

# Psychology past Papers :

Choose the single best answer. Answer key is provided at the end.

**1. Which statement best describes psychosomatic illnesses?**

- A. Physical symptoms caused or exacerbated by psychological factors
- B. Psychological symptoms caused only by infection
- C. Physical symptoms that always have an identifiable organic cause
- D. Symptoms that occur only during sleep
- E. Diseases caused exclusively by genetic factors

**2. Which of the following is an example of a psychosomatic illness?**

- A. Influenza
- B. Irritable bowel syndrome (IBS)
- C. Appendicitis
- D. Bone fracture
- E. Bacterial meningitis

**3. Which condition is characterized by marked fear or anxiety in social situations where a person may be scrutinized by others?**

- A. Panic disorder
- B. Social anxiety disorder
- C. Specific phobia
- D. OCD
- E. Delirium

**4. Which mechanism is primarily responsible for the neuroendocrine stress response?**

- A. Renin-angiotensin system
- B. HPA axis
- C. Complement system
- D. Coagulation cascade
- E. Basal ganglia pathway

**5. Which is a common symptom associated with anxiety disorders?**

- A. Sleep disturbances
- B. Persistent euphoria
- C. Hypercalcemia
- D. Jaundice
- E. Bradykinesia

**6. According to the biopsychosocial model, pain results from:**

- A. Biological factors only
- B. Psychological factors only
- C. Social factors only
- D. Interaction among biological, psychological, and social factors
- E. Tissue damage alone

**7. The main aim of cognitive behavioral therapy (CBT) is to:**

- A. Suppress all emotions
- B. Modify maladaptive thoughts and behaviors
- C. Increase avoidance
- D. Depend exclusively on medication
- E. Eliminate social interaction

**8. Which intervention is particularly useful for a patient showing avoidance behavior?**

- A. Behavioral activation
- B. Sedation
- C. Sleep deprivation
- D. Punishment
- E. Thought suppression

**9. CBT is best described as a therapy that focuses on:**

- A. Changing maladaptive thoughts and behaviors
- B. Dream interpretation only
- C. Medication without psychotherapy
- D. Avoiding distressing situations permanently
- E. Unstructured social conversation

**10. An important ethical concern when treating anxiety pharmacologically is:**

- A. Using the highest possible dose
- B. Avoiding consideration of dependence
- C. Carefully considering dependence-producing drugs such as benzodiazepines
- D. Using medication without informed consent
- E. Avoiding non-pharmacological treatments

**11. The Gate Control Theory of pain proposes that:**

- A. Pain is generated only in the brain
- B. A gating mechanism in the spinal cord can modulate pain signals
- C. All pain is psychological
- D. Pain signals cannot be modified
- E. Pain depends only on tissue injury

**12. According to Beck's cognitive theory, psychological distress is strongly related to:**

- A. Dysfunctional beliefs and thoughts
- B. Increased muscle mass
- C. Blood type
- D. Reflex activity only
- E. Vitamin deficiency

**13. Which brain structure is especially involved in forming and recalling memories related to pain?**

- A. Medulla
- B. Hippocampus
- C. Cerebellum
- D. Pituitary gland
- E. Pons

**14. A common maladaptive thinking pattern in patients with anxiety is:**

- A. Catastrophizing
- B. Realistic appraisal
- C. Problem solving
- D. Cognitive flexibility
- E. Acceptance

**15. The statement "I will never get better" most strongly reflects:**

- A. Helplessness
- B. Selective attention
- C. Positive reframing
- D. Mindfulness
- E. Assertiveness

**16. A patient says, "I have hypertension, my heart rate is elevated, so I am going to die." This is an example of:**

- A. Mindfulness
- B. Catastrophizing
- C. Behavioral activation
- D. Empathy
- E. Reflection

**17. Mindfulness in pain management involves:**

- A. Ignoring pain completely
- B. Developing non-judgmental and accepting awareness of pain
- C. Focusing only on negative outcomes
- D. Avoiding all painful activities
- E. Suppressing thoughts

**18. Interpersonal communication most commonly refers to:**

- A. Direct, face-to-face interaction between people
- B. Written laboratory reports only
- C. Automated electronic alerts
- D. One-way public advertisements
- E. Internal self-talk only

**19. A surgeon constantly criticizes younger doctors and treats them disrespectfully. Which professional quality is lacking?**

- A. Clinical knowledge
- B. Professional respect
- C. Technical skill
- D. Time management
- E. Documentation

**20. Which of the following is a listener-related barrier to effective communication?**

- A. Impatience and tendency to interrupt
- B. Clear language
- C. Appropriate eye contact
- D. Active listening
- E. Summarizing

**21. In the SOLER technique, the letter E stands for:**

- A. Empathy
- B. Eye contact
- C. Evaluation
- D. Emotion
- E. Explanation

**22. Which non-verbal behavior is consistent with the SOLER technique?**

- A. Lean forward and maintain an open posture
- B. Cross the arms tightly
- C. Turn away from the patient
- D. Avoid eye contact
- E. Stand at the door

**23. SBAR is especially useful for:**

- A. Team-to-team handoffs and structured clinical communication
- B. Diagnosing depression
- C. Measuring burnout
- D. Pain scoring
- E. Breaking bad news only

**24. When breaking bad news to a patient, the clinician should:**

- A. Give false reassurance
- B. Avoid false reassurance and communicate honestly
- C. Provide information as rapidly as possible
- D. Avoid patient questions
- E. Use only medical jargon

**25. Which of the following is a protective factor against anxiety?**

- A. Social isolation
- B. Social support
- C. Sleep deprivation
- D. Excessive workload
- E. Avoidance

**26. A major occupational cause of burnout is:**

- A. Excessive workload and long working hours
- B. Regular breaks
- C. Supportive teamwork
- D. Adequate sleep
- E. Reasonable workload

**27. A competent doctor feels that their work achieves nothing and that they are ineffective. This reflects:**

- A. Emotional intelligence
- B. Reduced personal accomplishment
- C. Depersonalization only
- D. Resilience
- E. Compassion satisfaction

**28. Which instrument is commonly used to assess burnout?**

- A. Glasgow Coma Scale
- B. Maslach Burnout Inventory (MBI)
- C. APGAR score
- D. Mini-Mental State Examination
- E. Visual Analogue Scale

**29. Which approach is most appropriate when assessing and addressing burnout?**

- A. Use a validated tool such as the MBI and implement appropriate interventions
- B. Ignore symptoms until performance declines
- C. Assess workload only
- D. Use medication for everyone
- E. Avoid discussing workplace factors

**30. A family physician is forced to shorten a child's visit because of insurance restrictions despite believing more time is clinically needed. This best represents:**

- A. Ethical misalignment
- B. Clinical competence
- C. Positive coping
- D. Behavioral activation
- E. Social facilitation

**31. Which is an example of physical self-care for healthcare professionals?**

- A. Prioritizing 7-8 hours of sleep
- B. Skipping meals
- C. Working continuously without breaks
- D. Avoiding exercise
- E. Reducing sleep to increase productivity

**32. Debriefing with peers after a difficult clinical experience primarily supports which aspect of self-care?**

- A. Emotional self-care
- B. Financial self-care
- C. Technical training
- D. Physical examination
- E. Pharmacological treatment

**33. A hesitant patient avoids eye contact because they feel embarrassed discussing a sensitive topic. The best response is to:**

- A. Use a facilitative statement such as, "I know this topic can be difficult to talk about."
- B. Immediately change the topic
- C. Tell the patient not to be embarrassed
- D. Interrupt and ask only closed questions
- E. Avoid acknowledging the discomfort

**34. Which is an example of good interpersonal skill in healthcare?**

- A. Effective communication and collaboration with nurses and other team members
- B. Avoiding feedback
- C. Working independently at all times
- D. Using criticism to establish authority
- E. Ignoring non-verbal cues

**35. Poor communication has been associated with approximately what proportion of medical errors in the course material?**

- A. 10%
- B. 30%
- C. 50%
- D. 70%
- E. 100%

**36. Why is summarizing useful after active listening?**

- A. It demonstrates understanding and checks that the message was received accurately
- B. It ends the conversation quickly
- C. It prevents the patient from correcting the clinician
- D. It replaces empathy
- E. It allows the clinician to avoid listening

**37. Which factor can help reduce the risk of burnout?**

- A. Social support
- B. Chronic sleep deprivation
- C. Professional isolation
- D. Excessive workload
- E. Persistent self-criticism

# Answers Key

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|-------|-------|
| 1. A  | 20. A |
| 2. B  | 21. B |
| 3. B  | 22. A |
| 4. B  | 23. A |
| 5. A  | 24. B |
| 6. D  | 25. B |
| 7. B  | 26. A |
| 8. A  | 27. B |
| 9. A  | 28. B |
| 10. C | 29. A |
| 11. B | 30. A |
| 12. A | 31. A |
| 13. B | 32. A |
| 14. A | 33. A |
| 15. A | 34. A |
| 16. B | 35. D |
| 17. B | 36. A |
| 18. A | 37. A |
| 19. B |       |