

BABA FARID UNIVERSITY OF HEALTH SCIENCES, FARIDKOT

Psychologist

(under Department of Health & Family Welfare, Government of Punjab)

QUESTION BOOKLET NO

SESSION OF THE CANDIDATE

OMR ANSWER SHEET NO

ROLL NO:

FULL SIGNATURE OF THE CANDIDATE

FULL SIGNATURE OF INVIGILATOR

Time Allowed: 2:00 Hour (11:00 AM to 1:00 PM)

Maximum Marks: 90

1. Use BLACK FINE TIP BALL PEN only. Use of pencil is not allowed.
2. Write your Roll number on the OMR answer-sheet and also on the question-booklet only in the space provided for the purpose and at no other place in the question booklets and Answer-sheet
3. Enter the Question Booklet Set and Number on the OMR Answer-sheet and also darken the corresponding bubbles with BLACK FINE TIP BALL PEN.
4. Do not put any marks anywhere in the Question booklet /on the OMR Answer-sheet.
5. **There are 90 objective type questions in all of 1 Mark each.** Before attempting the questions, check that the Question-booklet is complete. In case any question/part of question or page is missing, inform the Centre Superintendent within 5 minutes of the start of the examination. After that no claim will be entertained.
6. **Each question is followed by four alternative responses listed as A), B), C) and D) out of which only one is correct / most correct. In case, all the ovals are left blank, there will be deduction of marks @ 0.25 mark for each such unattempted question. Fifth oval 'E' (introduced for security purpose) is to be darkened in case you do not want to attempt the question to avoid negative marking.**
7. To open the question booklet, remove the seal gently when asked to do so. Handover the OMR Answer-sheet to the officer on duty on the completion of the time before you leave the examination hall.
8. **The candidates are permitted to carry his/her question booklet after completion of the examination but OMR Sheets are compulsory required to be deposited with the invigilator.**
9. A candidate who create disturbance of any kind or changes his/her seat or is found in possession of any paper possibility of any assistance to him/her or unfair means will be expelled from the examination by the Centre superintendent/Observer, whose decision shall be final. ("Expulsion" for this purpose would mean cancellation of the entire examination of the candidate).
10. **THE CANDIDATES ARE NOT PERMITTED TO CARRY ANY TELECOMMUNICATION EQUIPMENT SUCH AS WATCH, CELLULAR PHONE, WIRELESS SET, SCANNER ETC. INSIDE THE EXAMINATION HALL.**
11. For rough work, use only the blank space of the Question booklet.
12. The candidates will not be allowed to leave the examination hall during the examination.
13. Borrowing any material is not allowed.
14. The answer-sheet is designed for Computer evaluation. If the instructions are not followed properly, the candidate alone shall be responsible for the resultant loss.
15. Smoking/Refreshment shall not be allowed in the Entrance Test Centre/Hall.
16. Male candidates shall affix their Left Thumb Impression (LTI) while Female candidates shall affix Right Thumb Impression (RTI) at the prescribed place on the OMR answer sheet, Question Booklet and attendance sheet. The Centre superintendent shall also obtain and retain it for record.
17. The candidate must fill both the question booklet number and OMR answer sheet number on the attendance sheet.
18. No candidate shall be allowed to leave the centre before **1:00 PM**.

1. Which of the following is not a psychosis?
a) Dissociation b) Delusion c) Hallucination d) Catatonia
2. Who gave the concept of "mental age"?
a) Terman b) Binet
c) Wechsler d) Galton
3. Systematic desensitization is based on which principle :-
a) Galton principle
b) Gestalt principle
c) Wolpe's principle of inhibition
d) Systematic principle
4. Which of the chromosome is involved in down syndrome?
a) 25
b) 26
c) 22
d) 21
5. Annette is looking for a psychotherapist whose clinical work is rooted in object relations theory. The best match for Annette would be a therapist who emphasizes
a. The here and now
b. Cognitive distortions
c. Early life relationships
d. Counter conditioning
6. A persistent, unreasonable, and unwanted thought is known as
a. Negative symptom
b. Hallucination
c. Compulsion
d. Obsession
7. The method of summated ratings refer to which of the following scales:
a) Likert
b) Thurstone
c) Semantic differential
d) Guttman
8. In Sheldon's classification system, the slender, nervous person who is extremely sensitive to pain would come within the category of
a) Endomorph
b) Ectomorph
c) Mesomorph
d) Somatomorph
9. The 'learning theories of attitude' use concepts from
a) Classical conditioning
b) Operant conditioning
c) Cognitive learning
d) All of the above
10. When the performance is enhanced by mere presence of others, the phenomenon is called
a) Social conformity
b) Social facilitation
c) Cognitive dissonance
d) Reactive facilitation
11. Which of the following was the first to systematically and empirically study memory by developing an innovative approach based on consonant-vowel-consonant combinations?
a. Hermann Ebbinghaus
b. James Mill
c. John B. Watson
d. Max Wertheimer

12. According to Jean Piaget, young infants are in which stage of development?
 - a. Proximal
 - b. Psychosocial
 - c. Attachment
 - d. Sensory-motor
13. Which are statistical tests that require interval or ratio data, normally distributed data and similar variances in both conditions?
 - a) Non-parametric test
 - b) Case studies
 - c) Parametric test
 - d) None of the above
14. Fear is a basic emotion that involves
 - a) Negative thoughts but no change in physiological arousal
 - b) The activation of the 'fight or flight' response
 - c) Anxiety and concern about future events
 - d) A complex blend of stress and self-preoccupation
15. A person who is preoccupied with fears of having a serious disease suffers from a.
 - a) Conversion reaction.
 - b) Hypochondriasis.
 - c) A traumatic disorder.
 - d) An obsession.
16. The extreme reaction known as fugue refers to
 - a. Physical flight to escape conflict.
 - b. Severe depression.
 - c. Hallucinations.
 - d. Obsessive behavior
17. When a person's sexual identity does not match his or her physical gender, the diagnosis is
 - a. Paraphillia.
 - b. Sexual dysfunction.
 - c. Gender identity disorder.
 - d. Androgyny
18. An unusual state called "waxy flexibility" is sometimes observed in _____ schizophrenia.
 - a. Borderline
 - b. Disorganized
 - c. Catatonic
 - d. Paranoid
19. In his classic studies of conformity, Asch demonstrated that
 - a) Size of the majority does not influence how many people will conform
 - b) A majority of one produces about as much conformity as a majority of eight
 - c) Lack of unanimity greatly reduces the pressure to conform
 - d) Obedience to authority was determined by the authority's perceived referent power
20. According to research, children who are behaviorally inhibited are shy, quiet, fearful, socially avoidant and have high levels of physiological arousal. These children are most likely to develop which type of psychological disorders?
 - a. Psychotic disorders
 - b. Anxiety disorders
 - c. Eating disorders
 - d. None of the above

21. Chronic use of substances like alcohol or opioids has been shown to cause long-term structural and functional impairments in the prefrontal cortex. What is the most likely behavioural consequence of this change?
- Increased impulsivity and poor decision-making
 - Enhanced emotional regulation and self-control
 - Reduced sensitivity to pain and stress
 - Improved memory consolidation and recall
22. Which of the following is considered a core component of relapse prevention for addict individuals in community-based treatment programs in Punjab?
- Immediate return to inpatient detoxification upon first use
 - Psycho-education about triggers and coping skills using cognitive-behavioural technique
 - Sole reliance on pharmacological substitution without psychosocial support
 - Encouraging spiritual retreats without formal therapy
23. Under Indian law, which of the following situations allows a psychologist to break confidentiality when treating a substance dependent client?
- The client admits to drugs abuse as a habit
 - The client discloses intent to harm themselves or others
 - The client's family requests information about treatment progress
 - The client has not attended sessions for over a month
24. Which therapeutic strategy is most appropriate for addressing sub-clinical depression and anxiety in Punjabi youth with substance use disorders?
- Prescribing antidepressants without counseling
 - Encouraging open expression of emotions in a supportive group format, incorporating local idioms of distress
 - Advising youth to avoid Punjabi music and films that glorify substance use
 - Referring all youth to inpatient detoxification regardless of severity
25. How should a psychologist best address peer pressure as a trigger for drug use among Punjabi youth in group therapy sessions?
- Talk about legal consequences of drug use
 - Use role-playing exercises to build refusal skills and assertiveness
 - Talk about monetary consequences of drug use
 - Involve police in warning youth about peer influence
26. In the context of treating opioid dependence in India, which medication is most commonly used under government-supported programs like National Drug Dependence Treatment Centre (NDDTC) as part of Medication-Assisted Treatment (MAT)?
- Naltrexone
 - Methadone
 - Buprenorphine-naloxone
 - Disulfiram

27. Which of the following best reflects a core principle of Motivational Interviewing (MI) when working with individuals struggling with substance use in Punjab?
- Providing direct advice about quitting drugs without exploring readiness to change
 - Confronting denial through structured feedback about negative consequences
 - Collaboratively exploring ambivalence and enhancing intrinsic motivation to change
 - Focusing exclusively on abstinence as the only acceptable treatment goal
28. Which of the following is considered a high-risk environment for relapse among individuals recovering from substance dependence?
- A quiet library where books about recovery are available
 - Work place before addiction
 - A local tea stall or dhaba where friends regularly use drugs
 - A gurdwara where the person attends prayers weekly
29. Which family-related factor has been found to increase the risk of relapse among recovering addicts?
- Supportive parents attending family counselling sessions
 - Siblings who openly discuss the harms of substance use
 - Continued denial or enabling behaviour by close family members
 - Regular family visits for spiritual healing
30. A 45-year-old farmer drinks heavily daily but denies addiction, saying, "Everyone in my village drinks."
How do you approach his resistance?
- Use motivational interviewing to explore ambivalence.
 - Prescribe disulfiram (aversive therapy) immediately.
 - Advise his family to punish him.
 - Wait until he seeks help.
31. A college student uses opioids to "study longer" but now needs higher doses? Your next step
- Assess and address co-occurring mental health issues
 - Recommend immediate hospitalization.
 - Warn about legal consequences.
 - Suggest herbal alternatives.
32. Which behaviour therapy technique is based on operant conditioning and involves providing tangible rewards for drug-free urine samples?
- Cognitive Restructuring
 - Contingency Management
 - Psychodynamic Insight Therapy
 - Family Systems Therapy
33. What is a central goal of Cognitive Behavioural Therapy (CBT) when used in treating substance use disorders?
- To replace illicit drugs with prescribed medications
 - To identify and modify dysfunctional thoughts and beliefs that trigger cravings and drug use
 - To punish relapse through structured consequences
 - To encourage spiritual healing through guided meditation

34. In de-addiction centres where disulfiram is used to induce unpleasant reactions following alcohol consumption. This is an example of which behaviour therapy principle?
- Positive Reinforcement
 - Classical Conditioning
 - Aversion Therapy
 - Systematic Desensitization
35. Which of the following best describes the psychological model of addiction?
- Addiction is solely caused by moral weakness or lack of willpower
 - Addiction results from genetic factors alone
 - Addiction involves learned behaviours, environmental triggers, and emotional regulation issues
 - Addiction can be completely cured through religious conversion
36. Why is it important for addiction counsellors to screen for trauma history?
- Trauma often co-occurs with substance use disorders and can trigger relapse
 - Trauma always requires psychiatric hospitalization
 - Trauma is irrelevant unless the client brings it up
 - Trauma only affects children and not adult addicts
37. What is the most important factor in establishing a strong therapeutic alliance with a client struggling with addiction?
- Giving direct advice on how to quit drugs immediately
 - Showing unconditional positive regard and empathy
 - Reporting the client's drug use to family members without consent
 - Offering financial support to keep the client engaged in treatment
38. Which of the following statements reflects a counsellor's empathic understanding of stigma in addiction?
- "Addiction is a choice, so clients must be punished if they relapse."
 - "People who use drugs lack willpower and need strict guidance."
 - "Addiction is a complex condition influenced by biology, psychology, and environment."
 - "Only people from bad families become addicts."
39. Why do many individuals with substance use disorders deny the severity of their problem?
- They enjoy using substances more than anything else
 - Denial serves as a psychological defence mechanism against guilt or fear of change
 - They are always lying to get what they want
 - Denial only occurs when the user has low intelligence
40. Which of the following types of social support is most beneficial for long-term recovery from addiction?
- Being around friends who also use substances occasionally
 - Having a supportive family that encourages treatment engagement
 - Avoiding all social contacts to reduce temptation
 - Relying solely on healthcare providers without involving friends or family
41. Normal distribution refer to frequency distribution following a _____ curve which is infinite at both the ends.
- | | |
|-----------|-------------|
| a. Skewed | b. Normal |
| c. Linear | d. kurtosis |

42. The use of non-parametric tests is recommended in the following situations.
- Sample size is quite small.
 - When the data can be expressed in the forms of ranks.
 - Normality of distribution of score is doubtful.
 - All are correct.
43. Self actualization refers to:
- Self esteem
 - Self confidence
 - Self respect
 - Realization of one's full potential
44. When the null hypothesis is true, a decision to reject such kind of error is known as
- Type ii error
 - Type i error
 - zero type error
 - None of the above
45. Exclude the stage which is not included by Hans Selye
- Reaction
 - Alarm reaction
 - Stage of exhaustion
 - Stage of resistance
46. RPWD act came into existence in which year?
- | | |
|---------|---------|
| a. 1995 | b. 1996 |
| c. 2016 | d. 2014 |
47. During adolescent period which factors play a role under perform in studies?
- Learning disability
 - Poor work habits or study skills
 - Lack of motivation to do well
 - All of above
48. Which period of development is full of challenges?
- Childhood
 - Adolescent
 - Adulthood
 - Old age
49. Aggression is a learned response to:
- Frustration
 - Anxiety
 - Phobia
 - Depression
50. Who has proposed Life 'Eros' and 'Thanatos'?
- Carl Jung
 - Alfred Adler
 - Anna Freud
 - Sigmund Freud
51. Social Learning Theory is given by:
- Carl Jung
 - Bandura
 - Sullivan
 - Maslow
52. Goal of research are:
- Data collection
 - Formulation of hypothesis
 - Theory development
 - All of these
53. Which is not a symptom of OCD?
- Repetition
 - Relaxation
 - Avoidance
 - Reassurance
54. Which Scale is used to assess Depression?
- YMRS
 - HDRS
 - YBOCS
 - BPRS

55. Which is more influential in human cognition?
- Innate characteristics
 - Environmental characteristic
 - Both of 'a' and 'b'
 - None of 'a' and 'b'
56. A persistent, excessive and unrealistic fear of a specific object, person, animal, activity or situation is known as :
- Fear
 - Anxiety
 - Obsession
 - Phobia
57. Unconscious process of forgetting is due to:
- Regression
 - Sublimation
 - Projection
 - Repression
58. Identify a drug which is not an example of hallucinogenic drug
- LSD
 - Hashish
 - Cannabis
 - Penicillin
59. Who has proposed 'fluid intelligence and 'crystallized intelligence'?
- Gardener
 - Guilford
 - Spearman
 - Cattell
60. Which of the following is not a product of learning?
- Knowledge
 - Experience
 - Skill
 - Maturation
61. Clinical Psychology deals with the practical aspect of :
- Abnormal Psychology
 - Educational Psychology
 - Experimental Psychology
 - Child Psychology
62. Which of the following should be used to decrease minor inappropriate behaviour?
- Praise
 - Ignorance
 - Reward
 - Strictness
63. A major part of developmental psychology is devoted to understand the behaviour of
- Child
 - Adolescent
 - Women
 - Old age
64. Who is famous psycholinguistic?
- Gardner
 - Noam Chomsky
 - Alan Newell
 - None of these
65. Who is the father of Psychodynamic theory?
- Wilhelm Wundt
 - Charles Darwin
 - Sigmund Freud
 - William James
66. Which of the following does not characterize projective tests?
- Less structured
 - Well defined
 - Ambiguous
 - Access to unconscious
67. Structuralists believed that the task of Psychology was to
- Analyse the separate elements of consciousness
 - Emphasize the uniqueness of individuals.
 - Perceiving the whole structure.
 - Relying on empirical methodology

68. The purpose of conducting psychological experiment is
- To control dependent variable
 - To control extraneous variable
 - To control independent variable
 - None of them
69. Riding a cycle, typing, writing are some examples of
- Semantic memory
 - Procedural memory
 - episodic memory
 - Symbolic memory
70. The role of brain, body chemical, central nervous system, neural mechanism etc. are considered _____ the branch of psychology
- Evolution psychology
 - Positive psychology
 - cognitive psychology
 - Neuropsychology
71. A therapeutic technique in which the patient enacts a life situation or experience demonstrating his/her conflict is called
- Psychodrama
 - Sociodrama
 - Release therapy
 - Gestalt therapy
72. When people revert back to childish behavior or show increased emotional dependance, this state is referred to as
- Repression
 - Sublimation
 - Regression
 - Projection
73. A form of group therapy in which the therapist lectures and leads discussions is
- Inspirational
 - Release
 - Didactic
 - Non-directive
74. Psychometric tests in an organization helps in
- Recruitment
 - Organizational planning
 - Performance evaluation
 - All of these
75. The Thematic Apperception Test was devised by
- AH Maslow
 - CR Rogers
 - H Rorschach
 - HA Murray
76. The degree to which one can control an event _____ the stress and inability to predict the occurrence of an event usually _____ the stress.
- increases, increases
 - increases, decreases
 - decreases, increases
 - decreases, decreases
77. Neurotransmitters are referred to as body's
- Chemical messengers
 - Insulator
 - Defender
 - None of these
78. Which system get activated during a "fight and flight" situation?
- Parasympathetic nervous system
 - Sympathetic nervous system
 - Cervical spinal nervous system
 - None of these
79. Partial reinforcement is considered better than continuous reinforcement because
- The learning occurs rapidly
 - The learning occurs slowly
 - The extinction occurs rapidly
 - The extinction occurs slowly

80. The concept of magical number 7 ± 2 was proposed by

- a) EL Schwartz
- b) J Brown
- c) BJ Underwood
- d) GA Miller

81. Information in short term memory enters long term storage through

- a) Selective attention
- b) Elaborate rehearsal
- c) Learning
- d) Information processing

82. Consider the following statement about stress-inoculation training?

- 1. Skill acquisition and rehearsal
- 2. Initial conceptualization
- 3. Application and Follow through

Arrange the following phrases in correct sequence

- a) 3,1 and 2
- b) 1,2 and 3
- c) 2, 1 and 3
- d) None of these

83. General Adaptation Syndrome has been propounded by

- a) Lazarus
- b) Parkinson
- c) Zajonc
- d) Selye

84. Delusions can be described as

- a) Auditory sensations
- b) False beliefs
- c) Sensory hallucinations
- d) All of these

85. The most commonly overlooked and obvious reason for forgetting is

- a) Encoding specificity
- b) Encoding failure
- c) Lack of sleep
- d) Faulty eating habits

86. The basic speech sounds are called _____ and the meaningful smallest units of speech are called

- a) Phonemes; Fixation
- b) Phonemes; Lexigram
- c) Morphemes; Phonemes
- d) Phonemes; Morpheme

87. Match List 1 with List 11 and indicate your answer using the codes given below:

LIST I

A. EPPS

B. EPQ-R

C. NEO-PI-R

D. STAI

LIST II

1. State anxiety

2. Psychoticism

3. Achievement motivation

4. Openness to experience

CODES

A B C D

a) 3 2 4 1

c) 3 4 2 1

A B C D

b) 1 2 4 3

d) 1 4 2 3

88. According to Maslow's hierarchy theory

- a) People are more influenced by psychological than biological needs
- b) Feeling loved is a need that must be met before any other needs
- c) The order of needs is less important than meeting all five needs
- d) People won't be motivated to fulfill higher needs, if lower needs remain unmet.

89. Rorschach test, Thematic Apperception Test and MMPI are used to measure?

- a) Intelligence
- b) Attitude
- c) Personality
- d) Achievement

90. "A" in PERMA theory by Seligman stands for

- a) Attitude
- b) Affect
- c) Accomplishments
- d) Autonomy

ANSWER KEY

**Recruitment test conducted on 26/05/2025 for post of Psychologist
under Department of Health & Family Welfare, Govt. of Punjab**

1	A	46	C
2	B	47	D
3	C	48	B
4	D	49	A
5	C	50	B
6	D	51	B
7	A	52	D
8	B	53	B
9	D	54	B
10	B	55	C
11	A	56	D
12	D	57	D
13	C	58	D
14	B	59	D
15	B	60	D
16	A	61	A
17	C	62	B
18	C	63	A
19	C	64	B
20	B	65	C
21	A	66	B
22	B	67	A
23	B	68	B
24	B	69	B
25	B	70	D
26	C	71	A
27	C	72	C
28	C	73	C
29	C	74	D
30	A	75	D
31	A	76	C
32	B	77	A
33	B	78	B
34	C	79	D
35	C	80	D
36	A	81	B
37	B	82	C
38	C	83	D
39	B	84	B
40	B	85	B
41	B	86	D
42	D	87	A
43	D	88	D
44	B	89	C
45	A	90	C