

## MPhil CI Psychology

1. Which of the following models emphasizes the influence of early childhood experiences on psychopathology?
  - A. Behavioral model
  - B. Cognitive model
  - C. Psychodynamic model
  - D. Biopsychosocial model
2. What is the primary characteristic of a diathesis-stress model?
  - A. Emphasizing unconscious conflicts
  - B. Interaction between genetic vulnerability and environmental stress
  - C. Solely attributing mental illness to social factors
  - D. Only considering biological factors
3. Which of the following is NOT a component of Beck's cognitive triad?
  - A. Negative view of self
  - B. Negative view of world
  - C. Negative view of past
  - D. Negative view of future
4. In research methodology, which type of validity ensures that the test measures what it intends to measure?
  - A. Content validity
  - B. Face validity
  - C. Criterion validity
  - D. Construct validity
5. Which statistical test is appropriate for comparing means between two independent groups?
  - A. Chi-square test
  - B. ANOVA
  - C. t-test
  - D. Regression analysis
6. The probability of rejecting a true null hypothesis is known as:
  - A. Type I error
  - B. Type II error
  - C. Confidence interval
  - D. Standard deviation
7. Which neurotransmitter is most commonly associated with schizophrenia?
  - A. Dopamine
  - B. Serotonin
  - C. Acetylcholine
  - D. Glutamate
8. A patient presents with fluctuating levels of consciousness, visual hallucinations, and autonomic dysfunction. Which condition is most likely?
  - A. Schizophrenia
  - B. Dementia with Lewy bodies
  - C. Major depressive disorder
  - D. OCD
9. The primary feature distinguishing bipolar I disorder from bipolar II disorder is:
  - A. Presence of major depressive episodes
  - B. Presence of hypomanic episodes
  - C. Presence of manic episodes
  - D. Absence of mood symptoms
10. Which of the following tests is primarily used for assessing frontal lobe functioning?
  - A. Wisconsin Card Sorting Test
  - B. Wechsler Memory Scale
  - C. Bender-Gestalt Test
  - D. Rey-Osterrieth Complex Figure Test
11. A lesion in the left inferior frontal gyrus is most likely to cause:
  - A. Wernicke's aphasia
  - B. Broca's aphasia
  - C. Conduction aphasia
  - D. Anomic aphasia
12. The primary function of the limbic system is:
  - A. Motor coordination
  - B. Emotion regulation and memory
  - C. Visual processing
  - D. Language production
13. The MMPI-2 is primarily used to assess:
  - A. Intelligence
  - B. Personality traits and psychopathology
  - C. Neuropsychological deficits
  - D. Emotional intelligence

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14. The WAIS-IV measures which of the following cognitive abilities?
  - A. Verbal comprehension, perceptual reasoning, working memory, and processing speed
  - B. Emotional intelligence, memory, and executive functioning
  - C. Personality traits and problem-solving skills
  - D. Sensory-motor integration and coordination
15. Which psychological test is used to assess attention deficits in children?
  - A. Wisconsin Card Sorting Test
  - B. Connors' Continuous Performance Test
  - C. Minnesota Multiphasic Personality Inventory
  - D. Beck Depression Inventory
16. Which of the following is a core principle of cognitive-behavioural therapy (CBT)?
  - A. Free association
  - B. Identifying and modifying dysfunctional thoughts
  - C. Dream analysis
  - D. Unconscious conflict resolution
17. In exposure therapy for anxiety disorders, the patient is:
  - A. Gradually exposed to the feared stimulus in a controlled manner
  - B. Taught to suppress anxious thoughts
  - C. Encouraged to avoid anxiety-provoking situations
  - D. Given medication to reduce anxiety before exposure
18. Which type of therapy focuses on the client's capacity for self-actualization?
  - A. Cognitive therapy
  - B. Humanistic therapy
  - C. Behavioral therapy
  - D. Psychoanalysis
19. Which of the following therapeutic approaches emphasizes modifying maladaptive behaviours through reinforcement?
  - A. Psychoanalysis
  - B. Cognitive therapy
  - C. Behavior therapy
  - D. Humanistic therapy
20. Dialectical Behavior Therapy (DBT) was originally developed for treating which disorder?
  - A. Major depressive disorder
  - B. Schizophrenia
  - C. Borderline personality disorder
  - D. Generalized anxiety disorder
21. Which therapy technique involves identifying and challenging irrational beliefs?
  - A. Rational Emotive Behavior Therapy (REBT)
  - B. Client-centered therapy
  - C. Psychoanalysis
  - D. Gestalt therapy
22. In psychodynamic therapy, which defense mechanism involves attributing one's own unacceptable feelings to others?
  - A. Projection
  - B. Repression
  - C. Sublimation
  - D. Displacement
23. What is the main goal of existential therapy?
  - A. Resolving unconscious conflicts
  - B. Enhancing self-actualization
  - C. Finding meaning in life
  - D. Modifying maladaptive behaviours
24. Which psychologist is known as the father of modern psychology?
  - A. Sigmund Freud
  - B. Wilhelm Wundt
  - C. Carl Rogers
  - D. B.F. Skinner
25. What is the primary focus of applied psychology?
  - A. Theoretical concepts
  - B. Experiments
  - C. Practical application in real-world settings
  - D. Research methodology

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26. What is a primary focus of Acceptance and Commitment Therapy (ACT)?
  - A. Challenging irrational beliefs
  - B. Suppressing negative emotions
  - C. Developing psychological flexibility
  - D. Exploring unconscious conflicts
27. Which technique is commonly used in Motivational Interviewing?
  - A. Free association
  - B. Reflective listening
  - C. Exposure therapy
  - D. Systematic desensitization
28. Which therapy is most effective for Obsessive-Compulsive Disorder (OCD)?
  - A. Psychoanalysis
  - B. Cognitive Behavioral Therapy (CBT) with Exposure and Response Prevention
  - C. Client-centered therapy
  - D. Gestalt therapy
29. Which of the following is NOT a key element of Dialectical Behavior Therapy (DBT)?
  - A. Mindfulness
  - B. Interpersonal effectiveness
  - C. Dream analysis
  - D. Emotion regulation
30. In which therapy approach is the "miracle question" commonly used?
  - A. Solution-Focused Brief Therapy
  - B. Cognitive Therapy
  - C. Existential Therapy
  - D. Psychodynamic Therapy
31. Which of the following is a key component of trauma-focused CBT?
  - A. Exposure to traumatic memories
  - B. Free association
  - C. Dream interpretation
  - D. Systematic desensitization
32. Which therapy technique involves challenging cognitive distortions?
  - A. Behavioral activation
  - B. Mindfulness meditation
  - C. Cognitive restructuring
  - D. Flooding
33. Which therapy technique is based on the concept of "unconditional positive regard"?
  - A. Psychoanalysis
  - B. Client-centered therapy
  - C. Behavioral therapy
  - D. Gestalt therapy
34. Which of the following is an essential component of Mindfulness-Based Cognitive Therapy (MBCT)?
  - A. Challenging automatic thoughts
  - B. Enhancing self-awareness and acceptance
  - C. Encouraging free association
  - D. Interpreting unconscious conflicts
35. Which therapeutic approach was developed by Fritz Perls?
  - A. Gestalt Therapy
  - B. Cognitive Behavioral Therapy
  - C. Rational Emotive Behavior Therapy
  - D. Dialectical Behavior Therapy
36. In cognitive therapy, which cognitive distortion involves interpreting ambiguous situations negatively?
  - A. Catastrophizing
  - B. Overgeneralization
  - C. Personalization
  - D. Selective abstraction
37. Which technique is NOT commonly used in psychoanalytic therapy?
  - A. Free association
  - B. Dream analysis
  - C. Cognitive restructuring
  - D. Transference interpretation
38. In behavioral therapy, systematic desensitization is used primarily to treat:
  - A. Depression
  - B. Phobias
  - C. Schizophrenia
  - D. Bipolar disorder
39. Which of the following therapies is most effective for treating PTSD?
  - A. Psychoanalysis
  - B. Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
  - C. Humanistic Therapy
  - D. Existential Therapy

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40. What is the main focus of interpersonal therapy (IPT)?
  - A. Resolving unconscious conflicts
  - B. Improving social and communication skills
  - C. Exploring past trauma
  - D. Developing mindfulness skills
41. Which of the following is a core skill taught in Dialectical Behavior Therapy (DBT)?
  - A. Mindfulness
  - B. Free association
  - C. Dream analysis
  - D. Aversion therapy
42. The primary goal of Rational Emotive Behavior Therapy (REBT) is to:
  - A. Modify irrational beliefs
  - B. Analyze childhood experiences
  - C. Encourage catharsis
  - D. Use dream interpretation
43. Which therapy is most effective in treating Obsessive-Compulsive Disorder (OCD)?
  - A. Psychoanalysis
  - B. Exposure and Response Prevention (ERP)
  - C. Gestalt Therapy
  - D. Humanistic Therapy
44. Cognitive distortions are a key focus in which therapeutic approach?
  - A Cognitive Behavioral Therapy (CBT)
  - B Existential Therapy
  - C Psychodynamic Therapy
  - D Client-Centered Therapy
45. In family therapy, the term "triangulation" refers to:
  - A. Strengthening communication between two family members
  - B. A third party being drawn into a conflict
  - C. Establishing clear boundaries
  - D. Reducing stress through role-playing
46. Which of the following therapies is best suited for treating Borderline Personality Disorder (BPD)?
  - A. Cognitive Therapy
  - B. Dialectical Behavior Therapy (DBT)
  - C. Psychoanalysis
  - D. Behavioral Activation
47. Which therapeutic approach was developed by Aaron Beck?
  - A. Gestalt Therapy
  - B. Cognitive Therapy
  - C. Existential Therapy
  - D. Narrative Therapy
48. The "empty chair" technique is commonly used in:
  - A. Rational Emotive Behavior Therapy
  - B. Gestalt Therapy
  - C. Psychoanalysis
  - D. Behavioral Therapy
49. A key characteristic of Client-Centered Therapy is:
  - A. The therapist providing unconditional positive regard
  - B. The focus on past unconscious conflicts
  - C. Direct interpretation of dreams
  - D. Challenging cognitive distortions
50. Which therapy focuses on helping clients find meaning in life despite suffering?
  - A. Existential Therapy
  - B. Behavioral Therapy
  - C. Psychoanalysis
  - D. Cognitive Therapy
51. In Behavior Therapy, reinforcement is used to:
  - A. Encourage desired behaviors
  - B. Identify unconscious motives
  - C. Modify cognitive distortions
  - D. Develop insight into past trauma
52. Which therapy technique involves gradual exposure to a feared stimulus while practicing relaxation?
  - A. Systematic Desensitization
  - B. Free Association

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- C. Thought Stopping
  - D. Psychoeducation
53. Motivational Interviewing is most commonly used to treat:
- A. Substance Use Disorders
  - B. Schizophrenia
  - C. Autism Spectrum Disorder
  - D. ADHD
54. Which of the following is a key component of Acceptance and Commitment Therapy (ACT)?
- A. Cognitive Defusion
  - B. Interpretation of dreams
  - C. Hypnosis
  - D. Free Association
55. In Structural Family Therapy, the therapist aims to:
- A. Reorganize family hierarchies and boundaries
  - B. Explore early childhood experiences
  - C. Focus solely on individual behavior
  - D. Encourage dream analysis
56. Which therapy primarily focuses on increasing awareness of the present moment?
- A. Mindfulness-Based Cognitive Therapy (MBCT)
  - B. Psychoanalysis
  - C. Existential Therapy
  - D. Solution-Focused Therapy
57. Type of thinking in which a person starts from one and comes up with many different ideas is an example of
- A. Divergent thinking
  - B. Convergent thinking
  - C. Critical analysis
  - D. Decision
58. Behavioral Activation is primarily used to treat:
- A. Depression
  - B. Schizophrenia
  - C. PTSD
  - D. Phobias
59. The core principle of Exposure Therapy is:
- A. Repeated confrontation with feared stimuli
  - B. Challenging irrational thoughts
  - C. Exploring early childhood trauma
  - D. Encouraging positive affirmations
60. Narrative Therapy helps clients by:
- A. Reconstructing personal stories in a meaningful way
  - B. Analyzing unconscious motives
  - C. Engaging in mindfulness exercises
  - D. Using systematic desensitization
61. Which of the following best describes delusion?
- A. A perceptual disturbance
  - B. A fixed false belief not amenable to reason
  - C. A mood disorder
  - D. An obsession
62. A primary delusion is:
- A. Secondary to hallucination
  - B. Arising suddenly without cause
  - C. Based on mood
  - D. Induced by another
63. Which term describes a false sensory perception without external stimulus?
- A. Delusion
  - B. Hallucination
  - C. Illusion
  - D. Obsession
64. An individual believing the TV is sending them messages is experiencing:
- A. Referential delusion
  - B. Nihilistic delusion
  - C. Persecutory delusion
  - D. Somatic delusion
65. Changes in consciousness are likely seen in:
- A. Schizophrenia
  - B. Depression
  - C. Dementia
  - D. Delirium
66. Which symptom is considered a disorder of possession of thought?
- A. Thought insertion
  - B. Circumstantiality

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- C. Flight of ideas
  - D. Tangentiality
67. First rank symptoms are characteristic of which condition?
- A. Depression
  - B. Schizophrenia
  - C. OCD
  - D. Anxiety
68. Which of the following is used to compare means of two or more groups?
- A. ANOVA
  - B. t-test
  - C. Multiple Regression
  - D. Chi Square
69. Which of the following is a negative symptom in schizophrenia?
- A. Hallucination
  - B. Delusion
  - C. Avolition
  - D. Catatonia
70. In depressive pseudodementia, the cognitive deficits are typically:
- A. Variable and inconsistent
  - B. Progressive and irreversible
  - C. Consistent with cortical dementia
  - D. Accompanied by agnosia
71. Which of the following is a hallmark of qualitative research?
- A. Randomized control
  - B. Statistical generalization
  - C. Subjective experience
  - D. Large sample size
72. Grounded theory is used to:
- A. Prove a hypothesis
  - B. Develop a theory from data
  - C. Measure statistical correlation
  - D. Test causality
73. Which method is not used in quantitative research?
- A. t-test
  - B. Thematic analysis
  - C. Chi-square
  - D. Regression
74. Triangulation in qualitative research refers to:
- A. Using three variables
  - B. Repeating measures
  - C. Using multiple methods to ensure credibility
  - D. Combining three data sets
75. Member checking is used to:
- A. Test reliability
  - B. Confirm validity with participants
  - C. Compare two groups
  - D. Analyze variance
76. Which of the following is a type of ordinal data?
- A. Blood pressure reading
  - B. IQ score
  - C. Interview transcript
  - D. Reaction time
77. Phenomenology focuses on:
- A. Cultural interpretation
  - B. Lived experiences
  - C. Experimental conditions
  - D. Survey responses
78. What is a key limitation of qualitative research?
- A. Lacks depth
  - B. Cannot explain human experience
  - C. Limited generalizability
  - D. Lacks ethical concerns
79. Purposive sampling is:
- A. Random
  - B. Representative of population
  - C. Based on characteristics of interest
  - D. Unbiased
80. Coding in qualitative research involves:
- A. Assigning numbers to data
  - B. Summarizing statistical findings

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- C. Labeling themes or patterns
  - D. Programming a model
81. Who proposed the concept of 'schemas' in cognitive development?
- A. Skinner
  - B. Freud
  - C. Piaget
  - D. Maslow
82. Which of the following best explains the participatory research from more traditional research paradigms?
- A. It prioritizes double-blind procedures to eliminate bias from participant expectations.
  - B. It maintains strict researcher objectivity and avoids any collaboration with participants.
  - C. It involves stakeholders as co-researchers throughout the research process, including question formulation and data interpretation.
  - D. It uses random sampling to ensure the generalizability of findings to the broader population.
83. Cognitive dissonance theory was developed by:
- A. Festinger
  - B. Bandura
  - C. Ellis
  - D. Piaget
84. Which concept refers to mental shortcuts in thinking?
- A. Insight
  - B. Heuristics
  - C. Intelligence
  - D. Schema
85. Lashley's "mass action" principle primarily challenged which of the following beliefs?
- A. That specific brain areas control motor movements
  - B. That brain lesions have no impact on learning
  - C. That memories are stored diffusely across the cortex
  - D. That learning is localized in discrete brain regions
86. Cognitive triad in depression includes:
- A. Self, world, future
  - B. Id, ego, superego
  - C. Past, present, future
  - D. Thoughts, emotions, behaviours
87. What is a core concept of Bandura's cognitive theory?
- A. Classical conditioning
  - B. Observational learning
  - C. Psychoanalysis
  - D. Moral reasoning
88. According to Piaget, which stage involves abstract thinking?
- A. Sensorimotor
  - B. Preoperational
  - C. Concrete operational
  - D. Formal operational
89. Which is an example of a cognitive distortion?
- A. Observational learning
  - B. Mind reading
  - C. Reinforcement
  - D. Free association
90. Cognitive appraisal refers to:
- A. Judging others
  - B. Evaluating environmental stressors
  - C. Unconscious motives
  - D. Genetic traits
91. Which school of psychology emphasized introspection?
- A. Behaviorism
  - B. Structuralism
  - C. Humanism
  - D. Psychoanalysis

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92. Who is considered the father of experimental psychology?
- A. Freud
  - B. Wundt
  - C. Watson
  - D. Skinner
93. Operant conditioning was proposed by:
- A. Bandura
  - B. Skinner
  - C. Pavlov
  - D. Thorndike
94. Which type of memory lasts for only a few seconds?
- A. Long-term memory
  - B. Semantic memory
  - C. Sensory memory
  - D. Working memory
95. Which theory emphasizes self-actualization?
- A. Psychoanalytic
  - B. Behaviorist
  - C. Humanistic
  - D. Cognitive
96. Which part of the nervous system is responsible for rest and digest?
- A. Sympathetic
  - B. Somatic
  - C. Parasympathetic
  - D. Central
97. Classical conditioning involves:
- A. Reinforcement
  - B. Voluntary behavior
  - C. Involuntary response to stimuli
  - D. Modeling
98. The 'Yerkes-Dodson Law' explains the relationship between arousal and:
- A. Emotion
  - B. Learning
  - C. Performance
  - D. Memory
99. Which lobe of the brain is responsible for vision?
- A. Parietal
  - B. Frontal
  - C. Temporal
  - D. Occipital
100. Latent learning challenges which of the following assumptions of strict behaviorism?
- A. Learning only occurs through shaping
  - B. Reinforcement is required for learning to occur
  - C. Extinction reduces the likelihood of behavior permanently
  - D. Classical conditioning precedes operant conditioning



## M. Phil (Psychiatric Social Work)

1. World Health Day is celebrated on:
  - A. 1st March
  - B. 7th April
  - C. 6th October
  - D. 10th December
2. Which dimension of wellness focuses on maintaining a balanced and healthy diet, engaging in regular physical activity, and getting enough sleep?
  - A. Emotional wellness
  - B. Physical wellness
  - C. Social wellness
  - D. Intellectual wellness
3. Who defined social group work as a psychosocial process concerned with developing leadership and cooperation along with group interests for a social purpose?
  - A. Hamilton (1949)
  - B. Coyle (1954)
  - C. Konapka (1963)
  - D. Wilson & Ryland (1949)
4. Social group work is a method of social work which aims at –
  - A. Developing individual abilities through group activities
  - B. Helping individuals through group-based activities
  - C. Enhancing knowledge, understanding, and skills
  - D. All of the above
5. Which one is not a purpose of social group work?
  - A. Corrective/treatment and prevention
  - B. Normal social growth and development
  - C. Personal enhancement and growth
  - D. Inter-group rivalry and conflict
6. What are professional ethics?
  - A. A set of legal rules
  - B. Ethical guidelines for a specific profession
  - C. Personal moral beliefs
  - D. Government regulations
7. Who pioneered the three models: social goals, remedial, and reciprocal?
  - A. Papell and Rothman (1966)
  - B. Harstad (1976)
  - C. Schwartz (1961)
  - D. Grace Coyle (1930)
8. What is “plagiarism” in the context of professional ethics?
  - A. A form of honest borrowing
  - B. Failing to cite sources properly
  - C. Encouraged in academic research
  - D. A type of innovation
9. Who is the author of *From Charity to Social Work*?
  - A. Elizabeth N. Agnew
  - B. Jane Addams
  - C. Mary Richmond
  - D. Friedlander W.
10. Who established Toynbee Hall, the first settlement home in London?
  - A. E.T. Gerry
  - B. Herbert Spencer
  - C. Samuel and Henrietta Barnett
  - D. Jane Addams
11. Mary Richmond's *Social Diagnosis* is considered the first book of –
  - A. Social group work
  - B. Social and preventive medicine
  - C. Social case work
  - D. Social action
12. Social justice is the balance between –
  - A. Individual rights and social control
  - B. Society and individual
  - C. Fundamental rights and the judiciary
  - D. Individual and family

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13. Which is the most essential principle in all types of social work?
  - A. Marketing
  - B. Relationship
  - C. Socialising
  - D. Attitude
14. What are the key skills of an effective community organiser?
  - A. Problem analysis
  - B. Resource mobilisation
  - C. Conflict resolution
  - D. All of the above
15. Social welfare administration comes under –
  - A. Direct method of social work
  - B. Indirect method of social work
  - C. No method of social work
  - D. All of the above
16. Welfare administration refers to –
  - A. Translating policies into programs
  - B. Policy governance
  - C. Administration for welfare
  - D. All of the above
17. Which is a main phase of the social case work process?
  - A. Assessment
  - B. Interview
  - C. Explanation
  - D. Analysis
18. What is the significance of social investigation in the context of social case work?
  - A. It facilitates the gathering of detailed information about the client's issues
  - B. It supports accurate and meaningful assessment
  - C. It helps identify dysfunctional communication patterns
  - D. All of the above
19. Which of the psychological defense mechanism invents excuses to explain his/her own failure?
  - A. Rationalization
  - B. Regression
  - C. Identification
  - D. Fantasy
20. The principle of credibility building is a principle of:
  - A. Social case work
  - B. Social action
  - C. Community organisation
  - D. Social welfare administration
21. Putting oneself in another's shoes and understanding their world is –
  - A. Empathy
  - B. Positive regard
  - C. Genuineness
  - D. None of the above
22. Which of the following is not a psychotic disorder?
  - A. Mania
  - B. Somatisation
  - C. Schizophrenia
  - D. Delusional disorder
23. Mental retardation is –
  - A. Psychotic deficiency
  - B. Parental deficiency
  - C. Intellectual deficiency
  - D. Protein deficiency
24. The psychiatric condition most associated with suicide is –
  - A. Schizophrenia
  - B. Panic disorder
  - C. Anxiety disorder
  - D. Major depression
25. Which of the following is not usually classified as a neurodevelopmental disorder?
  - A. Autism Spectrum Disorder
  - B. Attention-Deficit/Hyperactivity Disorder (ADHD)
  - C. Oppositional Defiant Disorder
  - D. Intellectual Disability

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26. Impairments characterise autism in:  
A. Social interaction  
B. Patterns of behaviour  
C. Communication  
D. All of the above
27. What is the program for screening development delay, deficiency, and neonatal genetic defects?  
A. Janani Suraksha Yojana  
B. Janani Shishu Suraksha Karyakram  
C. Rashtriya Bal SwasthyaKaryakram  
D. Rashtriya Kishor SwasthyaKaryakram
28. What does the "Id" represent in psychoanalytic theory?  
A. Control anxiety  
B. Control impulses  
C. Innate instinctual needs  
D. Control moral behaviour
29. The two-factor theory of motivation was proposed by –  
A. Herzberg  
B. Maslow  
C. McGregor  
D. Sigmund Freud
30. The concept of self-actualisation was proposed by –  
A. William James  
B. Carl Rogers  
C. Sigmund Freud  
D. Abraham Maslow
31. Difficulty in falling asleep is called  
A. Hyposomnia  
B. Anorexia nervosa  
C. Insomnia  
D. Bulimia nervosa
32. The Mental Healthcare Act came into force in –  
A. 2016  
B. 2017  
C. 2018  
D. 2019
33. The biopsychosocial model suggests –  
A. Combination of biological, psychological, and social factors  
B. Primarily biological causes  
C. History + biology + social factors  
D. Social factors causing biological illness
34. Appropriate intervention for high expressed emotion in a family is –  
A. Psychotherapy  
B. Psychopharmacology  
C. Psychoeducation  
D. Psychogenesis
35. One of the most effective psychosocial treatments for depression is  
A. Cognitive Behavioural Therapy  
B. Motivational Enhancement Therapy  
C. Dialectical Behavioural Therapy  
D. Reattribution Therapy
36. The major effective treatment for alcohol dependence is  
A. CBT  
B. MET  
C. Interactive group therapy  
D. Family therapy
37. Community-based self-help service for substance abuse is  
A. Alcoholics Anonymous  
B. Crack  
C. Cannabis Collective  
D. Hashish Home
38. Delusions and hallucinations are common in  
A. Psychosis  
B. Neurosis  
C. Enuresis  
D. Hypnosis

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39. The "Accessible India Campaign" aims to create a barrier-free environment for persons with disabilities. When was this campaign launched in India?
- A. 2015
  - B. 2010
  - C. 2018
  - D. 2008
40. Which legislation currently governs and ensures the rights and protections of persons with disabilities in India?
- A. The Mental Health Act
  - B. The Rights of Persons with Disabilities Act, 2016
  - C. The National Trust Act, 1999
  - D. The Persons with Disabilities (Equal Opportunities, Protection of Rights and Full Participation) Act, 1995
41. Albert Bandura is associated with
- A. Social learning
  - B. Behavioural learning
  - C. Cognitive training
  - D. Psychosocial therapy
42. Carl Rogers' counselling type is
- A. Directional
  - B. Non-directional
  - C. Eclectic
  - D. Dominant
43. Mean, median, and mode are
- A. Measures of deviation
  - B. Ways of variance
  - C. Measures of central tendency
  - D. None of the above
44. A good research test emphasises
- A. Reliability
  - B. Usability
  - C. Objectivity
  - D. All of the above
45. "Controlled group" is used in
- A. Historical research
  - B. Survey research
  - C. Experimental research
  - D. Descriptive research
46. The process of selecting several participants for a study in such a way that they represent the larger group from which they were chosen is known as
- A. Random assignment
  - B. Data collection
  - C. Research design
  - D. Sampling
47. It is the numerical characteristic of a population
- A. Parameter
  - B. Sample
  - C. Statistics
  - D. Representative
48. Which is a non-parametric test?
- A. Kruskal-Wallis
  - B. One-way ANOVA
  - C. t-test
  - D. Correlation coefficient
49. Spearman rank-correlation requires:
- A. Same scale data
  - B. Ordinal data
  - C. Independent samples
  - D. t-distribution
50. The Mann-Whitney U test is preferred over the t-test when –
- A. Data are paired
  - B. Sample size is small
  - C. Normality assumption fails
  - D. Samples are dependent
51. Which is a probability sampling method?
- A. Judgment
  - B. Quota
  - C. Simple random
  - D. Convenience

## M. Phil (Psychiatric Social Work)

52. Increasing the sample size has the following effect on the sampling error:
- A. It increases the sampling error
  - B. It reduces the sampling error
  - C. It does not affect the sampling error
  - D. All of the above
53. In probability sampling, the selection chance is –
- A. Equal to one
  - B. Equal to zero
  - C. Non-zero
  - D. None
54. The "National Trust for Welfare of Persons with Autism, Cerebral Palsy, Mental Retardation, and Multiple Disabilities Act" was enacted in which year to support families in providing care and protection to persons with disabilities?
- A. 1999
  - B. 2005
  - C. 2000
  - D. 2010
55. Name the eminent psychiatrist of the country who, for the first time, demonstrated the positive role of family in the care of the mentally ill.
- A. Prof. C.R Chandrashekhar
  - B. Prof. Vidyasagar
  - C. Prof. R.B Dewis
  - D. Prof. N.N Wig
56. The social classification of suicide is proposed by
- A. Jelinek
  - B. Durkheim
  - C. Pritchard
  - D. Golberg
57. Sudden memory loss coupled with wandering away from home is called
- A. Amnesia
  - B. Conversion disorder
  - C. Dissociative identity disorder
  - D. Dissociative fugue
58. Which of the following Acts has declared online pornography a punishable offence?
- A. The Indian Information Technology Act, 2000
  - B. The Media Technology Act, 2001
  - C. The Cyber Technology Act, 2000
  - D. The Indecent Representation of Women Act, 2001
59. Which of the following is not a projective test?
- A. Thematic Appreciation Test
  - B. Stroop Test
  - C. Sentence Completion Test
  - D. Word Association Test
60. Mini Mental Status Examination (MMSE) is:
- A. Method to investigate a common psychiatric problem
  - B. Instrument to screen cognitive functions
  - C. To evaluate schizophrenia
  - D. Instrument to measure delirium
61. The goal of case work intervention is:
- A. Community development
  - B. Policy drafting
  - C. Individual adjustment
  - D. Data collection
62. Which is not a case work relationship quality?
- A. Empathy
  - B. Sympathy
  - C. Acceptance
  - D. Purposeful expression
63. The ecological perspective emphasizes:
- A. Only psychological factors
  - B. Environmental and systemic factors
  - C. Statistical analysis
  - D. Economic policies

## M. Phil (Psychiatric Social Work)

64. Case work primarily addresses:
- A. Macro problems
  - B. Meso problems
  - C. Micro-level problems
  - D. International issues
65. The process of empowering the client is known as:
- A. Counseling
  - B. Intervention
  - C. Enablement
  - D. Diagnosis
66. Which model integrates both diagnostic and functional schools?
- A. Ecological model
  - B. Crisis model
  - C. Problem-solving model
  - D. Strengths perspective
67. Saul Alinsky is best known for his work in:
- A. Clinical social work
  - B. Psychoanalysis
  - C. Radical community organizing
  - D. Research methodology
68. The process of identifying community needs is called:
- A. Conflict resolution
  - B. Resource mobilization
  - C. Needs assessment
  - D. Leadership selection
69. Which of the following is an example of social action?
- A. Protest march for rights
  - B. Medical camp
  - C. Blood donation drive
  - D. Skill development training
70. Leadership in community organization should be:
- A. Dominant
  - B. Bureaucratic
  - C. Participatory and democratic
  - D. Political
71. The term “capacity building” in community practice means:
- A. Replacing community leaders
  - B. Enhancing skills and abilities of people
  - C. Building infrastructure
  - D. Providing relief
72. The concept of “community readiness” relates to:
- A. Disaster preparedness
  - B. Willingness of the community to change
  - C. National security
  - D. Technological advancement
73. Which of the following best describes a *hypothesis*?
- A. A proven result
  - B. A tentative explanation
  - C. A data collection method
  - D. A literature review
74. What does the symbol “ $\Sigma$ ” represent in statistics?
- A. Standard error
  - B. Summation
  - C. Sample
  - D. Population
75. If A is the father of B, and B is the father of C, how is A related to C?
- A. Uncle
  - B. Grandfather
  - C. Brother
  - D. Father-in-law
76. A sampling frame is:
- A. The size of the sample
  - B. A list of all elements in the population
  - C. A type of hypothesis
  - D. An experimental design
77. In group work, role playing is a technique used for:
- A. Conflict generation
  - B. Skill development
  - C. Data collection
  - D. Entertainment

## M. Phil (Psychiatric Social Work)

78. Which of the following is not a stage of group development?
- A. Forming
  - B. Storming
  - C. Norming
  - D. Surveying
79. Self-help groups (SHGs) are based on the concept of:
- A. Dependence
  - B. Self-reliance
  - C. External funding
  - D. Political agenda
80. The recording technique used in group work includes:
- A. Process recording
  - B. Summative recording
  - C. Time sampling
  - D. Budgeting
81. Which major development project was recently approved for Chandigarh's urban mobility in 2025?
- A. Metro Rail Project
  - B. Skywalk System
  - C. Electric Bus Fleet Expansion
  - D. Monorail Connectivity
82. The Chandigarh Administration recently announced the launch of which citizen service app in 2025?
- A. *Chandigarh HelpDesk*
  - B. *MyCityCare*
  - C. *eSampark 2.0*
  - D. *CivicTrack*
83. What is Chandigarh's recent rank in the 2025 Swachh Survekshan survey?
- A. 1st
  - B. 5th
  - C. 10th
  - D. 15<sup>th</sup>
84. The Panjab University in 2025 became the first in the region to launch a:
- A. Drone Research Centre
  - B. Mental Health Innovation Lab
  - C. Digital Forensics Department
  - D. Center for Climate Resilience
85. In 2025, which Indian state declared universal mental health insurance as part of its health scheme?
- A. Kerala
  - B. Maharashtra
  - C. Tamil Nadu
  - D. Rajasthan
86. Which Indian city is hosting the G20 Youth Leadership Meet 2025?
- A. New Delhi
  - B. Ahmedabad
  - C. Bengaluru
  - D. Varanasi
87. What is India's rank in the 2025 Global Innovation Index (GII)?
- A. 30<sup>th</sup>
  - B. 40<sup>th</sup>
  - C. 42<sup>nd</sup>
  - D. 50<sup>th</sup>
88. Settlement House Movement was pioneered by:
- A. Mary Richmond
  - B. Jane Addams
  - C. Grace Abbott
  - D. Octavia Hill
89. The Poor Law Amendment Act was passed in England in:
- A. 1834
  - B. 1601
  - C. 1948
  - D. 1929
90. The International Federation of Social Workers (IFSW) was founded in:
- A. 1928
  - B. 1932
  - C. 1956
  - D. 1960

## M. Phil (Psychiatric Social Work)

91. The primary influence on early social work in India came from:
  - A. British charitable services
  - B. American universities
  - C. Gandhian philosophy
  - D. French sociology
92. One of the earliest voluntary organizations in India was:
  - A. Seva Mandir
  - B. Servants of India Society
  - C. HelpAge India
  - D. CRY
93. The term “Social Work” was institutionalized during:
  - A. World War I
  - B. The Reformation
  - C. The Industrial Revolution
  - D. The Enlightenment
94. Who introduced the term “friendly visitor” in casework?
  - A. Mary Richmond
  - B. Jane Addams
  - C. Florence Hollis
  - D. Octavia Hill
95. Which committee in India recommended the integration of social welfare in development planning?
  - A. Bhore Committee
  - B. Mudaliar Committee
  - C. Gore Committee
  - D. Malhotra Committee
96. The concept of social justice in Indian social work draws largely from:
  - A. Capitalism
  - B. Gandhian ideals and Indian Constitution
  - C. Western law
  - D. Feudal traditions
97. The concept of “social justice” in administration focuses on:
  - A. Economic growth
  - B. Equity and fairness in service delivery
  - C. Corporate competition
  - D. Military discipline
98. The POSDCORB model was developed by:
  - A. Mary Richmond
  - B. Luther Gulick
  - C. Peter Drucker
  - D. Max Weber
99. The research design primarily helps in:
  - A. Data interpretation
  - B. Data collection
  - C. Planning the structure of the study
  - D. Ethical review
100. Which body is primarily responsible for welfare administration in India?
  - A. Ministry of Corporate Affairs
  - B. Ministry of Social Justice and Empowerment
  - C. Ministry of Agriculture
  - D. Ministry of External Affairs



## M.Sc. Mental Health (PSYCHIATRIC) NURSING

1. The non invasive procedure assesses the electrical activity of the brain;
  - A. Electrocardiography
  - B. Electromyography
  - C. Electroencephalography
  - D. Cerebral angiography
2. A nurse is assessing the patient for changes in level of consciousness using Glasgow Coma Scale. The patient opens his eyes when spoken to, speaks incoherently and moves his extremities when pain is applied. Which of the following is the correct verbal (V) scoring corresponds to the patient?
  - A. 04
  - B. 05
  - C. 06
  - D. 03
3. Which of the following effects are expected by a nurse during assessment of a patient on opiod analgesic medication?
  - A. Diarrhoea
  - B. Sialorrhea
  - C. Constipation
  - D. Pupil dilatation
4. Meaningless repetition of words or phrases is termed as:
  - A. Echolalia
  - B. Verbigeration
  - C. Cataplexy
  - D. Anhedonia
5. Positive Brudzinski's sign indicates:
  - A. Acute Otitis Media
  - B. Acute Meningitis
  - C. Acute Pancreatitis
  - D. Acute peritonitis
6. Normal level of serum lithium in a healthy Adult:
  - A. 1-1.5 meq/dl
  - B. 0
  - C. 0.6-1.2meq/l
  - D. 0.6-1.2mmol/dl
7. Which of the following is NOT a mandatory requirement of a true experimental research design?
  - A. Random sampling
  - B. Randomization
  - C. Manipulation
  - D. Control
8. Name of the neuromuscular blockade agent used in Electro convulsive therapy:
  - A. Fefofexadine
  - B. Succynl choline
  - C. Atropine
  - D. Glycopyrolate
9. Which among the following dysrhythmias is an indication for Cardioversion?
  - A. Pulse less Ventricular tachycardia
  - B. Ventricular fibrillation
  - C. Atrial Flutter
  - D. Ventricular asystole
10. Which of the following is NOT a feature of catatonic schizophrenia?
  - A. Waxy flexibility
  - B. Mutism
  - C. Cogwheel rigidity
  - D. Posturing
11. Which among the following is NOT a relative contraindication of Electroconvulsive therapy?
  - A. Pregnancy
  - B. Recent MI
  - C. Stroke
  - D. Seizure disorder
12. A nurse is assessing the Arterial blood gas report of a patient who is admitted with severe vomiting since 24hours. Which of the following conditions should the nurse expect for?
  - A. Respiratory Acidosis
  - B. Respiratory Alkalosis
  - C. Metabolic Acidosis
  - D. Metabolic alkalosis

## M.Sc. Mental Health (PSYCHIATRIC) NURSING

13. Which among the following extra pyramidal side-effect requires emergency management?
- A. Tardive dyskinesia
  - B. Acute Dystonia
  - C. Pseudo parkinsonism
  - D. Akathisia
14. The nurse is reviewing the discharge medication of a patient admitted for peptic ulcer disease. Which of the following medication is NOT a drug of choice for the patient with peptic ulcer disease?
- A. Esomeprazole
  - B. Lansoprazole
  - C. Pramipexole
  - D. Omeprazole
15. Moro's reflex disappears normally at .....months after birth
- A. 1 month
  - B. 3 months
  - C. 9 months
  - D. 6months
16. NNMC stands for
- A. North Nursing and Midwifery Commission
  - B. National Nursing and Midwifery Council
  - C. Nanda Nursing and Midwifery Commission
  - D. National Nursing and Midwifery Commission
17. The developmental milestone of drawing a circle is attained by child at .....years
- A. 1 year
  - B. 3 years
  - C. 1.5 years
  - D. 6 years
18. Which quadrant in Johari window is also termed as 'Façade'
- A. 1<sup>st</sup> quadrant
  - B. 2<sup>nd</sup> quadrant
  - C. 3<sup>rd</sup> quadrant
  - D. 4<sup>th</sup> quadrant
19. The drug used for aversive conditioning in patient with alcohol use disorders:
- A. Lorazepam
  - B. Choldiazepoxide
  - C. Disulfiram
  - D. Buprenorphine
20. Flooding is used as a behavioral therapy technique for .....disorders
- A. Panic anxiety
  - B. Phobic anxiety
  - C. Generalised anxiety
  - D. Delusional disorder
21. Which of the following sampling methods involved in selecting every k<sup>th</sup> subject from the population( $k = \text{population/sample size}$ )
- A. Cluster sampling
  - B. Snow ball sampling
  - C. Stratified sampling
  - D. Systematic sampling
22. Serious pregnancy complication where the placenta separates from the uterine wall before delivery is termed as .....
- A. Placenta Previa
  - B. Abruptio Placentae
  - C. Circumvallated Placenta
  - D. Placenta Accreta
23. The correct elaboration of the acronym PTCA
- A. Percutaneous Transluminal Cerebral Angiography
  - B. Percutaneous Transcutaneous Cerebral Angioplasty
  - C. Percutaneous Transluminal Coronary Angiography
  - D. Percutaneous Transluminal Coronary Angioplasty

## M.Sc. Mental Health (PSYCHIATRIC) NURSING

- 24.** What is the main advantage of stratified sampling?
- A. It allows generalization from the population
  - B. It decreases the sample size
  - C. It ensured equal representation of subgroups
  - D. It allows researchers convenience in choosing subjects
- 25.** A complication of identical twin pregnancies in which one twin receives too much blood and the other too little, this phenomenon is known as .....
- A. Twin to twin transfusion syndrome
  - B. Fetal hydramnios
  - C. Maternal Polyhydramnios
  - D. Fetal transfusion anaplasia
- 26.** Which is the inferential statistical test used to compare means of three unrelated groups
- A. Student t test
  - B. Paired T test
  - C. ANOVA
  - D. RMANOVA
- 27.** Which among the following is NOT a barrier method of contraception
- A. Cervical Cap
  - B. Cervical Diaphragm
  - C. Condom
  - D. IUCD
- 28.** Gardasil-9 is a newer nanovalent vaccine given for girls above 12 years of age protects from infection of .....
- A. HPV
  - B. HSV
  - C. HIV
  - D. HCV
- 29.** The year in which new national education policy (NEP) was rolled out in India
- A. 2025
  - B. 2024
  - C. 2020
  - D. 2018
- 30.** Maternal condition in which there is too much amniotic fluid surrounding a baby in the uterus during pregnancy is termed as
- A. Gestational Diabetes
  - B. Oligohydramnios
  - C. Gestational Hypertension
  - D. Polyhydramnios
- 31.** Which of the following research design is not a true experiment study design?
- A. Factorial design
  - B. Solomon four group design
  - C. One group pre test post test design
  - D. Randomized block design
- 32.** The full form of the abbreviation ERCP
- A. Endoscopic Retrospective Cholangio Pancreatography.
  - B. Esophageal Retrograde Cholangio Pancreatography.
  - C. Endoscopic Retrograde Cholangio Pancreatography.
  - D. Endothecal Retrograde Cholangio Pancreatography.
- 33.** \_\_\_\_\_ is a statement of expectation or prediction of relationship between two variables that will be tested by research.
- A. Research Objective
  - B. Research Assumption
  - C. Research Hypothesis
  - D. Research Design

## M.Sc. Mental Health (PSYCHIATRIC) NURSING

34. Which among the following is the professional regulatory body of nursing in India
- A. INC
  - B. TNAI
  - C. SNA
  - D. AGNA
35. The management principles which believes in the collective contribution, motivation and enthusiasm of employees to achieve organization goal
- A. Fair remuneration
  - B. Scalar chain
  - C. Espirit de corps
  - D. Delegation of authority and responsibility
36. The pattern of regular and excessive use of a psychoactive substance inspite of harmful consequences is termed as .....
- A. Use
  - B. Withdrawal
  - C. Dependence
  - D. Tolerance
37. Who is the father of psychoanalysis?
- A. Sigmund Freud
  - B. Aron Beck
  - C. Karl Jung
  - D. Eugen Bleuler
38. Which of the following is a nominal variable?
- A. Height
  - B. Pain
  - C. Gender
  - D. Blood pressure
39. The Act in which decriminalization of suicide was implemented is:
- A. NDPS act
  - B. Mental health care Act
  - C. Mental health Act
  - D. Indian Lunacy act
40. The time duration allotted for 'teaching' in a 36 minutes microteaching cycle:
- A. 20 minutes
  - B. 10 minutes
  - C. 6 minutes
  - D. 12 minutes
41. Which among the following is a non parametric test?
- A. ANOVA
  - B. Mann Whitney Test
  - C. Independent t test
  - D. Paired t test
42. The year in which Mental Health Care Act (MHCA) was enacted
- A. 2010
  - B. 1981
  - C. 2017
  - D. 2024
43. Motiveless resistance to all attempts to be moved or to all instructions is known as
- A. Catalepsy
  - B. Negativism
  - C. Perseverance
  - D. Stupor
44. Neuroleptic malignant syndrome is a side effect of
- A. Lithium
  - B. Haloperidol
  - C. Clozapine
  - D. Sodium valproate
45. Which type of motivation refers to motivation that comes from external and outside rewards
- A. Intrinsic motivation
  - B. Didactic motivation
  - C. Extrinsic motivation
  - D. Intrapersonal motivation

## M.Sc. Mental Health (PSYCHIATRIC) NURSING

- 46.** What is the full form of COTPA?
- A. Cigarettes and Other Tobacco Products Act
  - B. Cigarettes and Other Tobacco Products Administration
  - C. Control of Tobacco and Prevention of Advertising
  - D. Control of Tobacco and Prevention of Addiction
- 47.** Which of the following is a comprehensive nursing database?
- A. PUBMED
  - B. CINAHL
  - C. MEDLINE
  - D. SCOPUS
- 48.** Qualitative research design focussing of studying the lived experiences of individuals with rare disorders
- A. Latin Square Design
  - B. Phenomenology
  - C. Grounded Theory
  - D. Ethnography
- 49.** Which of the following is true for Type 1 error in hypothesis testing?
- A. Failing to reject a false null hypothesis
  - B. Rejecting true null hypothesis
  - C. Failing to reject true null hypothesis
  - D. Rejecting false null hypothesis
- 50.** False sensory perception occurring while falling asleep; generally considered a non pathological phenomenon.
- A. Hypnagogic Hallucination
  - B. Hypnopompic Hallucination
  - C. Micropsia
  - D. Macropsia
- 51.** Rapid speech that is increased in amount and difficult to interrupt is termed as
- A. Echolalia
  - B. Word salad
  - C. Pressure of speech
  - D. Flight of ideas
- 52.** False fixed unshakable belief derived from pathological jealousy about a person's lover being unfaithful.
- A. Erotomanic Delusion
  - B. Delusion of Persecution
  - C. Delusion of Infidelity
  - D. Delusion of Reference
- 53.** Subjective feeling of muscular tension secondary to antipsychotic or other medication, which can cause restlessness, pacing, repeated sitting and standing; can be mistaken for psychotic agitation.
- A. Stereotypy
  - B. Akathisia
  - C. Dyskinesia
  - D. Bradykinesia
- 54.** Which among the following option is NOT a feature of Opioid withdrawal?
- A. Constipation
  - B. Piloerection
  - C. Yawning
  - D. Rhinorrhoea
- 55.** Unconscious filling of gaps in memory by imagined or untrue experiences that a person believes but that have no basis in fact; most often associated with organic pathology
- A. Amnesia
  - B. Dejavu
  - C. Confabulation
  - D. Deja entendu
- 56.** The psychotropic drug that causes Ebstein anomaly in foetus if taken during first trimester of pregnancy
- A. Haloperidol
  - B. Lithium
  - C. Clozapine
  - D. Sodium valproate

## M.Sc. Mental Health (PSYCHIATRIC) NURSING

57. Thick white Curdy vaginal secretion indicates
- Candida Albicans Infection
  - Salmonella Infection
  - Pseudomonas Infection
  - Tinea Cruris Infection
58. A non-probability sampling technique where existing study participants help recruit future participants from among their acquaintances
- Systematic sampling
  - Convenient sampling
  - Simple random sampling
  - Snowball sampling
59. A partial fracture that typically occurs in children due to their more flexible and resilient bone composition.
- Communitied Fracture
  - Greenstick Fracture
  - Open Fracture
  - Displaced Fracture
60. Cyanotic heart defect which is not included in Tetralogy of Fallot
- Ventricular Septal Defect
  - Overriding Aorta
  - Patent Ductus Arteriosus
  - Right Ventricular Hypertrophy
61. One of the criteria for substance use disorder is
- Regular use
  - Using sometimes
  - Continue using substance despite problems
  - Relapse
62. A common behaviour which a manic episode patient shows is
- Excessive sleep
  - Euphoria
  - Hypo activity
  - Normal Mood
63. Raju thinks he is suffering from a serious illness so he consults many doctors but all investigation results are normal. Mr X has
- Hypochondriasis
  - Traumatic disorder
  - OCD
  - Dissociative disorder
64. A patient who speaks in rhyming words with no logical connection between them is exhibiting:
- Neologism
  - Clang association
  - Mutism
  - Tangential speech
65. Atypical antipsychotic blocks which receptor in brain,
- Dopamine D2 and 5HT receptors
  - Only 5HT receptors
  - Nor epinephrine receptors
  - Acetylcholine receptors
66. Which one of the following is non therapeutic technique of communication?
- Reflecting
  - Focusing
  - Broad opening
  - Advising
67. A patient who shows little or no emotional expression regardless of the situation is exhibiting:
- Labile affect
  - Blunted affect
  - Euphoric affect
  - Congruent affect
68. A patient with severe schizophrenia is on phenothiazines for the past 10 yrs, Patient's speech is slurred due to drug induced rhythmic tongue protrusion. Another name for this EPS symptom is;
- Akathisia
  - Dystonia
  - Tardive dyskinesia
  - Pseudo parkinsonism

## M.Sc. Mental Health (PSYCHIATRIC) NURSING

69. Mr.X is taking Monoamine Oxidase Inhibitor (MAOI) . The nurse should instruct him to avoid which foods and beverages?
- A. Aged cheese and can foods
  - B. Milk and green, leafy vegetables
  - C. Carbonated beverages and tomato products
  - D. Lean red meats and fruit juice.
70. The psychosocial developmental stage of toddler according to Erik Erikson is:
- A. Trust vs. Mistrust
  - B. Initiative vs. Guilt
  - C. Autonomy vs. Shame and Doubt
  - D. Industry vs. Inferiority
71. In working with the patient, when is the best time to prepare the patient for the termination phase?
- A. Pre-interaction
  - B. Orientation
  - C. Working
  - D. Termination
72. In psychiatry inpatient unit while watching TV a client tells the nurse that the television anchor is sending a secret message to her. The nurse suspects the client is experiencing:
- A. Hallucination
  - B. Flight of ideas
  - C. Delusion of persecution
  - D. Ideas of reference
73. While planning for dietary management of a patient with manic episode. The nurse should recommend:
- A. Liquid Foods
  - B. Finger Foods
  - C. Solid Foods
  - D. Semi-solid Foods
74. During therapeutic nurse patient relationship when the patient unconsciously attributes (or transfers) to the nurse feelings and a behavioural predisposition formed towards a person from his or her past is:
- A. Resistance
  - B. Boundary violation
  - C. Transference
  - D. Counter-transference
75. A woman comes into the ER in a severe state of anxiety following a car accident. The most appropriate nursing intervention is to:
- A. Remain with the client
  - B. Put the client in a quiet room
  - C. Teach the client deep breathing
  - D. Encourage the client to talk about their feelings and concern
76. The schizophrenia that is characterized by marked disturbance of motor behaviour is?
- A. Hebephrenic schizophrenia.
  - B. Catatonic schizophrenia
  - C. Residual Schizophrenia.
  - D. Paranoid schizophrenia
77. Which of the following neurotransmitter level is found reduced in depression?
- A. Serotonin.
  - B. Epinephrine.
  - C. Acetylcholine.
  - D. Glutamate
78. A patient is on lithium. While teaching about medication nurse explain to patient that she/he should report if she /he experiences:
- A. Loose stools
  - B. Urinary retention
  - C. Metallic taste
  - D. Increased thirst
79. The group of drugs which is associated with akathisia is
- A. Anxiolytic
  - B. Anti depressant
  - C. Anti manic
  - D. Antipsychotics

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- 80.** False perception of hearing echo of one's own thought,  
A. First person hallucination  
B. Second person hallucination  
C. Third person hallucination  
D. Functional hallucination
- 81.** While assessing a patient's risk for suicide, the factor that nurse should prioritize is  
A. Family history of mental illness  
B. Recent changes in medication  
C. Presence of a suicide plan  
D. History of substance abuse
- 82.** The priority nursing intervention while caring a patient with post-traumatic stress disorder (PTSD) is  
A. Encouraging avoidance of trauma-related triggers  
B. Providing a safe and supportive environment  
C. Administering benzodiazepines to reduce anxiety  
D. Encouraging isolation to prevent overstimulation
- 83.** The primary goal of therapeutic communication in the nurse-patient relationship is  
A. Providing entertainment for the patient  
B. Building rapport and trust  
C. Ensuring the nurse's dominance in the interaction  
D. Keeping the patient passive during interaction
- 84.** Which substance is commonly associated with withdrawal symptoms such as Hot and cold flushes, Muscle cramps, Watery discharge from eyes and nose, yawning for the substance?  
A. Tobacco  
B. Alcohol  
C. Opioids  
D. Cannabis
- 85.** The therapeutic communication technique which restates the main points of what the patient has said to demonstrate understanding is  
A. Clarification  
B. Reflection  
C. Summarization  
D. Validation
- 86.** While communicating a patient with cognitive impairment, the nurse should  
A. Use gestures and images  
B. Short words and simple sentences  
C. Explain in detail  
D. Phrases and stimulating words
- 87.** In symptoms of schizophrenia, four "A"s include all EXCEPT  
A. Ambivalence  
B. Autistic thinking  
C. Auditory Hallucination  
D. Associative Looseness
- 88.** A nurse interview a depression patient, she should assess triad symptoms of depression. Triad symptoms of depression is  
A. Worthlessness, hopelessness, decreased appetite  
B. Suicidal ideas, preoccupation, delusion  
C. Pervasive sadness, anhedonia, decreased psychomotor activity  
D. Poor memory, disturbed sleep, crying spell
- 89.** A patient has reported to OPD. Family member reported that patient travel suddenly from home with assumption of new identity and unable to recall past. The condition is  
A. Dissociative Identity disorder  
B. Dissociative fugue  
C. Depersonalization/ Derealisation disorder  
D. Dissociative amnesia.



## M.Sc. Mental Health (PSYCHIATRIC) NURSING

- 90.** Delirium tremens starts after how many days of last drink of alcohol.
- A. 2 days
  - B. 3-4 days
  - C. 6-8 days
  - D. After 10 days
- 91.** Nurse assess an adolescence with antisocial personality, the characteristics that nurse should assess is
- A. Have emotional relationship
  - B. Not doing regular activities
  - C. argumentative
  - D. Violates social norms
- 92.** Arun, a 32-year-old man, has successful abstinence from opioids for six months. Which of the following medication will help to prevent intense cravings and urges to use opioid again?
- A. Naltrexone
  - B. Disulfiram
  - C. Buprenorphine
  - D. Acamprosate
- 93.** Another name of Anankastic personality is
- A. Borderline personality
  - B. Narcissistic personality
  - C. Histrionic personality
  - D. Obsessional personality
- 94.** While interacting with a patient with a delusion, the appropriate nursing action would be:
- A. Isolate the patient as he or she may harm other people.
  - B. Do not challenge the patient in proving the delusion
  - C. Promise that antipsychotic drugs in order to improve the thought content
  - D. Make it to a point to challenge the patient in proving the delusion
- 95.** The followings are the characteristics of a child with childhood autism EXCEPT
- A. Stereotype body movement
  - B. Attention deficit and hyperactivity
  - C. Gross deficit in language development
  - D. Un responsive o parents affection
- 96.** Ms. Y reported to Emergency Room in a severe state of anxiety following a car accident. The most appropriate nursing intervention is to:
- A. Remain with the client
  - B. Teach the client deep breathing
  - C. Encourage the client to talk about their feelings and concern
  - D. Put the client in a quiet room
- 97.** The expected outcome from a patient with mild stage of dementia of the Alzheimer's type would be
- A. Solving problems of daily living
  - B. Coping the anxiety
  - C. Remembering the daily schedule
  - D. Recalling the past event
- 98.** The legal concept of informed consent is
- A. Providing treatment without the patient's knowledge or consent
  - B. Allowing patients to make informed decisions about their treatment options
  - C. Withholding essential information from patients to avoid distress
  - D. Forcing patients to comply with treatment against their will.

- 99.** Which of the following is a key principle of community psychiatry?
- A. Isolation of individuals with mental illness from society
  - B. Collaboration with other healthcare providers and community organizations
  - C. Exclusively focusing on medication management for mental health conditions
  - D. Limiting access to mental health services to reduce costs
- 100.** The primary goal of crisis intervention is
- A. Identify predisposing factors
  - B. Help the patient to ventilate his/her feelings
  - C. Help the family members to cope with the crisis
  - D. Help the patient to return to precrisis level of functioning