



PSY101

Quiz for Final-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 Final-Term

1. Which of the following monocular cues refers to two objects that are similar in size, where the one that makes the smaller image appears to be more distant? (**Relative Size**)
2. Which of the following monocular cues refers to the dimmer object seeming to be more distant? (**Relative Brightness**)
3. Which of the following situations cannot be considered conditioning? (**Trying different keys to open the door**)
4. What are the hammer, anvil, and stirrup? (**Three bones located in the middle ear**)
5. What type of drug stimulates and excites functional activity in the body? (**Stimulants**)
6. What two categories of dream content did Sigmund Freud describe? (**Latent Content and Manifest Content**)
7. Which part of the ear plays an important role in locating the direction from which a sound originates? (**Outer Ear**)
8. Receptor cells in the retina responsible for color vision and fine acuity are: (**Cones**)
9. The tendency to perceive objects that are closer to each other as part of the same grouping is known as what? (**Law of Proximity**)
10. Which of the following is defined as mental processes and the faculty of knowing? (**Cognition**)
11. The process of simply getting information about sensory stimuli into the body is known as what? (**Sensation**)
12. Which approach includes thinking? (**Cognitive Approach**)
13. Which approach includes feelings and genetic makeup? (**Biological Approach**)
14. What are the lowest and highest frequencies that the human ear can hear? (**20 to 20,000 cycles per second**)
15. Which of the following refers to the quality of sound produced by the frequency of the sound wave? (**Pitch**)
16. According to which law do people group together things that move together and seem to move in the same direction? (**Law of Common Fate**)
17. Anila touches a hot bowl and immediately moves her hand away. What is this response? (**Reflex**)
18. Which type of memory is involved in recalling the features of the environment? (**Spatial Memory**)
19. Which process means analyzing smaller features and building up to a complete perception? (**Bottom-Up Processing**)
20. Which process is involved in recognizing and interpreting information? (**Perception**)
21. People may experience all of the following physiological changes during meditation EXCEPT: (**No Changes in Brain Waves**)
22. During meditation, oxygen usage is: (**Decreased**)
23. Sound waves are simply: (**Vibrations**)
24. Which type of hearing problem can be reduced with ordinary hearing aids? (**Sensorineural Deafness**)
25. Which structure of the ear is associated with the balance of the body? (**Semicircular Canals**)
26. Which of the following is NOT a type of learning? (**Synchronous Learning**)

PSY101_Introduction to Psychology
Quiz for Final-Term

27. Prolonged exposure to loud noise is also called: (**Stimulation Deafness**)
28. Visual distance and depth cues that require the use of one eye are called: (**Monocular Cues**)
29. Perception is a cognitive process which involves all of the following EXCEPT: (**Intuition**)
30. All of the following are applications of observational learning EXCEPT: (**Expressing Unconscious Desires**)
31. REM is an abbreviation for: (**Rapid Eye Movement**)
32. The change in the position of the retinal image with side-to-side movement of the head provides a cue to distance and is called: (**Motion Parallax**)
33. The outer walls of the eye are formed by a hard white substance called: (**Sclera**)
34. In which process do sensory receptors become less sensitive to repeated presentations of the same stimulus? (**Adaptation**)
35. Which sleep stage is the deepest stage of sleep? (**Stage 4**)
36. Shaping can be best used for all of the following EXCEPT: (**Making Children Happy by Showing Them Their Favorite Pet**)
37. A Skinner box is most likely to be used in research on: (**Operant Conditioning**)
38. The wave patterns that become more regular and may show sharp, pointed peaks are called: (**Sleep Spindles**)
39. Visual distance and depth cues that require the use of both eyes are called: (**Binocular Cues**)
40. Which theory of color vision was initially developed by Thomas Young? (**Trichromatic Theory**)
41. The amount of light entering the eye is controlled by: (**Pupil**)
42. Which perceptual process organizes the perceived world by filling gaps in stimulation? (**Closure**)
43. The fovea is made up of: (**All Cones and No Rods**)
44. Which Gestalt law organizes stimuli into as good and simple a form as possible? (**Law of Prägnanz**)
45. Which component of the eye contains the visual receptors? (**Retina**)
46. Which part of the eye is a muscle that regulates the size of the pupil? (**Iris**)
47. Which school of thought argues that people adopt behavior by observing their environment? (**Behaviorist School of Thought**)
48. Which form of learning creates an association between two stimuli? (**Classical Conditioning**)
49. Which part of the ear serves as an amplifier so that tiny sounds can be heard? (**Oval Window**)
50. The roots of cognitive learning can be traced to the work of: (**Wolfgang Köhler and Edward Tolman**)
51. What is the lowest frequency that the human ear can hear? (**20 cycles per second**)
52. Which layer of the eye lies between the cornea and iris? (**Anterior Layer**)
53. Pavlov presented the bell continuously without presenting the meat powder. What happens? (**Extinction**)
54. Which statement best describes the concept of an illusion? (**A perception that does not correspond to reality**)

PSY101_Introduction to Psychology
Quiz for Final-Term

55. Who was the first psychologist to emphasize the importance of texture gradient for perception? (**James J. Gibson**)
56. Which stage of initial learning involves responses becoming stronger as a result of repeated pairing? (**Acquisition**)
57. Which of the following is NOT one of the Gestalt principles? (**Synchronous**)
58. Which type of learning essentially allows us to predict what is going to happen? (**Classical Conditioning**)
59. Which phenomenon is involved in recognizing and processing information about the individual components of a stimulus? (**Bottom-Up Processing**)
60. The tendency to perceive objects and figures against a background is called: (**Figure-Ground Relationship**)
61. Learning to play a piano is an example of: (**Shaping**)
62. What is the place in the retina where the axons of ganglion cells gather and leave the eye called? (**Blind Spot**)
63. Which of the following types of schizophrenia involves a combination of the major symptoms found in other varieties of schizophrenia? (**Undifferentiated schizophrenia**)
64. Aslam considers Imran to have a high level of emotional intelligence. Which aspect of Imran's personality does Aslam appreciate? (**Self-awareness**)
65. All of the following are symptoms of stress except: (**Hallucinations**)
66. Wechsler Intelligence Scales consist of two major parts. What are they? (**Verbal Scale and Performance Scale**)
67. Which of the following is NOT included in the Verbal Scale? (**Object Assembly**)
68. According to Allport, a single personality trait directing most of a person's behaviors and activities is known as what? (**Cardinal Trait**)
69. Identify the year in which the DSM was first published. (**1917**)
70. Which of the following is NOT included in the Performance Scale? (**Similarities**)
71. Ali is 23 years old and his exams are approaching. He is showing irritability, fatigue, sleeplessness, and nightmares. What condition is he experiencing? (**Stress**)
72. What does DSM stand for? (**Diagnostic and Statistical Manual**)
73. Which of the following is NOT an approach through which learning occurs? (**Gestalt principles**)
74. Which technique is used as a written contract between a client and therapist, specifying goal behaviors and consequences? (**Contingency Contracting**)
75. The 17th century is regarded as the Age of what? (**Age of Reason**)
76. The 18th century is regarded as the Age of what? (**Age of Enlightenment**)
77. A test in which a person is shown ambiguous stimuli and asked to describe them or create a story about them is called what? (**Projective Test**)
78. Who argued that it would be possible to produce a highly gifted race through judicious marriages over several generations? (**Francis Galton**)
79. Which of the following is a primitive method of treating abnormality by freeing a person from an evil possession? (**Exorcism**)

PSY101_Introduction to Psychology
Quiz for Final-Term

80. Which structure of personality is governed by moral constraints? (**Superego**)
81. Which structure of personality operates on the pleasure principle? (**Id**)
82. What are the two major dimensions of personality proposed by Hans Eysenck? (**Introversion-Extraversion and Neuroticism-Stability**)
83. How many dimensions of personality did Hans Eysenck propose? (**Two**)
84. In psychoanalytic therapy, what is the therapist's emotional reaction toward the patient called? (**Countertransference**)
85. Which structure mediates the link between the self and the outside world? (**Ego**)
86. Which structure of personality operates according to the reality principle? (**Ego**)
87. Who was the first to distinguish between acute and chronic mental disorders? (**Aretaeus of Cappadocia**)
88. What is a major symptom of panic disorder? (**Chest pain**)
89. Which technique repeatedly pairs an anxiety-provoking stimulus with a pleasant stimulus to reduce anxiety? (**Systematic Desensitization**)
90. Which theory refers to a person's expectation that they are capable of performing a certain behavior and producing a desired outcome? (**Self-Efficacy**)
91. Which axis of DSM-IV deals with clinical disorders? (**Axis I**)
92. What was the ancient process of making a hole in the skull to treat mental disorders called? (**Trephination**)
93. Which disorder was previously known as melancholia? (**Major Depressive Disorder**)
94. According to Freud, which part cannot be accessed directly? (**Unconscious**)
95. According to Freud, how can unconscious impulses, ideas, and feelings become apparent? (**Through dreams and slips of the tongue**)
96. According to Allport, which of the following is NOT one of the three categories of personality traits? (**Primary Traits**)
97. What are the three categories of personality traits proposed by Allport? (**Cardinal Traits, Central Traits, and Secondary Traits**)
98. Which type of somatoform disorder involves a persistent fear of illness and excessive concern about one's health? (**Hypochondriasis**)
99. What is the study aimed at improving the physical and mental qualities of future generations through controlled reproduction called? (**Eugenics**)
100. Who was the first person to use the term "mental test"? (**James McKeen Cattell**)
101. Which disorder involves forgetting as well as fleeing from one's home for days or weeks? (**Dissociative Fugue**)
102. Who first developed a formal measure of intelligence in 1905? (**Binet and Simon**)
103. Which approach focuses on the unconscious determinants of personality? (**Psychodynamic Approach**)
104. What is the feeling of integration between the self and the ideal self called? (**Congruence**)
105. What does TAT stand for? (**Thematic Apperception Test**)
106. Which disorder involves anxiety manifested in the form of recurrent panic attacks? (**Panic Disorder**)

PSY101_Introduction to Psychology
Quiz for Final-Term

- 107.** According to Freud, which part contains thoughts and feelings of which we are aware at a particular time? (**Conscious**)
- 108.** According to Hippocrates, which of the following is NOT one of the four temperaments? (**Metabolic**)
- 109.** Who was the founder of psychoanalysis? (**Sigmund Freud**)
- 110.** Which type of schizophrenia involves minor signs after serious episodes of schizophrenia? (**Residual Schizophrenia**)
- 111.** Who proposed that a power similar to magnetism existed in humans? (**Franz Mesmer**)
- 112.** According to Freud, what is the part of a dream that is directly experienced and described by the patient called? (**Manifest Content**)
- 113.** What is the underlying meaning or interpretation of a dream called? (**Latent Content**)
- 114.** Which axis of DSM-IV deals with general medical conditions? (**Axis III**)
- 115.** Salespersons, politicians, teachers, clinicians, and religious leaders are associated with which type of intelligence? (**Social Intelligence**)
- 116.** What does MMPI stand for? (**Minnesota Multiphasic Personality Inventory**)
- 117.** Who was the inventor of fingerprint identification? (**Francis Galton**)
- 118.** According to Thorndike, what are the three main types of intelligence? (**Social, Concrete, and Abstract Intelligence**)
- 119.** Which type of intelligence was NOT included in Thorndike's three divisions? (**Fluid Intelligence**)
- 120.** All of the following are symptoms of panic disorder except: (**Loosening of Associations**)
- 121.** Which of the following is NOT a behavioral disturbance exhibited by a person with schizophrenia? (**Increased Motivation**)
- 122.** Rorschach belongs to which category of tests? (**Projective Test**)
- 123.** Who proposed the concept of hereditary genius? (**Francis Galton**)
- 124.** Who developed the Wechsler scales? (**David Wechsler**)
- 125.** Which technique encourages a patient to say whatever comes into their mind, whether relevant or irrelevant? (**Free Association**)
- 126.** Which of the following is NOT a type of schizophrenia? (**Differentiable Schizophrenia**)
- 127.** What is the process of blocking unpleasant or unacceptable thoughts and pushing them into the unconscious called? (**Repression**)
- 128.** Which technique is used to unlearn unwanted habits by associating them with unwanted impulses? (**Aversive Technique**)
- 129.** According to Allport, which traits form the core of someone's personality? (**Central Traits**)
- 130.** Jean Charcot showed that hypnosis could be used to treat which condition? (**Hysteria**)
- 131.** Who said that intelligence must be bred, not trained? (**Francis Galton**)
- 132.** Paper-and-pencil measures in which subjects answer questions about a sample of their own behavior are called what? (**Self-Report Measures**)
- 133.** According to psychoanalytic theory, unconscious content includes all of the following except: (**Archetypes**)

PSY101_Introduction to Psychology
Quiz for Final-Term

134. Which of the following is an example of a positive symptom of schizophrenia? **(Hallucinations)**
135. What are the enduring characteristics that differentiate individuals from one another called? **(Traits)**
136. An IQ test should possess all of the following qualities except: **(Lengthy)**
137. According to Hippocrates, which of the following is NOT one of the four humors/temperaments associated with personality? **(Schizophrenic)**
138. According to Gardner, humans possess around how many kinds of intelligence? **(Eight)**
139. According to Freud, what is the part of the subconscious that can be accessed by deliberate choice? **(Preconscious)**
140. Emotional intelligence includes all of the following except: **(High Motivational Level)**
141. In terms of its course and the factors affecting its course, bipolar disorder is most similar to which disorder? **(Unipolar Depression)**
142. If a man experiences chest pain in a department store and later experiences an anxiety attack when returning to the same store, what is this an example of? **(Classical Conditioning)**
143. If abnormality is believed to be learned, which psychological perspective supports this view? **(Behavioral Perspective)**
144. What is the average IQ score? **(100)**
145. What is the IQ range in which most individuals score? **(80–120)**
146. Who differentiated between different forms of psychosis, including dementia praecox and other psychoses? **(Emil Kraepelin)**
147. Which perspective considers childhood experiences to be a root cause of mental disorders? **(Psychodynamic Perspective)**
148. Which of the following monocular cues refers to two objects being similar in size, with the one that makes the smaller image appearing to be more distant? **(Relative Size)**
149. Which of the following monocular cues refers to a dimmer object seeming to be more distant? **(Relative Brightness)**
150. Which of the following situations cannot be considered conditioning? **(Trying different keys to open the door)**
151. What are the hammer, anvil, and stirrup? **(Three tiny bones located in the middle ear)**
152. What type of drug stimulates and excites functional activity in the body? **(Stimulants)**
153. What two categories of dream content did Sigmund Freud describe? **(Latent content and Manifest content)**
154. Which part of the ear plays an important role in locating the direction from which a sound originates? **(Outer Ear)**
155. Receptor cells in the retina responsible for color vision and fine acuity are called what? **(Cones)**
156. The tendency to perceive objects that are closer to each other as part of the same group is known as what? **(Law of Proximity)**
157. Which of the following is defined as mental processes and the faculty of knowing? **(Cognition)**

PSY101_Introduction to Psychology
Quiz for Final-Term

158. The process of simply getting information about sensory stimuli into the body is known as what? (**Sensation**)
159. Which approach includes thinking? (**Cognitive Approach**)
160. What are the lowest and highest frequencies that the human ear can hear? (**20 to 20,000 cycles per second**)
161. What is the lowest frequency that the human ear can hear? (**20 cycles per second**)
162. What is the highest frequency that the human ear can hear? (**20,000 cycles per second**)
163. Which of the following refers to the quality of sound produced by the frequency of the sound wave? (**Pitch**)
164. According to which law do people group together things that move together or seem to move in the same direction? (**Law of Common Fate**)
165. Anila touches a hot bowl and immediately moves her hand away. What is the hot bowl? (**Stimulus**)
166. What is the immediate automatic movement of Anila's hand away from the hot bowl called? (**Reflex**)
167. Which type of memory is involved in recalling the features of the environment? (**Spatial Memory**)
168. Which of the following means analyzing smaller features and building up to a complete perception? (**Bottom-Up Processing**)
169. Which process is involved in recognizing and interpreting sensory information? (**Perception**)
170. People may experience all of the following physiological changes during meditation EXCEPT what? (**No changes in brain waves**)
171. Which type of hearing problem can be reduced with ordinary hearing aids? (**Sensorineural Deafness**)
172. Which structure of the ear is associated with balance of the body? (**Semicircular Canals**)
173. Which of the following is NOT a type of learning? (**Synchronous Learning**)
174. Prolonged exposure to loud noise is also called what? (**Stimulation Deafness**)
175. Visual distance and depth cues that require the use of one eye are called what? (**Monocular Cues**)
176. Perception is a cognitive process which involves all of the following EXCEPT what? (**Intuition**)
177. All of the following are applications of observational learning EXCEPT what? (**Expressing Unconscious Desires**)
178. What is the abbreviation of REM? (**Rapid Eye Movement**)
179. The change in the position of the retinal image with side-to-side movement of the head provides a cue to distance. What is this called? (**Motion Parallax**)
180. The outer walls of the eye are formed by a hard white substance called what? (**Sclera**)
181. In which process do sensory receptors become less sensitive to the repeated presentation of the same stimulus? (**Adaptation**)
182. Which sleep stage is the deepest stage of sleep? (**Stage 4**)

PSY101_Introduction to Psychology
Quiz for Final-Term

- 183.** Shaping can be best used for all of the following EXCEPT what? (**Making children happy by showing them their favorite pet**)
- 184.** The Skinner Box is most likely used in research on what? (**Operant Conditioning**)
- 185.** What are the wave patterns that become more regular and show sharp peaks during sleep called? (**Sleep Spindles**)
- 186.** Visual distance and depth cues that require the use of both eyes are called what? (**Binocular Cues**)
- 187.** Which theory of color vision was initially developed by Thomas Young? (**Trichromatic Theory**)
- 188.** The amount of light entering the eye is controlled by which part of the eye? (**Pupil**)
- 189.** Which perceptual process organizes the perceived world by filling gaps in stimulation? (**Closure**)
- 190.** What does the fovea contain? (**All Cones and No Rods**)
- 191.** Which Gestalt law organizes stimuli into as good and simple a form as possible? (**Law of Prägnanz**)
- 192.** Which component of the eye contains the visual receptors? (**Retina**)
- 193.** Which part of the eye is a muscle that regulates the size of the pupil? (**Iris**)
- 194.** Which school of thought would argue that a criminal engages in unlawful behavior because he grew up around older boys who engaged in criminal activities? (**Behaviorist School of Thought**)
- 195.** Which form of learning forms an association between two stimuli? (**Classical Conditioning**)
- 196.** Which part of the ear serves as an amplifier so that tiny sounds can be heard that might otherwise remain unnoticed? (**Oval Window**)
- 197.** The roots of cognitive learning can be traced to the work of whom? (**Wolfgang Köhler**)
- 198.** Which of the following is NOT a physiological change caused by meditation? (**Increased Heart Rate**)
- 199.** Which layer or chamber of the eye lies between the cornea and iris? (**Anterior Chamber**)
- 200.** Pavlov presented the bell continuously without presenting the meat powder. What would happen? (**Extinction**)
- 201.** Which statement best describes the concept of an illusion? (**It is a perception that does not correspond to reality**)
- 202.** Who was the first psychologist to emphasize the importance of texture gradient for perceiving depth? (**James J. Gibson**)
- 203.** Which stage of initial learning involves responses becoming stronger as a result of repeated pairings? (**Acquisition**)
- 204.** Which of the following is NOT one of the Gestalt principles? (**Synchronous**)
- 205.** Which type of learning essentially allows us to predict what is going to happen? (**Classical Conditioning**)
- 206.** Which phenomenon is involved in recognizing and processing information about the individual components of a stimulus? (**Bottom-Up Processing**)

PSY101_Introduction to Psychology
Quiz for Final-Term

- 207.** The tendency to perceive objects or figures on some background is called what? (**Figure-Ground Relationship**)
- 208.** Learning to play the piano is an example of what? (**Shaping**)
- 209.** What is the place in the retina where the axons of the ganglion cells gather and leave the eye? (**Blind Spot**)

[BS English](#)

[Files](#)

