



PSY101

Quiz for Mid-Term

ABSTRACT

This comprehensive collection of notes is accurately crafted to empower students to excel academically, ensuring they achieve a minimum of 80% marks in their examinations. The content is organized with clarity and precision, focusing on key concepts, critical analyses, and practical applications tailored to the syllabus. These notes serve as a reliable resource for both thorough preparation and last-minute revision. Designed to inspire confidence and mastery, this guide is an essential tool for students striving for academic excellence.

Maha Malik

Introduction to Psychology

PSY101_Introduction to Psychology
Quiz for Mid-Term

1. Who gave the first classification system of mental disorders? (**Emil Kraepelin**)
2. Who gave the concept of geographical versus behavioral environment? (**Kurt Koffka**)
3. Which therapy was introduced by Albert Ellis? (**Rational Emotive Behavior Therapy (REBT)**)
4. According to which theory do people make changes in their behavior by watching and imitating others? (**Observational learning theory**)
5. Which perspective of psychology emerged from a desire to understand the conscious mind, free will, human dignity, and the capacity for self-reflection and growth? (**Humanistic psychology**)
6. Which approach rejects the idea that biological forces, unconscious processes, and the environment determine behavior? (**Humanistic approach**)
7. Which therapy involves a brief electric current being sent through the brain of an anesthetized patient? (**Electroconvulsive therapy (ECT)**)
8. According to the developmental stages, which stage lasts from approximately 1.5 years to 3 years of age? (**Anal stage**)
9. Which term refers to the perceptual tendency to fill in gaps and complete incomplete figures? (**Closure**)
10. According to Wundt, what is the subject matter of psychology? (**Immediate experience**)
11. A branch of psychology that studies psychology in action at the workplace is known as what? (**Industrial-organizational psychology**)
12. Who presented a comprehensive theory of motivation? (**Abraham Maslow**)
13. All of the following are areas of interest of behaviorists EXCEPT which one? (**Unconscious desires**)
14. Who gave the concept of Tabula Rasa? (**John Locke**)
15. All of the following are sources of data collection in surveys EXCEPT which one? (**Physical traces**)
16. Rogers maintained that the therapist must possess all of the following qualities EXCEPT which one? (**Countertransference**)
17. Who presented the concept of cognitive maps? (**Edward Tolman**)
18. Which field of psychology deals with the likes, dislikes, and preferences of people? (**Consumer psychology**)
19. Which research method was used by functionalists? (**Longitudinal research**)
20. Which approach rejects the idea that biological forces, unconscious processes, and the environment determine behavior? (**Humanistic approach**)
21. Who discovered the speech center in the brain? (**Paul Broca**)
22. All of the following are types of drugs EXCEPT which one? (**Dopamine**)

PSY101_Introduction to Psychology
Quiz for Mid-Term

23. Which approach emphasizes an individual's freedom and willpower? (**Humanistic psychology**)
24. Who is the author of the book *On the Origin of Species*? (**Charles Darwin**)
25. Which need, according to Maslow, is fulfilled through marriage and friendship? (**Love and belonging needs**)
26. Who gave the concept of social learning? (**Albert Bandura**)
27. According to Imam Ghazali, which of the following is NOT included among the six powers of the self? (**Reinforcement**)
28. During which developmental stage of personality does the genital area become the erogenous zone for the child? (**Genital stage**)
29. Who gave the concept of insight? (**Wolfgang Köhler**)
30. Which of the following means a negative correlation? (**High values of one variable are associated with low values of the other**)
31. Who is considered the father of Gestalt psychology? (**Max Wertheimer**)
32. During which stage of development do the Oedipal and Electra complexes take place? (**Phallic stage**)
33. In which technique are successive approximations of the desired response reinforced until the behavior is fully learned? (**Shaping**)
34. Which branch of psychology is concerned with the study, diagnosis, and treatment of abnormal behavior? (**Clinical psychology**)
35. According to Freud, which part of personality are we aware of in everyday life? (**Conscious**)
36. Which defense mechanism expels disturbing thoughts or experiences from consciousness? (**Repression**)
37. Ivan Pavlov's name is associated with which school of thought? (**Behaviorism**)
38. Which defense mechanism involves refusing to acknowledge a painful reality? (**Denial**)
39. Which branch of psychology studies how long-term stress and psychological factors can affect physical health? (**Health psychology**)
40. Who formulated the Law of Effect? (**Edward Thorndike**)
41. Which statement best describes the survey research method? (**A sample of people is asked questions**)
42. Forensic psychology is interested in all of the following EXCEPT which one? (**Effect of crowds on performance**)
43. The axons of neurons release special chemicals known as what? (**Neurotransmitters**)
44. Which branch of psychology studies the influence of physical settings on an individual's behavior? (**Environmental psychology**)

PSY101_Introduction to Psychology
Quiz for Mid-Term

45. Which psychologist stated that the environment and external world shape and determine behavior? (**J. B. Watson**)
46. Which law given by Thorndike states that responses followed by satisfaction are strengthened? (**Law of Effect**)
47. Which theory of learning was given by Pavlov? (**Classical conditioning**)
48. Which psychosexual developmental stage occurs from approximately 3 to 5 years of age? (**Phallic stage**)
49. Who presented the concept of classical conditioning? (**Ivan Pavlov**)
50. According to the psychosexual developmental stages, which stage lasts from puberty to the end of life? (**Genital stage**)
51. Which field of psychology focuses on how cognition develops in different cultures? (**Anthropology**)
52. Which statement best describes Erik Erikson? (**He developed a theory based on social relationships rather than sexual relationships.**)
53. Which problem arises due to low secretion of growth hormone and leads to a child's small stature? (**Dwarfism**)
54. Which condition results from excessive secretion of growth hormone, causing exceptionally tall stature? (**Gigantism**)
55. Which part of a neuron contains the cytoplasm and nucleus of the cell? (**Soma**)
56. Which part of the nervous system is considered a self-regulatory mechanism? (**Autonomic nervous system**)
57. Which part of the brain regulates heart rate, breathing, and the diameter of blood vessels? (**Medulla oblongata**)
58. A psychologist wants to study the effect of light on the learning ability of master's-level students. What is the dependent variable? (**Learning ability**)
59. What is the study of heredity called? (**Genetics**)
60. Which hormone stimulates milk production after childbirth? (**Prolactin**)
61. According to Carl Rogers, a therapist must possess all of the following qualities EXCEPT? (**Countertransference**)
62. Which defense mechanism involves refusing to acknowledge a painful reality? (**Denial**)
63. Which gland is located in the neck? (**Thyroid gland**)
64. Which lobe of the brain is associated with the perception and recognition of auditory stimuli? (**Temporal lobe**)
65. What is the process through which information is relayed from one neuron to another across a synaptic gap? (**Synaptic transmission**)
66. According to which theory do people change their behavior by watching and imitating others? (**Observational learning theory**)

PSY101_Introduction to Psychology
Quiz for Mid-Term

67. The cognitive approach studies thoughts, feelings, and behavior but does not study what? (**Values**)
68. What does "ex post facto" mean? (**After the fact**)
69. What is the extended fiber of a neuron through which nerve impulses travel from the soma to the terminal buttons? (**Axon**)
70. Which psychological approach emphasizes an individual's freedom and willpower? (**Humanistic approach**)
71. Fifty school-going children are given medicine to increase their energy level. What is the dependent variable? (**Energy level**)
72. Which type of gene controls the appearance of a certain trait? (**Dominant gene**)
73. Which part of the nervous system controls the glands and muscles of internal organs such as the heart and stomach? (**Autonomic nervous system**)
74. Which part of the brain contains the association areas? (**Cerebral cortex**)
75. Which part of the nervous system controls the voluntary movement of skeletal muscles? (**Somatic nervous system**)
76. Which of the following is NOT a type of observation with intervention: structured observation, field experiments, participant observation, or archival data? (**Archival data**)
77. Self-actualization is associated with which psychologist? (**Abraham Maslow**)
78. According to Piaget, what is the modification of an existing schema to incorporate new knowledge that does not fit the schema? (**Accommodation**)
79. What does negative correlation mean? (**When one variable increases, the other variable decreases.**)
80. A gene that influences the expression of a trait only when paired with an identical gene is known as what? (**Recessive gene**)
81. According to whom, "Intelligence must be bred, not trained"? (**Francis Galton**)
82. Erik Erikson developed a comprehensive theory of what type of development? (**Psychosocial development**)
83. Which research method involves using discarded milk cartons, tissue boxes, and other physical traces to obtain data? (**Use of traces**)
84. Fatima uses newspaper records to study crime rates during the past 20 years. Which research method is she using? (**Archival data**)
85. Which of Piaget's stages of cognitive development is associated with the development of abstract thinking? (**Formal operational stage**)
86. Which glands are known as the "managers" of the human body? (**Endocrine glands**)
87. Who proposed the theory of moral development? (**Lawrence Kohlberg**)

PSY101_Introduction to Psychology
Quiz for Mid-Term

88. A researcher wants to determine the relationship between IQ and academic achievement. Which method should be used? (**Correlation method**)
89. What is the last stage of Erikson's psychosocial development theory? (**Ego Integrity vs. Despair**)
90. According to Erikson, a six-year-old child who actively explores new things is in which psychosocial stage? (**Initiative vs. Guilt**)
91. In an experiment, which group is treated with the independent variable? (**Experimental group**)
92. When a stressful situation subsides and the body begins to relax, which nervous system becomes active? (**Parasympathetic nervous system**)
93. Which of the following is NOT one of the three types/natures of correlation? (**Standard correlation**)
94. Which substance gives the cerebral cortex its grayish-brown appearance? (**Gray matter**)
95. Which part of the brain is involved in learning and memory? (**Hippocampus**)
96. Which disease can occur particularly in women due to deficient thyroid gland secretion? (**Myxedema**)
97. What is the approximate length of the spinal cord in men and women? (**45 cm in men and 43 cm in women**)
98. Which of the following is NOT a membrane of the brain: dura mater, arachnoid mater, pia mater, or amygdala? (**Amygdala**)
99. What are the rod-shaped structures in the cell nucleus that contain genes called? (**Chromosomes**)
100. What are the three layers of membranes between the brain and the skull called? (**Meninges**)
101. If textbooks and television programs are analyzed with reference to gender equality, which research method is being used? (**Content analysis**)
102. Which field of psychology is also known as life-span psychology? (**Developmental psychology**)
103. What is a prediction stated in a way that allows it to be tested called? (**Hypothesis**)
104. What is the process of constructing comparable exposure and comparison groups called? (**Matching**)
105. What dual functions/processes does the autonomic nervous system control? (**Digestion and respiration**)
106. Which hormones are considered female sex hormones? (**Estrogen and progesterone**)
107. Which hormones are considered male sex hormones? (**Androgens**)

PSY101_Introduction to Psychology
Quiz for Mid-Term

108. Which hormone is responsible for milk production after childbirth? (**Prolactin**)
109. What does the peripheral nervous system consist of? (**Nerves extending from the brain and spinal cord**)
110. Which part of the brain is involved in coordinating body movements and maintaining posture? (**Cerebellum**)
111. Which of the following is NOT included in a quasi-experimental design? (**Control design**)
112. Which clear and colorless fluid surrounds and protects the central nervous system? (**Cerebrospinal fluid**)
113. What is the correct order of Piaget's four stages of cognitive development? (**Sensorimotor → Preoperational → Concrete operational → Formal operational**)
114. Which system is a chemical communication network that sends messages throughout the body through the bloodstream? (**Endocrine system**)
115. According to Piaget, which stage of cognitive development involves representational thought? (**Preoperational stage**)
116. Why are experiments conducted? (**To test hypotheses**)
117. The limbic system is often referred to as what? (**Emotional brain**)
118. A researcher stops people at a mall and asks them questions. Which research technique is this? (**Survey**)
119. Which neurotransmitter is involved in emotion and stress? (**Epinephrine**)
120. The more time you spend jogging, the more calories you burn. What type of correlation is this? (**Positive correlation**)
121. Which personality theory was given by Alfred Adler? (**Individual Psychology**)
122. All of the following are types/natures of correlation EXCEPT which one? (**Standard correlation**)
123. Which of the following is NOT one of the goals of psychology? (**Studying spirits, souls, or jinn**)
124. Psychology was once defined as the “science of mind,” but psychologists rejected this definition because of which reason? (**The mind is a vague and subjective term that cannot be directly observed**)
125. Who gave the concept of “survival of the fittest”? (**Charles Darwin**)
126. Who developed client-centered therapy? (**Carl Rogers**)
127. Which term means looking into the self or internal observation? (**Introspection**)

PSY101_Introduction to Psychology
Quiz for Mid-Term

128. According to Jung, which people tend to be sociable, outgoing, and interested in parties and group activities? (**Extroverts**)
129. All of the following are demerits of the biological model EXCEPT which one? (**Objectivity in research work**)
130. All of the following are subjects/topics of sports psychology EXCEPT which one? (**Human buying behavior**)
131. Who was the founder of operant conditioning? (**B. F. Skinner**)
132. Experiments performed in natural settings with less control than laboratory settings are known as what? (**Field experiments**)
133. According to Muslim philosophers, which stage is reached when the nafs is satisfied mentally, physically, and spiritually? (**Nafs-e-Mutmainnah**)
134. Which research method would a researcher use if they used milk cartons and tissue boxes found in garbage? (**Used traces / physical traces**)
135. Which statement best describes the survey research method? (**A sample of people is asked questions**)
136. According to Maslow, what is the highest-order need? (**Self-actualization**)
137. At what age does the phallic stage occur? (**3 to 5 years**)

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