

According to Freud, which element of personality does not care for moral values, society or other individuals?

- (1) Super ego
- (2) Ego
- (3) Id
- (4) Libido

Books Recommended  
for studying :-

- CUET Psychology by Amit Panwar
- CUET 2024 Psychology MCQ Masterkey

Match List - I with List II.

List - I

- (A) Self-Efficacy
- (B) Real Self
- (C) Self-Report measure
- (D) Self-Actualization

List-II

- (I) Cattell
- (II) Maslow
- (III) Bandura
- (IV) Rogers

A IV  
B II  
C I  
D III

Choose the correct answer from the options given below:

- (1) (A) (1), (B) - (II), (C) (III), (D) - (IV)
- (2) (A) (II), (B) (IV), (C) (III), (D) (1)
- (3) (A) (IV), (B) - (II), (C) - (1), (D) - (III)
- (4) (A) (III), (B) (IV), (C) (1), (D) (II)

Street Smartness is a part of:

- (1) Multiple Intelligence
- (2) Contextual Intelligence

- (3) Experiential Intelligence
- (4) Componential Intelligence

The important ideas proposed by Carl Rogers and Abraham Maslow are:

- (A) People have a tendency to maximise self concept through self actualisation.
- (B) There is a collective unconscious consisting of archetypes
- (C) Behaviour is goal directed and worthwhile people try to express capabilities, potentials and talents to the fullest possible extent.
- (D) An atmosphere of unconditional positive regard must be created in order to ensure enhancement of one's self concept.
- (E) Human beings display a wide range of variations in psychological attributes (and it is possible)

Choose the correct answer from the options given below:

- (1) (A), (B), (D) only
- (2) (B), (C), (E) only
- (3) (A), (D), (E) only
- (4) (A), (C), (D) only

The clinical psychologist assessed person B's personality using a test based on less structured stimuli. The test helped to assess his unconscious motives and feelings. Identify the test used by the psychologist.

- (1) Self report measure
- (2) Projective Technique
- (3) Behavioural Analysis
- (4) Psychometric test

In a person defends against anxiety by adopting behaviours opposite to her/his true feelings.

- (1) Projection
- (2) Reaction formation
- (3) Rationalisation
- (4) Regression

\_\_\_\_\_ has been found extremely useful in career guidance, vocational exploration and occupational testing.

- (1) Minnesota Multiphasic Personality Inventory
- (2) Eysenck Personality Questionnaire
- (3) Sixteen Personality factor Questionnaire
- (4) Sentence Completion Test

\_\_\_\_\_ refers to our ability to organise and monitor our own behaviour.

- (1) Self efficacy
- (2) Self esteem
- (3) Self concept
- ~~(4) Self regulation~~

A child is going through a tough time and is facing problems in school. He decides to discuss the same with the school counsellor so that he can vent out his feelings. Identify the type of coping response in this.

- (1) Avoidance oriented
- ~~(2) Emotion oriented~~
- (3) Task oriented
- (4) Relaxation

Social support in the form of assistance involving material aid such as money or goods, is known as support.

- (1) Emotional
- (2) Positive
- ~~(3) Tangible~~
- (4) Informational

Radhika wants to do everything perfectly. Everytime this expectation leads to disappointment and stress. Thus, the source of her psychological stress is

- (1) Frustration
- (2) Conflict

(3) Internal Pressure

(4) Social Pressure

Match List - I with List II.

List - I

(A) Emotional effect

(B) Physiological effect

(C) Cognitive effect

(D) Behavioural effect

A - IV

B - I

C - III

D - II

List-II

(1) Increased heart rate, constriction of blood vessels

(II) Mood swing, increased psychological tension

(III) Disrupted sleep pattern, increased absenteeism

(IV) Poor concentration, reduced short term memory capacity.

Choose the correct answer from the options given below:

- (1), (D) - (IV) (1) (A) (III), (B) - (II), (C)

(2) (A) - (IV), (B) (I), (C) (III), (D) - (II)

(3) (A)(II), (B) (I), (C) (IV), (D) (III)

(4) (A) (1), (B) - (IV), (C) (III), (D) (II)

Once the datesheet was announced, the students started paying attention and preparing for the examination. They made notes, took tests and attended coaching class neglecting their diet and sleep. As the examination approached students felt draining of bodily resources and falling sick indicates stage of General Adaptations syndrome.

(1) Exhaustion stage

(2) Alarm reaction stage

(3) Resistance stage

(4) Adjourning stage

In which of the following disorders, children may fuss, screen, throw severe tantrums, or make suicidal

In which of the following disorders, children may fuss, screen, throw severe tantrums, or make suicidal gestures?

- (1) Obsessive compulsive and related disorder
- (2) Dissociative disorder
- ✓ (3) Separation anxiety disorder
- (4) Phobia

∴ Dominating and bullying other without provocation is type of aggression.

- (1) Verbal aggression
- ✓ (2) Proactive aggression
- (3) Physical aggression
- (4) Hostile aggression

Match List I with List II.

List - I

- (A) Alogia
- (B) Delusion
- (C) Avolition
- (D) Hallucination

A I

List-II

B II

- ✓ (I) Lack of motivation to do the task
- ✓ (II) Perception without stimuli
- (III) False Belief
- (IV) Poverty of speech

C IV

D III

Choose the correct answer from the options given below:

- (1) (A)- (II), (B) - (1), (C) - (PI), (D) - (IV)
- (2) (A)(IV), (B) (III), (C) (1), (D) (II)
- ✓ (3) (A) (1), (B) (II), (C) (IV), (D) (III)
- (4) (A) (III), (B) (IV), (C) (II), (D) (1)

Bulimia Nervosa is a/an

- (1) Depressive disorder
- ✓(2) Eating disorder
- (3) Conduct disorder
- (4) Anxiety disorder

Manjeet is inattentive, hyperactive and mostly impulsive. He is most likely to be diagnosed with

- (1) Specific Learning Disorder
- (2) Intellectual Deficiency
- (3) Autism Spectrum disorder
- ✓(4) Attention deficit hyper activity disorder

Match List - I with List II.

List - I

List-II

(A) Positive symptoms of schizophrenia

(B) Negative symptoms of schizophrenia

(C) Inappropriate affect

(D) Psychomotor symptoms of schizophrenia (

(1) Pathological deficits

(II) Odd grimaces and gestures

(III) Bizarre additions

IV) Emotion that are unsuited to the situation

A II

B III

C (1)

D (IV)

Choose the correct answer from the options given below:

- (1) (A) (1), (B) (IV), (C) (III), (D) (II)
- ✓(2) (A) (II), (B) (III), (C) (1), (D)- (IV)
- (3) (A) (III), (B) (I), C (IV), (D) (II)
- (4) (A)-(IV), (B) (I), (C) (II), (D) (III)

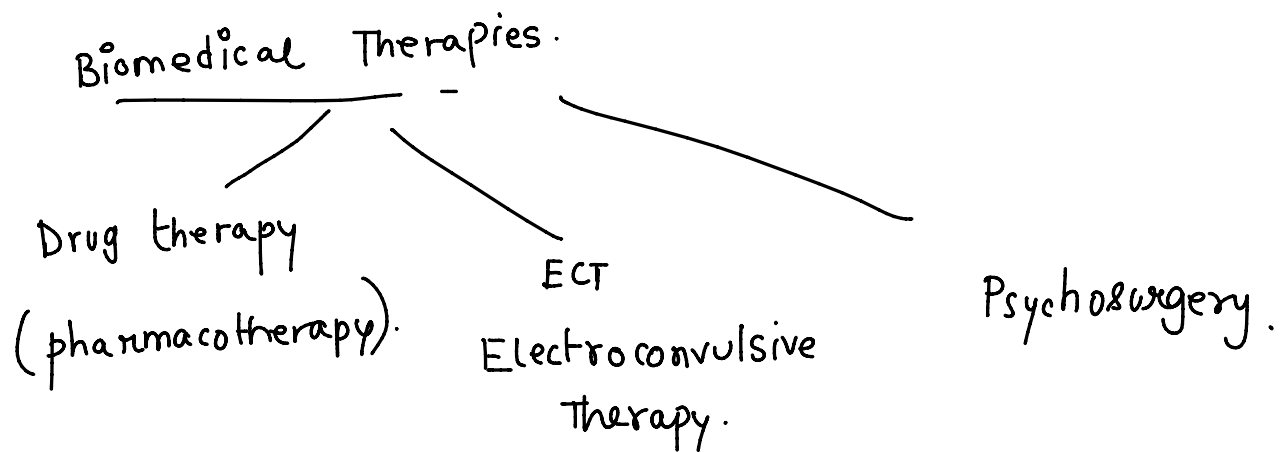
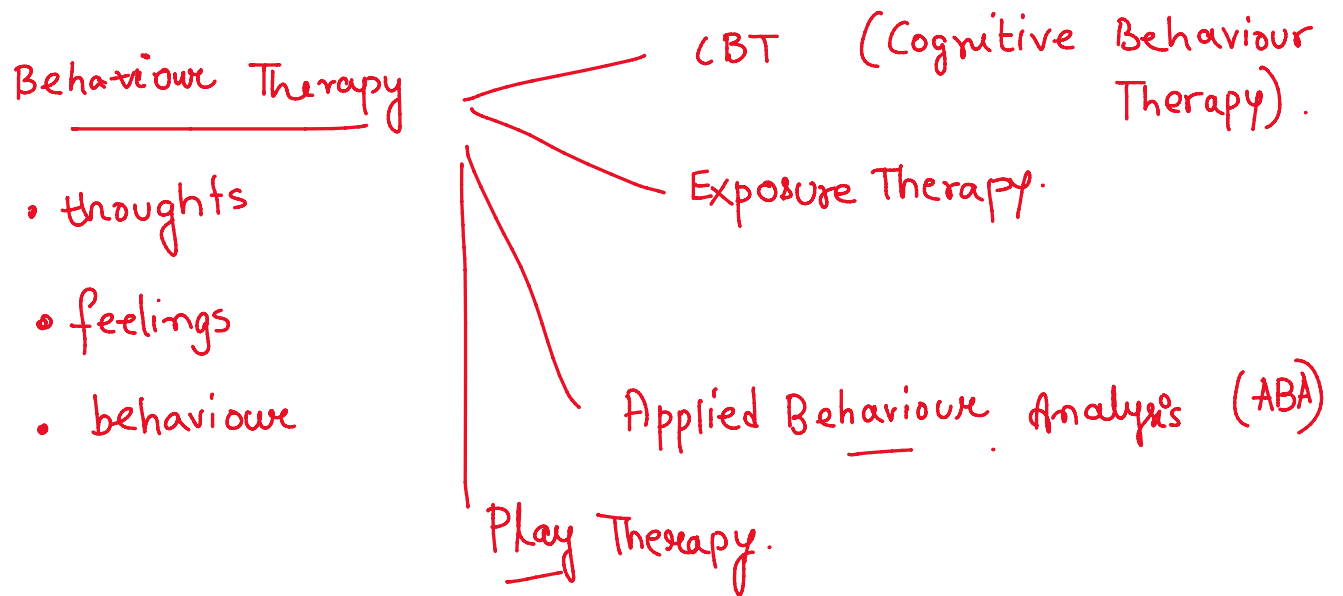
Rajini uses yoga and meditation to focus her attention. This is a form of therapy.

- (1) Electro convulsive

(2) Humanistic existential

(3) Cognitive

✓ (4) Alternative



→ Gene therapy

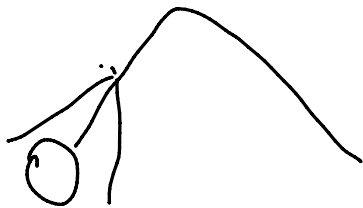
→ Stem cell therapy.

→ Light therapy.

→ Transcranial magnetic stimulation (TMS).

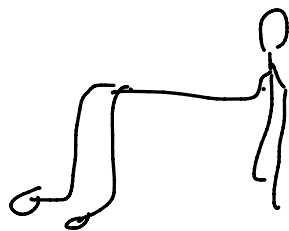
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Yoga Therapy.



Downward  
facing dog

cat - cow pose



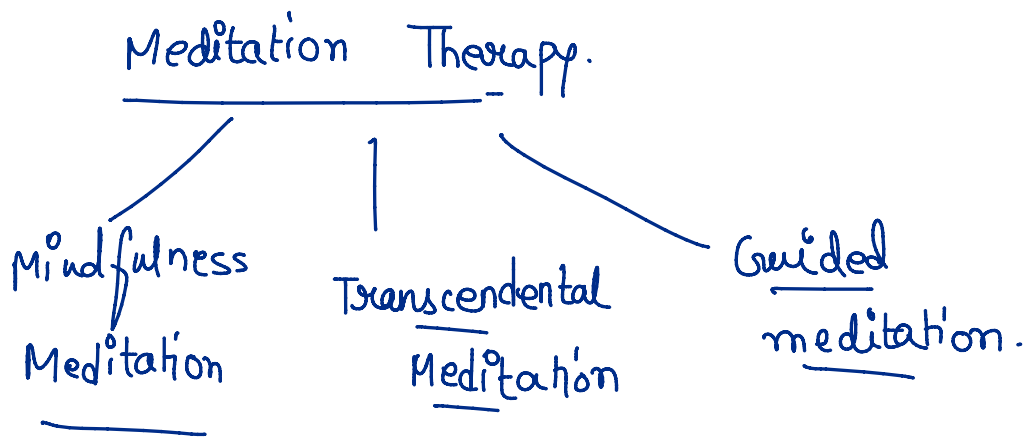
Child's pose.



Bridge pose



Corpse pose



A mentally ill person has to go through ;

- CBT
- DBT
- Social skills training.
- Vocational rehabilitation.

# Behaviour therapy

Behaviour therapy is a type of therapy that helps people change their behaviour by focusing on the relationship between thoughts, feelings, and behaviours. It is based on the idea that all behaviours are learned, and therefore can be unlearned and replaced with new, more helpful behaviours.

There are many different types of behaviour therapy, but they all share the common goal of helping people to identify and change their problem behaviours. Some of the most common types of behaviour therapy include:

- Cognitive behavioural therapy (CBT): CBT is a type of therapy that helps people to identify and change the negative thoughts and beliefs that contribute to their problem behaviours.
- Exposure therapy: Exposure therapy is a type of therapy that helps people to gradually face their fears and anxieties in a safe and controlled environment.
- Applied behaviour analysis (ABA): ABA is a type of therapy that uses positive reinforcement and other techniques to help people with autism spectrum disorder and other developmental disabilities learn new skills and reduce problem behaviours.
- Play therapy: Play therapy is a type of therapy that uses play and other activities to help children express their emotions and learn new coping skills.

Behaviour therapy can be used to treat a wide range of mental health problems, including:

- Anxiety disorders
- Depression
- Eating disorders
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Substance abuse disorders
- Tic disorders
- Behavioural problems in children and adolescents

Behaviour therapy is often used in conjunction with other types of therapy, such as medication or talk therapy. However, it can also be used as a stand-alone treatment for many mental health problems.

Pictures of behaviour therapy in action:

- A therapist helping a child with autism spectrum disorder to learn a new skill using positive reinforcement.
- A person with OCD sitting in a room full of dirt and dust as part of exposure therapy.
- A group of people with social anxiety disorder practicing talking to each other in a safe and supportive environment.
- A therapist helping a child to express their emotions through play therapy.
- A person with depression learning to identify and challenge their negative thoughts using CBT.

Benefits of behaviour therapy:

- Behaviour therapy is a relatively short-term therapy, with most people seeing results within a few weeks or months.
- Behaviour therapy is a highly effective treatment for a wide range of mental health problems.
- Behavior therapy is a skills-based therapy, which means that people learn new skills that they can use to manage their problems and improve their lives.
- Behavior therapy is a collaborative therapy, which means that therapists work closely with their clients to develop and implement a treatment plan that is tailored to their individual needs and goals.

If you are considering behavior therapy, it is important to find a qualified therapist who has experience treating the specific problem that you are experiencing. You should also feel comfortable with your therapist and be able to trust them.

## Biomedical Therapies

Drug Therapy

Drug therapy, also known as pharmacotherapy, is the use of medications to treat biomedical conditions. It is the most common type of biomedical therapy and is used to treat a wide range of conditions, including mental illnesses, neurological disorders, and chronic diseases.

Electroconvulsive Therapy (ECT)

ECT is a type of biomedical therapy that involves passing a brief electrical current through the brain. It is used to treat severe depression, bipolar disorder, and other mental illnesses that have not responded to other treatments

Psychosurgery

Psychosurgery is a type of biomedical therapy that involves surgically altering the brain. It is used as a last resort to treat severe mental illnesses that have not responded to other treatments.

Other Biomedical Therapies

In addition to drug therapy, ECT, and psychosurgery, there are a number of other biomedical therapies that are used to treat a wide range of conditions. These therapies include:

- Gene therapy: Gene therapy is a type of biomedical therapy that involves altering a person's genes to treat a disease or disorder.
- Stem cell therapy: Stem cell therapy is a type of biomedical therapy that involves using stem cells to repair damaged tissues or organs.
- Light therapy: Light therapy is a type of biomedical therapy that involves using light to treat a variety of conditions, including depression, seasonal affective disorder, and acne.
- Transcranial magnetic stimulation (TMS): TMS is a type of biomedical therapy that involves using a magnetic field to stimulate the brain. It is used to treat depression, anxiety, and other mental illnesses.

Biomedical therapies can be very effective in treating a wide range of conditions. However, it is important to note that all biomedical therapies have potential risks and side effects. It is important to discuss the risks and benefits of any biomedical therapy with a healthcare professional before deciding to pursue treatment.

## Yoga therapy

Yoga therapy is a holistic approach to healing that uses the practices of yoga to promote physical, mental, and emotional well-being. It is tailored to the individual needs of the client and can be used to address a wide range of conditions, including:

- Chronic pain
- Stress
- Anxiety
- Depression
- Insomnia
- Digestive problems
- Respiratory problems
- Cardiovascular disease
- Cancer

Yoga therapy is typically delivered one-on-one with a qualified yoga therapist. The therapist will work with the client to develop a personalized plan that includes yoga poses, breathing exercises, and meditation.

Here are some of the key benefits of yoga therapy:

- Reduces pain and inflammation: Yoga poses can help to stretch and strengthen muscles, improve flexibility, and reduce inflammation. This can be especially beneficial for people with chronic pain conditions such as arthritis, back pain, and fibromyalgia.
- Improves sleep quality: Yoga can help to reduce stress and anxiety, which can lead to better sleep. Yoga poses can also help to relax the body and mind, making it easier to fall asleep and stay asleep.
- Boosts mood and energy: Yoga can help to increase levels of endorphins, which have mood-boosting and pain-relieving effects. Yoga can also help to improve cardiovascular health, which can increase energy levels.
- Reduces stress and anxiety: Yoga poses, breathing exercises, and meditation can all help to reduce stress and anxiety. Yoga can also help to promote relaxation and a sense of well-being.

Here are some examples of yoga poses that are commonly used in yoga therapy:

- Downward-facing dog: This pose helps to stretch the hamstrings, calves, and spine. It can also help to improve circulation and reduce stress.
- Cat-cow pose: This pose helps to stretch the back and neck. It can also help to improve flexibility and reduce pain.
- Child's pose: This pose is a calming and restorative pose. It can help to reduce stress and anxiety, and it can also help to stretch the back and hamstrings.
  - Bridge pose: This pose helps to strengthen the back muscles and improve flexibility. It can also help to open up the chest and shoulders.
  - Corpse pose: This pose is a deeply relaxing pose. It can help to reduce stress and anxiety, and it can also help to improve sleep quality.

Yoga therapy is a safe and effective way to improve overall health and well-being. It is important to find a qualified yoga therapist who can develop a personalized plan for you.

## Meditation therapy

Meditation therapy is a mind-body practice that involves focusing your attention on the present moment. It has been shown to have many benefits for both physical and mental health, including reducing stress, improving sleep, and boosting mood.

There are many different types of meditation, but they all involve some form of focused breathing. Some common types of meditation include:

- Mindfulness meditation: This type of meditation involves paying attention to your thoughts, feelings, and bodily sensations without judgment.
- Transcendental meditation: This type of meditation involves repeating a mantra (a word or phrase) silently to yourself.
- Guided meditation: This type of meditation involves listening to a recording of a guide who leads you through the meditation.

To get started with meditation, find a quiet place where you will not be disturbed. Sit in a comfortable position, either on the floor or in a chair. Close your eyes and take a few deep breaths. Focus your attention on your breath, noticing the rise and fall of your chest as you inhale and exhale.

If your mind wanders, gently bring it back to your breath. There is no need to judge yourself or try to stop your thoughts. Simply acknowledge them and then return your attention to your breath.

Start with a few minutes of meditation each day and gradually increase the amount of time you meditate as you become more comfortable.

Pictures of meditation therapy:

Meditation therapy can be a powerful tool for improving your overall well-being. If you are new to meditation, there are many resources available to help you get started. You can find books, articles, and videos on meditation, as well as guided meditation recordings. You can also take a meditation class or find a meditation group in your community.

## Rehabilitation of Mentally ill

Mental illness can have a devastating impact on a person's life, but with the right treatment and support, most people can recover and live full and productive lives. Rehabilitation is an important part of the recovery process, and it can help people with mental illness develop the skills and coping mechanisms they need to live independently and successfully in the community.

There are many different types of rehabilitation programs available, and the best approach for each individual will vary depending on their specific needs and circumstances. Some common types of rehabilitation programs include:

- **Cognitive behavioral therapy (CBT):** CBT is a type of therapy that helps people identify and change negative thoughts and behaviors. It can be an effective treatment for a variety of mental illnesses, including depression, anxiety, and post-traumatic stress disorder (PTSD).
- **Dialectical behavior therapy (DBT):** DBT is a type of therapy that teaches people skills for managing their emotions and coping with stress. It can be an effective treatment for people with borderline personality disorder and other mental illnesses that involve difficulty regulating emotions.
- **Social skills training:** Social skills training can help people with mental illness develop the skills they need to interact with others effectively. This can be especially helpful for people who have withdrawn from social activities or who have difficulty making friends.
- **Vocational rehabilitation:** Vocational rehabilitation can help people with mental illness develop the skills and training they need to find and keep a job. This can include helping people with resume writing, job interview skills, and job placement.

Rehabilitation programs can be offered in a variety of settings, including hospitals, outpatient clinics, and community centers. Some programs are day programs, while others offer overnight or residential care. The length of a rehabilitation program will also vary depending on the individual's needs, but most programs last for several weeks or months.