

SYBA - SEM 4 - Question Bank 2020-2021

DEVELOPMENTAL PSYCHOLOGY

_____ is a nearly universal change in eyesight during middle adulthood that results in some loss of near vision	a) Vision b) Presbyopia c) Visual acuity d) Glaucoma
_____ occurs when pressure in the fluid of the eye increases, either because the fluid cannot drain properly or because too much is produced.	a) Presbycusis b) Glaucoma c) Presbyopia d) Visual acuity
Despite the increase in reaction time, _____ drivers have fewer accidents than younger ones	a) New b) Old c) Middle-aged d) Late adulthood
A condition in which the bones become brittle, fragile, and thin, often brought about by a lack of _____ in the diet	a) Calcium b) Vitamin c) Protein d) Carbohydrates
The period that marks the transition from being able to bear children to being unable to do so is called as _____	a) Hormone therapy b) Female climacteric c) Menopause d) None of the above
The period of physical and psychological change relating to the male reproductive system that occurs during late middle age is called _____	a) Osteoperosis b) Testosterone replacement c) Erectile dysfunction d) Male climacteric
Behavior characterized by competitiveness, impatience, and a tendency toward frustration and hostility is _____ type of personality.	a) A b) B c) C

	d)D
_____ is the accumulation of information, skills, and strategies that people have learned through experience and that they can apply in problem-solving situations.	a)Episodic intelligence b)Crystallized intelligence c)Fluid intelligence d)Semantic intelligence
_____ the process by which people concentrate on particular skill areas to compensate for losses in other areas.	a)Heuristics b)Schema c)Expertise d) Selective optimization
_____ also convey cultural information	a)Heuristics b)Schema c)Expertise d) Selective optimization
_____ is a formal strategies for organizing material in ways that make it more likely to be remembered.	a)Foot in the door b)Abbreviation c)Chunking d)Mnemonics
_____ are the approach to personality development that is based on the timing of particular events in an adult's life rather than on age per se	a)Midlife crisis b) Generativity-versus-stagnation stage c)Life events models d) Midlife transition
_____ is the degree to which a person is moody, anxious, and self-critical	a)Extraversion b) Neuroticism c)Openness d)Agreeableness

<p>_____ is the experience that relates to parents' feelings of unhappiness, worry, loneliness, and depression resulting from their children's departure from home.</p>	<p>a) empty nest syndrome b) empty syndrome c) Nest syndrome d) Empty nest syndrome</p>
<p>young adults who return, after leaving home for some period, to live in the homes of their middle-aged parents are called _____</p>	<p>a) Boomerang children b) Sandwich generation c) Adopted children d) None of the above</p>
<p>The theory that abuse and neglect of children leads them to be predisposed to abusiveness as adults is called _____</p>	<p>a) cycle of crime hypothesis b) cycle of spousal abuse hypothesis c) Cycle of violence hypothesis d) None of the above</p>
<p>First stage of marital abuse is _____</p>	<p>a) Loving contribution b) Acute battering incident c) Tension-building d) None of the above</p>
<p>Third stage of marital abuse is _____</p>	<p>a) Loving contribution b) Acute battering incident c) Tension-building d) None of the above</p>
<p>A situation that occurs when workers experience dissatisfaction, disillusionment, frustration is called _____</p>	<p>a) Burnout b) Leisure c) Work</p>

	d)None of the above
specialists who study aging are called _____.	a)Paleontologist b)Gerontologists c)Demographologist d)None of the above
prejudice and discrimination directed at older people is called as _____	a)Agism b)Discrimination c)Prejudice d)Stereotype
Aging that involves universal and irreversible changes that, due to genetic programming, occur as people get older is called as _____	a) Osteoporosis b) Secondary aging c)Primary aging d)None of the above
In osteoporosis, a condition in which the bones become brittle, fragile, and thin, often brought about by a lack of _____ in the diet.	a)Progeteron b) Estrogen c) Testosterone d)All of the above
The theory suggesting that overall processing speed declines in the peripheral nervous system with increasing age is called _____	a) Generalized slowing hypothesis b) Peripheral slowing hypothesis c) Age-related macular degeneration d) Macula
The most common mental disorder of the elderly, it covers several diseases, each of which includes serious memory loss accompanied by declines in other mental functioning is known as _____	a) Dementia b) Alzheimer's disease c)Parkinson's d)None of the above
Theories that suggest that our body's DNA genetic code contains a built-in time limit for the reproduction of human cells is known as _____	a) Wear-and-tear theories of aging b)Death gene

	<ul style="list-style-type: none"> c) Genetic programming theories of aging d)None of the above
A progressive brain disorder that produces loss of memory and confusion	<ul style="list-style-type: none"> a) Dementia b) Alzheimer’s disease c)Parkinson’s d)None of the above
Theories that the mechanical functions of the body simply wear out with age is known as _____	<ul style="list-style-type: none"> a) Wear-and-tear theories of aging b)Death gene c) Genetic programming theories of aging d)None of the above
Telomeres are the tiny areas at the tip of chromosomes that grow shorter each time a cell divides and eventually disappear, ending cell replication	<ul style="list-style-type: none"> a) Drug therapy. b)Telomeres c)Life expectancy d) Unlocking longevity genes.
Erikson’s final stage of life, characterized by a process of looking back over one’s life, evaluating it, and coming to terms with it is called _____	<ul style="list-style-type: none"> a) Redefinition of self versus preoccupation with work role b) Ego-integrity-versus-despair c)Body transcendence versus body d) Ego transcendence versus ego preoccupation

<p>A period in which people must learn to cope with and move beyond changes in physical capabilities as a result of aging is called _____</p>	<p>a) Redefinition of self versus preoccupation with work role b) Ego-integrity-versus-despair c) Body transcendence versus body d) Ego transcendence versus ego preoccupation</p>
<p>The point in life in which people examine and evaluate their lives is called _____</p>	<p>a) Gerontologist b) Reminiscence c) Life view d) None of the above</p>
<p>The view that an unequal distribution of economic resources, power, and privilege exists among people at different stages of the life course is called _____</p>	<p>a) Age stratification theories b) Reminiscence c) Life view d) None of the above</p>
<p>Expert knowledge in the practical aspects of life is called _____</p>	<p>a) Wisdom b) Reminiscence c) Life view d) None of the above</p>
<p>Theory suggesting that late adulthood is marked by a gradual withdrawal from the world on physical, psychological, and social levels is known as _____</p>	<p>a) Disengagement theory b) Disengagement theory c) Activity theory d) None of the above</p>
<p>The theory suggesting that successful aging occurs when people maintain the interests, activities, and social</p>	<p>a) Disengagement theory</p>

interactions with which they were involved during middle age is called as _____	<ul style="list-style-type: none"> b)Disengagement theory c) Activity theory d)None of the above
_____ reflects information processing capabilities, reasoning, and memory.	<ul style="list-style-type: none"> a)Fluid intelligence b)Crystallized intelligence c)Selective optimization d)None of the above
_____ is the acquisition of skill or knowledge in a particular area.	<ul style="list-style-type: none"> a)Mnemonics b)Schemas c)Expertise d)Biopsy
_____ are formal strategies for organizing material in ways that make it more likely to be remembered	<ul style="list-style-type: none"> a)Mnemonics b)Schemas c)Expertise d)Biopsy
_____ is the theory that abuse and neglect of children leads them to be predisposed to abusiveness as	<ul style="list-style-type: none"> a) Empty nest syndrome b) Helicopter parenting c) Acute battering incident d) Cycle of violence hypothesis
A nearly universal change in eyesight during middle adulthood that results in some loss of near vision Is called _____	<ul style="list-style-type: none"> a) Osteoporosis b) Obesity c) Presbyopia d) Acuity
A form of unrelenting mourning that continues some is called as _____	<ul style="list-style-type: none"> a) Preparation b) Grief and mourning c) Adaptation

	d) Complicated grief
_____ Influences attributable to growing up in a particular era	a) Memories b) Prejudice c) Plasticity d) Cohort effects
The period that marks the transition from being able to bear children to being unable to do so is called as _____	a)Hormone therapy b) Female climacteric c) Menopause d)None of the above
Behavior characterized by non competitiveness, patience, and a lack of aggression is _____ type of personality	a)A b)B c)C d)D
_____ reflects information processing capabilities, reasoning, and memory.	a)Episodic intelligence b)Crystallized intelligence c)Fluid intelligence d)Semantic intelligence
_____ the process by which people concentrate on particular skill areas to compensate for losses in other areas.	a)Heuristics b)Schema c)Expertise d) Selective optimization
Third stage of marital abuse is _____	a) Loving contribution b)Acute battering incident c) Tension-building d)None of the above

A situation that occurs when workers experience dissatisfaction, disillusionment, frustration is called _____	a)Burnout b)Leisure c)Work d)None of the above
specialists who study aging are called _____.	a)Paleontologist b)Gerontologists c)Demographologist d)None of the above

HEALTH PSYCHOLOGY

Recently, _____ have been used with RA patients, and patients with depression appear to be especially benefitted	a)Occupational therapy b)Counseling c) Mindfulness interventions d)Acceptance commitment therapy
_____ are more commonly Affected by Osteoarthritis	a)Adolescents b)Men c)Young adults d) Women
Cancers are more common among people who are chronically _____ and among those who consume high levels of fats, certain food additives	a)Physically disable b)Mentally ill c) Obese d) Malnourished
Patients undergoing _____ may experience nausea and vomiting, and anticipatory nausea and vomiting	a)Counseling b)Psychotherapy c) Chemotherapy d)None of the above
Early symptoms of _____ are mild, with swollen glands and mild, flulike symptoms predominating.	a)Stroke b)Diabetes c)Hypertension d)HIV
_____ is an issue among sexually active gay men that has implications for the spread of HIV	a)Non sexual physical compulsivity b) Sexual compulsivity c) Impulse control

	d)All of the above
_____ can occur in response to chronically stressful conditions.	a) Chronic low-level inflammation b)Acute low level inflammation c)Chronic diabetes d)Acute hypertension
_____ people have poorer health and immunocompromise	a)Western culture b)Asian c)Low socio economic background d) Lonely
_____ metabolism involves a delicate balance between insulin production and insulin responsiveness.	a) Testosterone b)Dopamine c)Insulin d)Glucose
_____ is associated with a thickening of the arteries due to the buildup of wastes in the blood.	a)Stroke b)Diabetes c)Hypertension d)None of the above
Immediately after a stroke, _____ are common.	a)Psychological impairment b)Depression c) Motor difficulties d)Trauma
_____ can help restore functioning following stroke	a)Dance movement Therapy b)Occupational Therapy

	<p>c)ACT</p> <p>d) Movement-based therapies</p>
<p>Gender predicts hypertension prior to age 45, with _____ at greater risk</p>	<p>a)Girls</p> <p>b)Boys</p> <p>c)Females</p> <p>d) Males</p>
<p>A personality predisposition to cope actively with psychosocial stressors is called _____</p>	<p>a) Prehypertension stage</p> <p>b) John Henryism</p> <p>c)Stroke</p> <p>d)None of the above</p>
<p>_____ is diagnosed when a person has three or more of the following problems: obesity centered around the waist; high blood pressure; low levels of HDL, the so-called good cholesterol; difficulty metabolizing blood sugar, an indicator of risk for diabetes; and high levels of triglycerides, which are related to bad cholesterol</p>	<p>a)Low fat</p> <p>b)High cholesterol</p> <p>c)Low SES</p> <p>d) Metabolic syndrome</p>
<p>_____ is reflected not only in initial reactions to stress but can also be reflected in a prolonged recovery period</p>	<p>a)Greif</p> <p>b)Emotional trauma</p> <p>c) Reactivity</p> <p>d)Obesity</p>
<p>Bereaved people often show a restlessness and an inability to concentrate on activities, and they</p>	<p>a) 6 months</p> <p>b)3 months</p> <p>c)8 months</p> <p>d)9 months</p>

may experience yearning for their loved one, as well as anger or depression, especially during the first _____	
Bereaved adults who ruminate on the death are less likely to get _____	<ul style="list-style-type: none"> a) Poor social support b) Good social support c) No social support d) No emotional support
Hospice care is oriented toward improving a patient's _____ system	<ul style="list-style-type: none"> a) Social support b) Financial support c) Counseling d) All of the above
hospice care in one's own home or in a hospice facility is increasingly an option for _____	<ul style="list-style-type: none"> a) Physically disabled b) Emotionally exhausted c) Psychologically imbalance people d) Dying people
Patient and his or her family members should be aided in working through their anticipatory sense of loss and depression is called _____	<ul style="list-style-type: none"> a) <i>Significant survival</i> b) <i>Safe conduct</i> c) <i>Timely and appropriate death</i> d) <i>Anticipatory grief</i>
care designed to	<ul style="list-style-type: none"> a) Curative care b) Palliative care

cure the patient's disease is called _____	c)Psychological care d)None of the above
Final stage in Kubler-Ross's theory is _____.	a)Bargaining b)Acceptance c)Depression d)Denial
At _____ stage, patient abandons anger in favor of a different strategy	a)Relapse b)Trauma c)Bargaining d) All of the above
Advancing illness can threaten the _____	a) Morale b)Psychological condition c)Emotional condition d) Self-concept
As long as a patient's Prognosis is _____, communication is usually open	a) Favorable b)Non favorable c)Constant d)None of the above
_____ is more likely to occur in lower-class urban environments, when the mother smoked during her pregnancy, and when the baby is put to sleep on its stomach or side	a) Sudden infant death syndrome b) Systematic infant death syndrome c)Infant mortality rate d)None of the above
death that occurs before _____	a)Mature death b)Premature death

the projected age of 79, is sudden death due to heart attack or stroke is called _____	c)Chronic illness death d)None of the above
placebos may work via some of the same _____ as “real” treatments	a) Biological pathways b)Neurological way c)Nervous system d)Psychological way
Placebo effects are _____ when the provider radiates competence and provides reassurance to the patient that the condition will improve.	a)Steep b)Equal c)Weaken d) Strengthened
_____ therapies have not been formally evaluated	a)CBT b)REBT c)CAM d)None of the above
It is difficult to evaluate _____therapies because they are often highly individualized.	a)Psychiatry b)Counseling c)Psychotherapy d) CAM
Programs that include coping skills, training improve functioning of chronic diseases including end stage renal disease is called _____	a)Therapy b)Counseling c)Patient education d)All of the above
_____ represent a resource for the chronically ill person.	a) Counselor b)Psychologist

	<ul style="list-style-type: none"> c)Both d)None of the above
_____ cognitive behavioral interventions may get people to adhere to physical activity more.	<ul style="list-style-type: none"> a)daily b)Group c)Individual d)None of the above
Chief changes brought about by _____ is the increased dependency of the individual.	<ul style="list-style-type: none"> a) Chronic illness b)Emotional illness c)Psychological illness d)All of the above
Developing realistic sense of one's illness, the restriction it imposes and the regimen that is required is an important process of _____ with chronic illness	<ul style="list-style-type: none"> a) Developing illness b)Stress bursting c)Coping d)Resilient
_____ for chronic illness is widespread	<ul style="list-style-type: none"> a) Self esteem b)Self image c)Efficacy d)Self lame
_____ activities are an important aspect of self esteem and self concept.	<ul style="list-style-type: none"> a)Vocational b)Avocational c)Both d)None
_____ are important they contribute to a higher quality of life and can influence longevity.	<ul style="list-style-type: none"> a)Positive self perception b)Negative self perception c) Cognition d)Emotions

_____ is distressing because it can interfere with symptoms and treatment	<ul style="list-style-type: none"> a) Crisis period b) Physical distress c) Chronic illness d) Anxiety
_____ is sometimes delayed reaction to chronic illness	<ul style="list-style-type: none"> a) Crisis period b) Depression c) Chronic illness d) Anxiety
_____ contribute to increased risk of mortality from chronic conditions	<ul style="list-style-type: none"> a) Psychological distress b) Neuroticism c) Both d) None
Physical functioning, psychological status social functioning and disease are components of _____	<ul style="list-style-type: none"> a) Anxiety b) Emotional illness c) Chronic illness d) Quality of life
_____ usually develops relatively early in life, earlier for girls than for boys	<ul style="list-style-type: none"> a) Diabetes b) Stroke c) Type I diabetes d) Osteoarthritis
_____ is an autoimmune disorder characterized by the abrupt onset of symptoms, which result from lack of insulin production by the beta cells of the pancreas.	<ul style="list-style-type: none"> a) Type I diabetes b) Type II diabetes c) Arthritis d) None of the above
Stress aggravates _____	<ul style="list-style-type: none"> a) Type I diabetes b) Type II diabetes c) HIV AIDS d) None of the above
_____ is the most crippling form of arthritis.	<ul style="list-style-type: none"> a) Rheumatoid arthritis

	<ul style="list-style-type: none">b)Autoimmune arthritisc) radiology arthritisd)None of the above
_____ reduction interventions hold promise.	<ul style="list-style-type: none">a) Mindfulness-based stressb)Emotion based stressc)Action based stressd)Goal oriented stress
_____attacks the helper T cells and macrophages of the immune system	<ul style="list-style-type: none">a)Chronic diarrheab)Cancerc)HIVd)None of the above

SOCIAL PSYCHOLOGY

<p>Negative emotional responses based on group membership is called _____</p>	<ul style="list-style-type: none"> a) Prejudice b) Discrimination c) Risk aversive d) Stereotypes
<p>Barriers based on attitudinal or organizational bias that prevent qualified females from advancing to top-level positions are called?</p>	<ul style="list-style-type: none"> a) Gender stereotypes b) Glass ceiling c) Glass cliff effect d) Objectification of females
<p>Typically some biologically based feature that is used to distinguish one group and another; frequently can serve as justification for the differential treatment of those groups</p>	<ul style="list-style-type: none"> a) Singlism b) Subtype c) Essence d) Minimal groups
<p>_____ is a theory suggesting that to the extent individuals in different groups view themselves as members of a single social entity, intergroup bias will be reduced.</p>	<ul style="list-style-type: none"> a) Recategorization b) Common ingroup identity model c) Collective guilt d) Moral disengagement
<p>A technique that uses priming to measure implicit racial attitudes.</p>	<ul style="list-style-type: none"> a) Superordinate goals b) social identity theory c) modern racism d) bona fide pipeline
<p>The view that increased contact between members of various social groups can be effective in reducing prejudice between them.</p>	<ul style="list-style-type: none"> a) collective guilt b) moral disengagement c) social learning view (of prejudice)

	d) contact hypothesis
The emotion that can be experienced when we are confronted with the harmful actions done by our ingroup against an outgroup.	<ul style="list-style-type: none"> a) collective guilt b) moral disengagement c) social learning view (of prejudice) d) contact hypothesis
Those feelings induced separately or before a target is encountered; as a result, those feelings are irrelevant to the group being judged but can still affect judgments of the target.	<ul style="list-style-type: none"> a) Incidental feelings b) Implicit associations c) Zero sum outcomes Realistic conflict theory
A subset of a group that is not consistent with the stereotype of the group as a whole.	<ul style="list-style-type: none"> a) Singlism b) Subtype c) Essence d) Minimal groups
Efforts by one or more persons to change the behavior, attitudes, or feelings of one or more others.	<ul style="list-style-type: none"> a) Social influence b) Conformity c) Compliance d) Symbolic social influence
Social influence resulting from the mental representation of others or our relationships with them.	<ul style="list-style-type: none"> a) Social influence b) Conformity c) Compliance Symbolic social influence
A form of social influence in which one person simply orders one or more others to perform some action(s).	<ul style="list-style-type: none"> a) Obedience b) Social norms c) Introspection illusion d) Autokinetic phenomenon
A procedure for gaining compliance in which requesters begin with a	<ul style="list-style-type: none"> a) Normative social influence b) Informational social influence

<p>small request and then, when this is granted, escalate to a larger one (the one they actually desired all along).</p>	<ul style="list-style-type: none"> c) Foot-in-the-door technique d) Low-ball procedure
<p>A technique for gaining compliance in which requesters offer additional benefits to target people before they have decided whether to comply with or reject specific requests.</p>	<ul style="list-style-type: none"> a) Door-in -the face technique b) That’s-not-all technique c) Playing hard to get d) Deadline technique
<p>Theories suggesting that aggression stems from external conditions that arouse the motive to harm or injure others. The most famous of these is the frustration-aggression hypothesis</p>	<ul style="list-style-type: none"> a) Aggression b) drive theories c) general aggression model d) frustration aggression hypothesis
<p>The suggestion that frustration is a very powerful determinant of aggression.</p>	<ul style="list-style-type: none"> a) Aggression b) drive theories c) general aggression model d) frustrtation aggression hypothesis
<p>Cultures in which there are strong norms indicating that aggression is an appropriate response to insults to one’s honor.</p>	<ul style="list-style-type: none"> a) Provocative b) Teasing c) Excitation trtransfer theory d) Cultures of honor
<p>A pattern consisting of the absence of characteristics associated with the Type A behavior pattern.</p>	<ul style="list-style-type: none"> a) TASS model b) Type A behaviour pattern c) Hostile aggression d) Type B behaviour pattern
<p>Refers to the tendency to respond</p>	<ul style="list-style-type: none"> a) Instrumental aggression

<p>to a threat to one’s self-concept by affirming one’s competence in another area (different from the threat).</p>	<ul style="list-style-type: none"> b) Bullying c) Catharsis hypothesis d) Self-affirmation
<p>The suggestion that some prosocial acts are motivated solely by the desire to help someone in need.</p>	<ul style="list-style-type: none"> a) Prosocial behavior b) Empathy c) Empathy-altruism hypothesis d) Negative-state-relief model
<p>Bullying (repeated assaults against specific target persons) occurring in chatrooms and other Internet locations.</p>	<ul style="list-style-type: none"> a) Instrumental aggression b) Bullying c) Cyberbullying d) punishment
<p>Provoking statements that call attention to the target’s flaws and imperfections.</p>	<ul style="list-style-type: none"> a) Provocative b) Teasing c) Excitation trtransfer theory d) Cultures of honor
<p>Theories suggesting that aggression stems from external conditions that arouse the motive to harm or injure others. The most famous of these is the frustration-aggression hypothesis</p>	<ul style="list-style-type: none"> a) Aggression b) drive theories c) general aggression model d) frustration aggression hypothesis
<p>The view that helpers respond to the needs of a victim because they want to accomplish something, and doing so is rewarding in and of itself.</p>	<ul style="list-style-type: none"> a) Empathetic joy hypothesis b) Kin selection theory c) Defensive helping d) Diffusion of responsibility
<p>Conditions in which individuals feel that they have been excluded from</p>	<ul style="list-style-type: none"> a) Empathetic joy hypothesis b) Kin selection theory

some social group.	c) Pluralistic ignorance d) Social exclusion.
A theory suggesting that arousal produced in one situation can persist and intensify emotional reactions occurring in later situations.	a) Provocative b) Teasing c) Excitation trtransfer theory d) Cultures of honor