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 21 DEC 2022

THE OPEN UNIVERSITY OF SRI LANKA
 KANDY REGIONAL CENTRE
 FACULTY OF HEALTH SCIENCES
 DEPARTMENT OF PSYCHOLOGY & COUNSELLING
 ACADEMIC YEAR 2022/2023 – SEMESTER I



BSC HONS IN PSYCHOLOGY
PLU4302- ABNORMAL PSYCHOLOGY- LEVEL 4
CONTINUOUS ASSESSMENT TEST – NBT I
DURATION: 1 ½ HOURS

DATE: 13th December 2022

TIME:09.00am -10.30am

INDEX NO:

IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES

- This question paper consists of 09 pages with TWO sections
- **Section 1: 20 Multiple Choice Questions - (40 Marks)**
- **Section 2: 12 Short Answer Questions - (60 Marks)**
- Write your INDEX NO in the space provided.
- **Multiple Choice Questions (Section 1):** Indicate answers in the ANSWER SHEET provided by placing a cross (X) in INK in the relevant cage (answers in pencil will NOT be marked)
- **Structured Essay Questions (Section 2):** Write the answer within the space provided.
- Do NOT remove any page/part of this question paper from the examination hall.
- Do NOT keep unauthorized materials, including mobile phones and other electronic equipment, with you during the examination

SECTION 1: Multiple Choice Questions (20 Questions-40 Marks)

- 1.1 What is abnormality in psychology?
- The present of illness.
 - The health-related disturbances causing dysfunctions in one's life.
 - Any behaviour that leads to distress, disability and impair person's wellness.
 - Any behaviour that disrupts a good relationship with others.
- 1.2 The norms are Which one of the following is the correct answer?
- The behaviour that can be categorized as non-illegal.
 - The rules or expectations that are enforced by the society or culture.
 - The moral and all the good behaviours.
 - The standards which cannot be changed.
- 1.3 According to the cognitive model that the mental disorders are a result of
- The negative social and cultural influences.
 - The maladaptive behavioural pattern.
 - The unconscious drives and phenomenon
 - The errors or biases in thinking.
- 1.4 Identify the accurate phrase to explain the "Medical model". Which one of the following is the correct answer?
- Psychological distress is a form of neurological defect responsible for the disordered thinking and behaviour.
 - The early childhood experiences cause the psychological illness.
 - Psychological difficulties to dysfunctional patterns of interaction.
 - Negatively biased core process in psychological distress.
- 1.5 This is not emphasized in the behavioural model.....
- The disorder is centered around the patterns in person's behaviour.
 - The behaviours are a result of learning through conditioning.
 - The behaviour patterns are modified by the negative biases and the shortcomings of interpersonal relationships.
 - The behaviours can be altered through reinforcement and punishments.

- 1.6 An anxiety disorder isWhich one of the following is the correct answer?
- a An emotional state identified by panic attacks.
 - b A state of emotional suffering characterized by lack of life events or coping.
 - c An excessive or aroused state characterized by feelings of apprehension, uncertainty and fear.
 - d An emotional condition classified by excessive checking due to minimal social support accessibility.
- 1.7 What are the main dimensions of symptoms of anxiety?
- a The physical, behavioural, and cognitive symptoms.
 - b The individual, interpersonal relationships, and cognition related symptoms.
 - c The cognitive, bereavement and physical sensations related symptoms.
 - d Fight – flight and freeze responses incorporated symptoms
- 1.8 What are the factors that cause resilience according to Bonanno (2005)?
- a Confidence, connectedness, and communication
 - b Capacity, communication, and coherence
 - c Control, cooperation, and capacity
 - d Control, coherence, and connectedness
- 1.9 What is bipolar disorder?
- a An extreme sense of well-being, energy and optimism which hinder the individual's self - awareness and causes serious impact on a person's life.
 - b An extreme highs and lows in mood and energy which causes serious impact on a person's life.
 - c An inescapable and on-going low mood often accompanied by low self-esteem and loss of interest or pleasure in daily activities.
 - d A complex mix of physical, emotional, and behavioral changes that happen in some women after giving birth.
- 1.10 This is **not** a behavioural sign of binge eating disorder. Which one of the following is the correct answer?
- a Hoarding food
 - b Shoplifting food or spending large amounts of money on food
 - c Self-harm and substance abuse
 - d Constipated or developing intolerances to food

- 1.11 Morbid jealousy is seen with the use of..... Choose the correct answer.
- a Alcohol
 - b Opium
 - c Cannabis
 - d Amphetamine
- 1.12 This is not a sexual disorder Which one of the following is the correct answer?
- a Ejaculates within approximately one minute of vaginal intercourse or before the person wishes for ejaculation to occur.
 - b A difficulty obtaining and maintaining an erection during and throughout the sexual activity.
 - c An absence of sexual or erotic thoughts for sexual activity.
 - d A noticeable delay and infrequency, or an absence of an orgasm in almost all the occasions of sexual activity.
- 1.13 What is the personality disorder that characterized by dramatic and erratic behaviours?
- a Paranoid personality disorder
 - b Histrionic personality disorder
 - c Obsessive compulsive personality disorder
 - d Schizotypal personality disorder
- 1.14 “Saman thinks constantly about dirt and germs. He washes his hands hundreds of times a day. Saman is most likely suffering from”. Which one of the following is the correct answer?
- a Phobia disorder Paranoid and Persecutory delusions.
 - b Obsessive-compulsive disorder (OCD)
 - c Illness anxiety Disorder
 - d Generalized anxiety disorder
- 1.15 What is the phenomenon refers to individuals who have experienced more than one disorder simultaneously?
- a Cohabitation
 - b Co-dependency
 - c Comorbidity
 - d Coexistence

- 1.16 “27-year-old male computer technician tells you that, he wants to overcome his shyness. He has never had a girlfriend. He says he has no confidence to talk in front of others and is afraid of rejection”.
- a Panic disorder
 - b Major depressive disorder
 - c Agoraphobia
 - d Bipolar affective disorder
- 1.17 Dream analysis is practiced by Choose the correct answer.
- a psychoanalyst
 - b behaviorists
 - c neurologist
 - d psychiatrist
- 1.18 Clinical term for fear of public places Choose the correct answer.
- a acrophobia
 - b agoraphobia
 - c claustrophobia
 - d achluophobia
- 1.19 “Persistent and disproportionate fear of some specific object or situation that presents little or no actual danger to the person”. Which one of the following is the correct answer?
- a depression
 - b phobia
 - c mania
 - d stress
- 1.20 In Major Depression, which of the following is a significant neurotransmitter?
- a Serotonin.
 - b Beta-carotene
 - c Acetylcholine.
 - d Epinephrine

INDEX NO:

ANSWER SHEET FOR SECTION-1

Q. No.	(a)	(b)	(c)	(d)
1.1				
1.2				
1.3				
1.4				
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2.5 Identify the latest two main Classification Systems of health (do not use the abbreviations)

2.6 Briefly explain the ‘Yerkes-Dodsen’ Law in anxiety.

2.7 What is post-traumatic stress disorder?

2.8 List out 06 factors that cause clinical depression using “Biopsychosocial model”.

2.9 Identify 02 differences between “Anorexia Nervosa” and “Bulimia Nervosa”.

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2.10 Define the term of withdrawal and identify 03 withdrawal symptoms.

2.11 Identify and briefly explain the evidence based best psychotherapy modality for “Borderline personality disorder”.

2.12 Identify and briefly explain 03 causes for eating disorders.

-----END OF QUESTION PAPER-----

