
 - (b) Health Habit
 - (c) Health Promotion
 - (d) Health Development
46. Vigorous exercise seems to increase the body's production of
- (a) Endorphins
 - (b) Prolactin
 - (c) Noradrenaline
 - (d) Cytokines
47. A term used to describe harmful effects of excessive reliance on drugs for pleasure and relief tension
- (a) Substance Abuse
 - (b) Tolerance
 - (c) Addiction
 - (d) Dependence
48. The most widely used community-based approach to alcoholism
- (a) NA
 - (b) AA
 - (c) AAA
 - (d) NAS
49. Slurred speech, Incoordination, Unsteady gait is associated with
- (a) Alcohol
 - (b) Heroin
 - (c) LSD
 - (d) Marijuana

50. It reduces the tendency to relapse into heavy drinking
(a) Disulfiram (b) Naltrexone
(c) Benzodiazepines (d) LSD
51. Most widely used treatment for opioid addicts
(a) Disulfiram (b) THC
(c) Naltrexone (d) Methadone
52. Substances that affect thoughts, emotions & behavior
(a) Psychoactive (b) Addiction
(c) Tolerance (d) Withdrawal
53. It acts on the central nervous system to produce alteration of consciousness
(a) Psychedelics (b) Heroin
(c) LSD (d) Marijuana
54. It asks questions such as 'what works' rather than 'what doesn't'
(a) Child Psychology (b) Social Psychology
(c) Positive Psychology (d) Negative Psychology
55. At the _____, the emphasis is on civic virtues, social responsibilities, nurturance, altruism, civility, tolerance, work ethics, positive institutions.
(a) Group or Community level (b) Individual Level
(c) Subjective Level (d) Problem-focused level
56. Martin Seligman is the founder of
(a) Child Psychology (b) Health Psychology
(c) Forensic Psychology (d) Positive Psychology
57. This movement placed central emphasis on the growth and authentic self of an individual
(a) Psychoanalytic Movement (b) Existentialism Movement
(c) Humanistic Psychology Movement (d) Gestalt Psychology Movement
58. Happiness is often known by another name in positive psychology
(a) Subjective Wellbeing (b) Hardiness
(c) Hedonic (d) None of these
59. According to Martin Seligman, happiness has _____ dimensions.
(a) 2 (b) 3
(c) 4 (d) 5
60. Happiness results from striving toward self-actualization
(a) Epicurean (b) Sybaritic
(c) Eudaimonic (d) Hedonic
61. Emphasize an interdependent view of self, in which personal identity is defined relationally, according to connections with others
(a) Individualistic Culture (b) Collectivistic Culture
(c) Traditionalistic Culture (d) Global Culture
62. The mental processes leading to a new invention or solution to a problem
(a) Creativity (b) Giftedness
(c) Geniusness (d) Creative Thinking
63. The systematic process of hiring and promoting employees/workers
(a) Personnel Selection (b) Personnel Volition
(c) Designation (d) Nomination

64. Helping employees learn skills that directly impacts their job performance and compliance obligations
- (a) Development
 - (b) Training
 - (c) Selecting
 - (d) Eliminating
65. A type of interview developed specifically to meet the needs of a particular job
- (a) Structured Interview
 - (b) Unstructured Interview
 - (c) Situational Interview
 - (d) Informational Interview
66. A test which measure a person's skills needed for a new job or to cope with the demands of a training course
- (a) Cognitive Ability Test
 - (b) Personnel Ability Test
 - (c) Speed Test
 - (d) Power Test
67. Training provided at the workplace itself
- (a) Upskilling
 - (b) Reskilling
 - (c) Off the job Training
 - (d) On the job Training
68. Objectives of Human Resource Development
- (a) To provide opportunities for career development and goals
 - (b) To involve both employee and organization
 - (c) To move employees from one job to another
 - (d) None of the above
69. Gathering information about the employees performance from supervisors, coworkers, group members and self-assessment
- (a) BARS
 - (b) 720 Feedback
 - (c) Forced Choice Method
 - (d) 360 Degree Appraisal
70. Expectancy theory of work motivation was developed by
- (a) Mc Clelland
 - (b) Victor H Vroom
 - (c) Fritz Heider
 - (d) Harold Kelley
71. Employees are allowed to express their views and their views are given considerations
- (a) Employee Empowerment
 - (b) Employee Importance
 - (c) Participatory Management
 - (d) Human relations Management
72. Listening to an employee's problem, deciding with the employee what should be done and telling and motivating the employee to do it
- (a) Directive Counseling
 - (b) Nondirective Counseling
 - (c) Cooperative Counselling
 - (d) Insight Counseling
73. An area concerned with how individuals relate to society
- (a) Environmental Psychology
 - (b) Ecological Psychology
 - (c) Cross-cultural psychology
 - (d) Community Psychology
74. Community psychology emerged in the U.S in the mid-20th century, important force which contributes to its development are
- (a) A preventive perspective
 - (b) Social change movement
 - (c) Action research
 - (d) All of the Above
75. The meeting of psychologists at _____ in 1965 is recognized as the official beginning of contemporary community psychology
- (a) Swampscott Conference
 - (b) APA Annual Conference
 - (c) International Conference on Mental Health
 - (d) International Congress of Psychology

76. Community Psychology is a fairly broad and far-reaching subject within psychology, synthesizing elements from other disciplines including
- (a) Environmental
 - (b) Philosophy
 - (c) Epistemology
 - (d) None of these
77. _____ involves changing the social systems that contribute to problems in order to ensure that individuals fit better into their environments.
- (a) Primary-order change
 - (b) Secondary-order change
 - (c) First-order change
 - (d) Second-order change
78. All members of the group know each other and share simultaneous interaction
- (a) Primary Group
 - (b) Secondary Group
 - (c) Small Group
 - (d) In Group
79. A situation in which people are less likely to interfere during an emergency or when a social norm is being violated if there are others around.
- (a) Bystander Effect
 - (b) Diffusion of Responsibility
 - (c) Prosocial Behavior
 - (d) Reactance
80. Organization's programs to promote learning and social development work with individuals and groups in their communities
- (a) Community Participation
 - (b) Community Awareness
 - (c) Community Education
 - (d) Community Empowerment
81. Social Comparison Theory was proposed in 1954 by
- (a) Irving Janis
 - (b) Leon Festinger
 - (c) John Turner
 - (d) McGregor
82. The ability to guide, influence, and inspire others to achieve a common goal or vision
- (a) Leadership
 - (b) Leaders
 - (c) Transformational Leaders
 - (d) Functional Leaders
83. The work of _____ marks the beginning of applied social psychology.
- (a) Sigmund Freud
 - (b) Adler
 - (c) Kurt Lewin
 - (d) Gordon Allport
84. Social psychology is a branch of
- (a) Philosophy
 - (b) Psychology
 - (c) Physiology
 - (d) None of the Above
85. Its main concern is finding out ways to bring about change or improving existing human behavior
- (a) Psychology
 - (b) Social Psychology
 - (c) Applied Social Psychology
 - (d) Clinical Psychology
86. In 1917, _____ pioneered the journal of Applied Psychology.
- (a) Munsterberg
 - (b) Hall
 - (c) Scott
 - (d) Lewin
87. Conditions that have a negative effect on a social group or individuals within the group
- (a) Social Issues
 - (b) Social Order
 - (c) Social Effect
 - (d) All of these
88. Theoretical standpoints of _____ says society exhibits inequality which is based on social class, gender etc.
- (a) Functionalism
 - (b) Conflict Theory
 - (c) Aggression Theory
 - (d) Interactionism

89. According to WHO, violence has _____ main categories.
(a) 3 (b) 4
(c) 5 (d) 2
90. Variables that can contribute to criminal behavior
(a) Socialization (b) Education
(c) Substance Abuse (d) All of these
91. Refers to guidelines and interventions for changing, maintenance or creation of living condition that are conducive to human welfare
(a) Social rules (b) Social policy
(c) Social scheme (d) Social approach
92. A process where various groups are combined in order to make a unified society
(a) Social Psychology (b) Social Inclusion
(c) Social Integration (d) Social Insertion
93. Discrimination on the basis of reputation, background of family, status, culture, rituals, place and economical position
(a) Class (b) Caste
(c) Religion (d) Language
94. Bias which devalues people because of their perceived membership in a social group
(a) Prejudice (b) Stereotype
(c) In-Group (d) Out-Group
95. A fixed, over-generalized belief about a particular group or class of people based on their race
(a) Prejudice (b) Racial Stereotype
(c) In-Group (d) Out-Group
96. The Contact Hypothesis, also known as Intergroup Contact Theory, was first proposed by psychologist
(a) Kurt Lewin (b) Eysenck
(c) Freud (d) Gordon Allport
97. The ways in which individuals adjust their behavior to meet the demands of a social environment
(a) Normative Influence (b) Social Obedience
(c) Social Influence (d) Social Integrity
98. Positive social relationship help shape and boost
(a) Happiness (b) Self-Esteem
(c) Positive Attitudes (d) In-Group Feelings
99. Any process that involves reciprocal stimulation or response between two or more individuals
(a) Social Influence (b) Social Integration
(c) Social Interaction (d) Social Integrity
100. It is a measure of social deprivation
(a) Poverty (b) Unemployment
(c) Social Exclusion (d) Low Income