

1. World Mental Health Day is observed on:
(A) 10th October.
(B) 10th September.
(C) 10th December.
(D) 3rd December
2. Comorbidity occurs when:
(A) Several members of a family have the same mental health issue Goal Setting.
(B) An individual spends too much time thinking about death.
(C) A person suffers from more than one disorder at the same time.
(D) Nothing can be done to prevent a disorder from occurring.
3. Which one of the following is not a part of hierarchy of needs described by Abraham Maslow?
(A) Safety needs.
(B) Esteem needs.
(C) Cognitive needs.
(D) Normative needs.
4. Which of the following teaches parents a range of techniques for controlling and managing their children's symptoms, especially with children diagnosed with conduct disorder?
(A) Systemic family therapy.
(B) Functional family therapy.
(C) Parent training programmes.
(D) All of the above.
5. Which of the following is the first step in Social Case Work?
(A) Treatment.
(B) Psychosocial study.
(C) Evolution.
(D) Diagnosis.
6. While working with an individual client on a one – to – one basis, the relationship is:
(A) A friendly association.
(B) A contract.
(C) Purposeful to meet the psycho – social needs of the client.
(D) A sympathetic understanding of the client.
7. Negative reinforcement leads to _____ :
(A) Extinguish a behaviour.
(B) Increase in desired response.
(C) Eliminate desirable responses.
(D) Learned helplessness.

8. Match List I with list II:

List I (Leaner attitudes)	List I (Meaning)
a) Problem- solving	i) The ability to reflect upon the meaning & analyzing facts
b) Creative Thinking	ii) The ability to address a problem for successful outcome
c) Critical thinking	iii) The ability to look at things differently & find new ways of solving problems.
d) Decision making	iv) The ability to select a course of action which would lead to desired outcome

- (A) (a)-(i), (b)-(ii), (c)-(iii), (d)-(iv).
 (B) (a)-(ii), (b)-(i), (c)-(iv), (d)-(iii).
 (C) (a)-(iii), (b)-(iv), (c)-(ii), (d)-(i).
 (D) (a)-(iv), (b)-(iii), (c)-(i), (d)-(ii).

9. The stages of forming, storming, norming, performing, adjourning is the contribution of _____.

- (A) Napier.
 (B) Bruce Turkmen.
 (C) Anne Hopes.
 (D) James Albert.

10. Which theory of emotion implies that every emotion is associated with a unique physiological reaction?

- (A) James – Lange theory.
 (B) Cannon Bard theory.
 (C) Opponent – process theory.
 (D) Two factor theory.

11. Social Action Model of community development was propounded by whom:

- (A) Saul David Alinsky.
 (B) Gordon Hamilton.
 (C) Jack Rothman.
 (D) M.G. Ross.

12. Which of the following are risk factors for childhood psychiatric disorders?

- (A) Parental psychopathology.
 (B) Repeated early separation from parents.
 (C) Harsh or inadequate parents.
 (D) All of the above.

13. To understand anxiety disorders we need to take account of:

- (A) Only biological factors.
 (B) Only environmental factors.
 (C) Both biological and environmental factors.
 (D) Neither biological nor environmental factors.

14. Dysthymia appears to be a milder form of:

- (A) Bipolar disorder.
 (B) Clinical depression.
 (C) Schizophrenia.
 (D) Munchausen syndrome.

15. Personality disorder in which an individual suspects that other people will harm him, is _____:
- (A) Cyclothymic.
 - (B) Hypomanic.
 - (C) Melancholic.
 - (D) Paranoid.

16. Match List I with list II:

List I (Theoretical Approaches to study of behavior)	List I (Meaning)
a) Behaviourist	i) Develop insight into cause of behavior.
b) Cognitive	ii) Provide condition for growth ensuring needs are met.
c) Psychodynamic	iii) Replace negative automatic thoughts with rational reasoning.
d) Humanist	iv) Create an environment where reinforces support required behavior.

- (A) (a)-(iv), (b)-(iii), (c)-(i), (d)-(ii).
 - (B) (a)-(i), (b)-(ii), (c)-(iii), (d)-(iv).
 - (C) (a)-(ii), (b)-(iv), (c)-(i), (d)-(iii).
 - (D) (a)-(iii), (b)-(iv), (c)-(ii), (d)-(i).
17. What is anorexia nervosa?
- (A) Nervous system blockage.
 - (B) Sleep disorder.
 - (C) Eating disorder.
 - (D) Physical disability.
18. If a person has a persistent belief that he has a serious illness despite medical reassurance, the disorder is called:
- (A) Conversion disorder.
 - (B) Dissociative disorder.
 - (C) Hypochondriasis.
 - (D) All of above.
19. A person wears provocative clothes at workplace, displays theatricality, seeks attention, and gets unnecessarily upset at small things. The person is displaying traits consistent with:
- (A) Narcissistic personality.
 - (B) Anti-social personality.
 - (C) Histrionic personality.
 - (D) Schizoid personality.
20. In childhood disorders there are different types of problems such as Symptom-Based Disorders. One such disorder is known as enuresis, which means:
- (A) Lack of bowel control.
 - (B) Bedwetting.
 - (C) Stammering.
 - (D) Sleepwalking.

21. Field work based approaches classified as:
- (A) Observational
 - (B) Historical.
 - (C) Experimental.
 - (D) Biographical.
22. The prevalence rate of a disorder refers to:
- (A) Its frequency of occurrence in a population at a given time.
 - (B) Its severity within an individual.
 - (C) How much coverage there is of the disorder in the media?
 - (D) How long it typically takes an individual to recover from the disorder?
23. Given below are two statements: one is labelled as Assertion A and the other is labelled as Reason R
- Assertion (A): COVID-19 appropriate behaviour is a new normal
- Reason (R): COVID-19 is caused by new strains of a virus already existing
- In the light of the above statements, choose the correct answer:
- (A) Both (A) and (R) are true and R is the correct explanation of A.
 - (B) Both (A) and (R) are true but R is not the correct explanation of A.
 - (C) (A) is true but (R) is false.
 - (D) (A) is false but (R) is true.
24. Which word among the following refers to physical and psychological exhaustion caused by an inability to cope?
- (A) Frustration.
 - (B) Crisis.
 - (C) Burnout.
 - (D) Insomnia.
25. Arrange the process of communication in sequence:
- (A) Coding, decoding, recipient, channel.
 - (B) Channel, encoding, recipient, decoding.
 - (C) Channel, decoding, recipient, encoding.
 - (D) Encoding, channel, recipient, decoding.
26. Given below are two statements: one is labelled as Assertion A and the other is labelled as Reason (R) , Assertion (A): Group of individuals living in a geographical area is called as Community. Reason (R): Community shares with same Physical environment.
- Choose your answer from the codes given below:
- (A) Both (A) and (R) are correct and (R) is the correct explanation of (A).
 - (B) Both (A) and (R) are not correct.
 - (C) Both (A) and (R) are correct, but (R) is not the correct explanation of (A).
 - (D) None of the above.
27. What are the core elements of a dissertation?
- (A) Introduction; Data Collection; Data Analysis; Conclusions and Recommendations.
 - (B) Executive Summary; Literature Review; Data Gathered; Conclusions; Bibliography.
 - (C) Research Plan; Research Data; Analysis; References.
 - (D) Introduction; Literature Review; Research Methodology; Results; Discussions and Conclusions.

28. 23-year-old man has a fight with a boy in his neighbourhood. The next day he feels two policemen are following him to arrest. He is agitated and pales up and down his room. He feels that his neighbours are controlling his mind by sending waves from an electric device. He is suffering from:
- (A) Depression.
 - (B) OCD.
 - (C) Schizophrenia.
 - (D) Personality disorder.
29. 25-year-old housewife comes to the psychiatry outpatients department complaining that her nose was longer than usual. She felt that her husband did not like her because of the deformity and had developed a relationship with the neighbouring girl. Further she complains that people made fun of her. It was not possible to convince her that there was no deformity. Her symptoms include:
- (A) Delusion.
 - (B) Depersonalization.
 - (C) Depression.
 - (D) Hallucination.
30. Sociologists describe the term 'group' as _____.
- (A) Collection of people.
 - (B) People involved in an organized pattern of interaction.
 - (C) People interacting at a place.
 - (D) Participants in a gathering.
31. Which one of the following is a 'secondary group'?
- (A) Nuclear family.
 - (B) Peer group.
 - (C) Association.
 - (D) Joint family.
32. Case study aims to:
- (A) Established statistical correlation.
 - (B) An in-depth study of one person.
 - (C) Expose person's danger to society.
 - (D) Treats cases requiring self help.
33. Programme in social group work is based on _____:
- (A) Interest and resources.
 - (B) Interests and resources of the worker.
 - (C) Interests and resources of the group.
 - (D) Task group.
34. No compromise on law is characteristic of _____ leadership.
- (A) Democratic.
 - (B) Autocratic.
 - (C) Bureaucratic.
 - (D) Laissez Faire.
35. Putting oneself in the shoe of another person and understanding his/her perceptual world is:
- (A) Empathy.
 - (B) Positive regards.
 - (C) Sympathy.
 - (D) Warmth.

36. Which of the following is a technique that can be used with younger children who are less able to communicate and express their feelings verbally?
- (A) Play therapy.
 - (B) Cognitive behaviour therapy.
 - (C) Systemic family therapy.
 - (D) Psychodynamic therapy.
37. Behaviour modification is an example of which of the following treatment methods:
- (A) Enable the individual to unlearn maladaptive behaviours and emotions.
 - (B) Enable the individual to explore their childhood behaviours.
 - (C) Enable the individual to analyze the behaviour of others.
 - (D) Enable the individual to modify the behaviour of others.
38. Father of modern psychiatry who unchained the psychiatry patients, is:
- (A) Sigmund Freud.
 - (B) Wilhelm Wundt.
 - (C) B.F. Skinner.
 - (D) Philippe Pinel.
39. Which of the following is an example of repression?
- (A) Stopping yourself from behaving the way you want to.
 - (B) Suppressing bad memories or current thoughts that cause anxiety.
 - (C) Suppressing your natural instincts.
 - (D) Stopping others from behaving inappropriately.
40. A person thinks that he is having stomach cancer, visits different doctors and asks for confirmation of his disease and demands multiple tests despite of reassurance and negative findings. He is afraid of taking any medication because of side effects. There is no definitive gain or motive for such behaviour. What is the probable diagnosis?
- (A) Somatization disorder.
 - (B) Malingering.
 - (C) Factitious disorder.
 - (D) Hypochondriasis.
41. Which latest edition number of the International Classification of Diseases (ICD) is presently available?
- (A) 10.
 - (B) 9.
 - (C) 12.
 - (D) 11.
42. Which disorder falls under the category of psychotic disorder?
- (A) Schizophrenia.
 - (B) GAD.
 - (C) OCD.
 - (D) Depression.
43. Fear of water is known as:
- (A) Agoraphobia.
 - (B) Hydrophobia.
 - (C) Cynophobia
 - (D) Nyctophobia.

44. Which one of the following is the method of Social work?
(A) Reporting.
(B) Case work.
(C) Documenting.
(D) Questioning.
45. Who among the following said "Man is the social animal"?
(A) Maclever.
(B) Freud.
(C) Aristotle.
(D) Rousseau.
46. Which one of the following is the name of a projective personality test?
(A) Rorschach.
(B) BKT.
(C) VSMS.
(D) BAI.
47. Information gathered using the first approach is:
(A) Primary source.
(B) Secondary Source.
(C) Mixed Source.
(D) None of them.
48. Quantitative and qualitative research differs in.
(A) Method.
(B) Procedure.
(C) Idea.
(D) Method and Procedure.
49. Family is apart of society.
(A) Federal.
(B) Central.
(C) Political.
(D) Economical.
50. ' Live Together ' is the result of :
(A) Sankritization.
(B) Industrialization.
(C) Secularism.
(D) Westernization.
51.refers to the animal impulses of man.
(A) Ego.
(B) Super ego.
(C) Id.
(D) Personality.
52.refers to the objects that a child constructs in her own mind.
(A) Constructed images.
(B) Developed concepts.
(C) Internalised objects.
(D) Comprehended symbols.

53. _____ is a kind of learning based on the achievement of primary socialization:
- (A) Developmental Socialization.
 - (B) Development of personality.
 - (C) Resocialization.
 - (D) Adult socialization.
54. Adult socialization:
- (A) Disorder Solution Manual.
 - (B) Diagnostic Statistical Manual for Mental Disorder.
 - (C) Diseases Statistical Manual.
 - (D) Disorder Saving Manual.
55. Which of the following is the name of a neurotransmitter?
- (A) TSH.
 - (B) ACTH.
 - (C) Dopamine.
 - (D) INS.
56. The name of the two brain hemispheres connector is:
- (A) Pons.
 - (B) Hypothalamus.
 - (C) Limbic System.
 - (D) Corpus callosum.
57. Bipolar Affective Disorder has how many poles:
- (A) 2.
 - (B) 1.
 - (C) 3
 - (D) 4.
58. Duvall proposed which theory:
- (A) Family Development Theory.
 - (B) Family structural Theory.
 - (C) Family Functional Theory.
 - (D) Family communication Theory.
59. Which of the following is the name of social work methods?
- (A) Group Work.
 - (B) CBT.
 - (C) MET.
 - (D) BT.
60. What is the name of the book of Mary Richmond?
- (A) Social Diagnosis.
 - (B) Social Disorder.
 - (C) Social Disease.
 - (D) Social Disorganisation.
61. Child guidance Clinic was established by :
- (A) U B Kashyap.
 - (B) Sir Dorabji Tata.
 - (C) Gouri Rani Banerjee.
 - (D) Dr. Sarada Menon.

62. Full Form of CBT is:
(A) Computer Based Treatment.
(B) Cognition Based Therapy.
(C) Cognitive Behavioural Therapy.
(D) Cognitive Behavioural Treatment.
63. Which factor can be seen in Autism?
(A) Talkativeness.
(B) Outgoing tendencies.
(C) Poor eye contact.
(D) Pro social behaviour.
64. Classical Conditioning was proposed by:
(A) Bandura.
(B) Skinner.
(C) Watson.
(D) Pavlov.
65. Which concept can be seen in Maslow's theory?
(A) Libido.
(B) Hallucinations Self Actualization
(C) Drive.
(D) Schema.
66. Psychoanalysis is proposed by:
(A) Carl Jung.
(B) Anna Freud.
(C) Sigmund Freud.
(D) Erickson.
67. Which is the most unbiased sampling process?
(A) Quota.
(B) Cluster.
(C) Random.
(D) Purposive.
68. Which one is the first step in doing Research?
(A) Data Collection.
(B) Literature Review.
(C) Research problem.
(D) Methodology.
69. True zero can be found in which scale of measurement?
(A) Nominal.
(B) Ordinal.
(C) Ratio.
(D) Interval.
70. Which amongst following is the concept of Hypothesis?
(A) Null.
(B) Objectives.
(C) Aim.
(D) Inclusion criteria.

71. _____ is the system of social interaction.
(A) Social System.
(B) Social process.
(C) Social Group.
(D) Social Norms.
72. A social group characterized by face-to-face and intimate relationships is known as :
(A) Primary Group.
(B) Secondary Group.
(C) In group.
(D) Tertiary group.
73. Societies are in constant state of change, in which conflict is a permanent feature, which theory assumes:
(A) Functionalist.
(B) Conflict.
(C) Interactionalist.
(D) Interpersonal.
74. _____ refers to the process in which the norms become a part of the personality?
(A) Culture.
(B) Acculturation.
(C) Universalisation.
(D) Internalisation of norms.
75. Basic and essential type of socialization is:
(A) Primary socialization.
(B) Secondary socialization.
(C) Adult Socialization.
(D) Re Socialization.
76. Now a days the most effective mode of learning is:
(A) Self study.
(B) Face- to -face learning.
(C) E-learning.
(D) Blended learning.
77. Delhi University is a:
(A) Central university.
(B) State university.
(C) Deemed University.
(D) None of these.
78. Irritation in eyes is caused by the pollutant:
(A) Sulphur di –oxide.
(B) Ozone.
(C) PAN.
(D) None of these.
79. Which one is the highest order of learning?
(A) Chain learning.
(B) Problem solving learning.
(C) Stimulus response learning.
(D) Conditional-Reflex Learning.

80. The largest circulated daily news paper among the following is:
(A) The Times of India.
(B) The Indian express.
(C) The Hindu.
(D) The Deccan Herald.
81. Autistic Disorder is a:
(A) Oppositional deviant disorder.
(B) Phonological Disorder.
(C) Developmental coordination Disorder.
(D) Pervasive developmental Disorder.
82. The most common cause of severe intellectual and emotional impairment in older individuals is:
(A) Parkinson's disease.
(B) Multiple sclerosis.
(C) Alzheimers Disease.
(D) Senile psychosis.
83. A bizarre delusion is diagnostic of:
(A) Schizophrenia.
(B) Mood Disorder.
(C) Anxiety Disorder.
(D) Neurosis.
84. ICD 10 is an international classification developed by:
(A) UNESCO.
(B) WHO.
(C) ILO.
(D) UNO.
85. Who is associated with Getsalt System of Therapy?
(A) C.R Rogers.
(B) Freud.
(C) Skinner.
(D) Perls and Perls.
86. Who used the concept of 'Persona' related to the theory of personality?
(A) Carl Jung.
(B) Freud.
(C) Erikson.
(D) Adler.
87. 'Inferiority complex' was the term coined by:
(A) Karen Horny.
(B) Carl Jung.
(C) Melanie Klein.
(D) Alfred Adler.
88. A Psychologist administered Thematic Apperception Test to a group of School students to assess their:
(A) Achievement.
(B) Awareness.
(C) Personality.
(D) Attitude.

89. Which doesn't belong to the group of the other three?
(A) Operant conditioning theory of learning.
(B) Classical conditioning theory of Pavlov.
(C) Learning theory of Watson.
(D) Guthrie's theory of learning.
90. Who had used the term Social Action for the first time?
(A) Max Weber.
(B) Pearlman.
(C) Hamilton.
(D) Grace Mathew.
91. Functional approach in Case Work was developed by:
(A) Jessy Traft.
(B) Otto Rank.
(C) Gordon Hamilton.
(D) Talcott Parsons.
92. Field work based approach is classified as:
(A) Observational.
(B) Historical.
(C) Experimental.
(D) Biographical.
93. Societies registration act was passed in the:
(A) 1861.
(B) 1947.
(C) 1960.
(D) 1860.
94. Which of the following is not a form of intervention?
(A) Enhancement.
(B) Competence.
(C) Prevention.
(D) Control.
95. Home visiting can most appropriately be called:
(A) Tool.
(B) Skill.
(C) Method.
(D) None of these.
96. Symbolic interactionism tends to focus on:
(A) Macro level social change.
(B) Small scale social change.
(C) Micro level social change.
(D) Change in the behaviour of the ego.
97. The process of imbibing one's own culture in one's personality is termed as:
(A) Enculturation.
(B) Acculturation.
(C) Socialization.
(D) Sanskritization.

98. Who said that the school be made as miniature society?
(A) Skinner.
(B) Thorndike.
(C) Herbert.
(D) Dewey.
99. Which of the following is a non parametric test?
(A) Analysis of covariance.
(B) Analysis of variance.
(C) Median test.
(D) Critical Ratio.
100. Name of the technique which is to be used before actual field work starts:
(A) Mode.
(B) Mean.
(C) Percentile.
(D) Standard Deviation.