



Sample

THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF PSYCHOLOGY & COUNSELLING
ACADEMIC YEAR 2024/2025 – SEMESTER I

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

DATE: 9th of January 2025

TIME: 11.30 am – 01.00 pm

INDEX NO:

IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES

- This question paper consists of **12 pages** with **TWO sections**

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

Section 2: 12 Short Answer Questions - (60 Marks)

- Write your INDEX number 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)
- **Short Answer 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 psychological abnormality according to the 1994 American Psychiatric Association definition?
- a) Behavior that consistently leads to personal happiness and overall well-being
 - b) Behavior that causes distress, disability, harm risk, or loss of freedom
 - c) Behavior that strictly conforms to the societal norms and its expectations
 - d) Behavior that results in improved cognitive functioning and problem solving over time
- 1.2 Identify the 'four Ds' that describe abnormality as identified by psychologists?
- a) Depression, Despair, Disorder, Danger
 - b) Deviance, Distress, Dysfunction, Danger
 - c) Development, Disability, Dysfunction, Danger
 - d) Displeasure, Deviance, Dysfunction, Disease
- 1.3 Which of the following statements that describes "deviance" is accurate?
- a) Deviance is always categorized as criminal or illegal actions of humans in all situations
 - b) Deviance does not depend on societal norms or expectations that is prevalent in the society
 - c) Deviance is behaviour that varies significantly from a society's agreed-upon value system.
 - d) Deviance is constant and does not change across all cultures and time periods.
- 1.4 Why is understanding the context when defining abnormal behaviour important in psychology?
- a) It helps in generalizing behaviours across different cultures and diverse societies.
 - b) It ensures that all behaviours are universally and consistently categorized as abnormal.
 - c) It gives information that influence whether a behaviour is deemed acceptable or not.
 - d) It makes context unnecessary to account for societal norms or cultural expectations

- 1.5 Which historical change in the understanding of psychological abnormality best demonstrates the influence of socio-political values?
- a) Inclusion of deviance as one of the 4Ds used to define abnormality
 - b) Removal of homosexuality as a disorder from DSM classification
 - c) Classification of criminal behaviour as psychological abnormality
 - d) Defining abnormality on identifiable medical symptoms and conditions
- 1.6 Separation anxiety disorder is an excessive level of fear of being separated from the ones who are closely attached to the child, adolescent or the adult. Which is a common characteristic of separation anxiety disorder?
- a) Excessive worry regarding separation from home or parents
 - b) Recurrent, unexpected panic attacks, which worries the sufferer
 - c) Pounding heart, or accelerated heart rate, sweating, trembling
 - d) An intense and persistent fear of scrutiny by others in society
- 1.7 During the Victorian era, a woman wearing a mini skirt would be considered abnormal. Which one of the following is the correct answer?
- a) It would represent a violation of the legal norms and regulations of that historical period.
 - b) It would indicate a failure to meet the psychological norms required for proper functioning.
 - c) It would deviate significantly from the societal and cultural norms established during that era.
 - d) It would suggest an inability to perform or engage in routine day-to-day activities during the era

- 1.8 Philippe Pinel contributed immensely to the treatment of mental disorders. What was his primary contribution to the treatment of mental illness?
- a) Advocating for the widespread establishment and the use of asylums for mental health care
 - b) Supporting the idea that mental illness was caused by demon possession or spiritual forces
 - c) Promoting moral treatment that emphasized gentleness, compassion, and restorative activities
 - d) Developing pharmacological treatments and medications for managing mental disorders
- 1.9 What discovery in the early 1900s influenced the understanding of mental illness as having a biological basis?
- a) The observed effects and the outcomes of moral treatment methods for mental health care
 - b) The identification of syphilis as an infection that could impact the brain and distort mental functioning
 - c) The success of twin studies in explaining the genetic factors contributing to mental disorders
 - d) The development and the application of advanced psychotherapy techniques for treatment
- 1.10 Choose the correct answer.
- The genetic models of mental disorders suggest
- a) Psychopathology is a completely inherited without the influence from the other factors
 - b) Environmental factors have no impact on the development of mental health conditions
 - c) Genes play a main role but do not fully determine the development of mental disorders
 - d) A single factor is not sufficient to explain mental ill health in the field of psychology

- 1.11 Why do monozygotic (identical) twins not always develop the same mental disorders, based on psychological research findings?
- a) Mental illness is influenced by a combination of environmental and genetic factors working together
 - b) Genetic material in identical twins undergoes slight variations over the course of their lives
 - c) Fraternal twins exhibit a higher degree of genetic similarity than identical twins exhibit similarity
 - d) Environmental factors completely override and negate the influence of genetic predispositions
- 1.12 How did the medical model influence the understanding and treatment of mental illness in the field of psychology?
- a) It supported the belief that the mental illness was caused by the supernatural forces and the relevant spiritual causes
 - b) It emphasized the importance of the moral treatment and the community care in addressing the mental health issues
 - c) It focused on biological, genetic, and pharmacological explanations for origins and treatment of mental disorders
 - d) It rejected the influence of biochemistry and the other biological factors in understanding mental health
- 1.13 Which of the following is a key distinction between Agoraphobia and Obsessive-Compulsive Disorder (OCD)?
- a) Agoraphobia involves a fear of certain situations or places, while OCD involves recurrent, intrusive thoughts and compulsive behaviors to reduce anxiety
 - b) Agoraphobia is characterized by uncontrollable repetitive actions, while OCD involves avoidance of specific locations
 - c) Agoraphobia involves distress due to obsessions, while OCD is linked with specific phobias about social interactions
 - d) Agoraphobia is primarily triggered by external events, while OCD is triggered by internal distressing thoughts alone

- 1.14 “Nature and Nurture” is a debatable concept in the psychology discipline. What does the term “Nature and Nurture” imply in the context of mental health?
- a) Mental illness is entirely caused by the genetic factors, and it has no environmental influences at all
 - b) Mental illness is solely the result of environmental factors and the respective experiences
 - c) Mental illness results from the interaction between genetic predispositions and environmental influences
 - d) Mental illness is unrelated to both genetic and environmental factors and it is related to structural abnormalities
- 1.15 Several models of abnormality explain abnormal behavior and each model has its own explanation. Which of the following is a modern perspective influenced by the medical model?
- a) Mental disorders are entirely caused by the environmental stressors and the external factors
 - b) Genetically influenced abnormalities in brain structure and biochemistry play a role in mental illness
 - c) Mental health issues should solely be addressed through moral treatment and community care
 - d) Asylums should be used for the isolation and confinement of individuals with mental health conditions
- 1.16 Psychodynamic perspective offers several therapies to its clients. According to the psychodynamic perspective, what is the primary focus of therapy?
- a) Using reinforcement and rewards to modify behavior and improve mental health
 - b) Emphasizing the importance of observational learning and modelling in the therapy
 - c) Bringing unconscious conflicts and thoughts to conscious awareness for resolution
 - d) Focusing on altering the genetic predispositions to prevent the mental disorders

- 1.17 Conditioning and reinforcement play a major role in bringing behavioural changes. Which model explains behaviour because of conditioning and reinforcement?
- a) Cognitive Model
 - b) Behavioural Model
 - c) Psychodynamic Model
 - d) Bio-psychosocial Model
- 1.18 Observational learning, also known as social learning, is based on the idea that people learn by observing the behavior of others and imitating those actions, especially if the observed behavior is reinforced. Which theory emphasizes the role of observational learning in behavior?
- a) Bowlby's Theory of Attachment
 - b) Aaron Beck's Cognitive Model
 - c) Bandura's Social Learning Model
 - d) Engel's Biopsychosocial Model
- 1.19 The biopsychosocial model suggests that mental health and illness are influenced by a combination of biological, psychological, and social factors, recognizing the complex interplay of these dimensions in shaping mental well-being. Who proposed the biopsychosocial model?
- a) Aaron Beck
 - b) George L. Engel
 - c) Albert Ellis
 - d) John Bowlby
- 1.20 What is considered a biological factor in the biopsychosocial model?
- a) Brain injury affecting cognitive and emotional functioning
 - b) Impact of the substance use to brain chemistry and the behavior
 - c) Dysfunctional thoughts influencing mental health and behavior
 - d) Genetic makeup influencing susceptibility to mental disorders



INDEX NO:

ANSWER SHEET FOR SECTION-1

Q. No.	(a)	(b)	(c)	(d)
1.1				
1.2				
1.3				
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SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)

All Questions are compulsory

2.1 Draw a flow chart to illustrate the models of abnormality (5 Marks)

2.2 Explain the difference between the biological model and psychological models of abnormal behavior (5 Marks)

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2.3 Describe the classification systems of psychological disorders in the field of abnormal psychology. (5 Marks)

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2.4 Briefly describe the purpose of classifying psychological disorders based on symptoms. (5 Marks)

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2.5 Describe acute stress disorder (5 Marks)

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2.6 Contrast anorexia nervosa and bulimia nervosa (5 Marks)

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2.7 Differentiate substance used disorder and substance induced disorder (5 Marks)

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2.8 Explain one mental illness using the cognitive model (5 Marks)

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2.9 How does the biopsychosocial model differ from classification systems like the DSM and ICD? (5 Marks)

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2.10 Differentiate between normal and abnormal anxiety respectively (5 Marks)

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2.11 Describe two behavioural symptoms of depression (5 Marks)

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2.12 Briefly discuss the treatments for erectile disorder (5 Marks)

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