Part I. Matching Items: Match defense mechanism listed under column "B" with Its Most Appropriate Illustrative Case Listed Under Column "A" and Write the Letter of Your Choice on the Space Provided on the Answer Sheet (1 Point Each).

Column "A"

1. According to Freud, one can cover hate with a facade of love, be extremely nice when they harbor negative reactions, or mask cruelty with excessive kindness.
2. A child who is frightened in school may indulge in infantile behavior such as weeping, excessive dependence, thumb sucking, hiding, or clinging to the teacher.
3. Assume the ward sister has scolded a student nurse for showing carelessness on her duty. Then instead of showing her anger towards the ward sister, the student nurse shows aggressive feelings on a patient.
4. A woman who can't give birth decided to adopt someone's baby to satisfy her child need.
5. A student dismissed from a university explains that education is not essential to quality life.

Column "B"

A. Rationalization
B. Repression
C. Denial
D. Reaction formation
E. Displacement
F. Regression
G. Projection
H. Sublimation

PART II: Multiple Choice Items: *Instruction:* Read the Following Questions Carefully and Write the Letter of the Best Answer on the Space Provided on the Answer Sheet (1 Point Each).

6. A psychology researcher is interested to study the detailed lived experience, challenges and coping mechanisms of Mr. Kebede who is suffering from lung cancer. Which type of research is most appropriate to conduct this study?
   A. Naturalistic observation
   B. Correlational study
   C. Case study
   D. Survey

7. One major difference between a humanist therapist and a behavioral therapist is that a:
   A. behavioral therapist places the entire burden on the client for the client's own healing
   B. humanist therapist focuses more on empathy and support for the clients
   C. humanist therapist pays attention to uncovering unconscious conflict
   D. behavioral therapist can offer medication to her or his clients

8. According Maslow's hierarchy of needs, which one is WRONGLY matched?
   A. Physiological need— Need for sex
   B. Security need— Health insurance
   C. Social need— Romantic attachment
   D. Esteem need—strong concern for democratic values

9. When her new dormmates asked Tsion to join them at a party and told her to bring some alcoholic drink as her share for joining the party, she was very worried and although she did not want to go to such a party, she went to the party not to disappoint her dormmates. Tsion has primarily experienced_____.
   A. peer pressure
   B. indecision
   C. interpersonal conflict
   D. social stress

34. Walter Mischel

10. Early in the morning while crossing the streets, let's say you saw a mentally ill person standing still just like a statue, when returning back at night let's say you found the same person at same place, standing with same bizarre position. What type schizophrenia would you say he is suffering from most likely?
    A. Dissociative type
    B. Paranoid type
    C. Atypical type
    D. Catatonic type

11. Taye is in love with Melat. When he looks at her, his heart beat increases and sweats, then he experienced pleasant emotion. Which theory of emotion could explain the case well?
    A. Cognitive arousal
    B. James-Lange
    C. Cannon- Bard
    D. Schechter-Singer

12. The theoretical framework of psychology that strongly rejected the emphasis on consciousness as well as the notions about unconscious influences with a contended effort of scientific investigations strictly on actions that could be objectively measured and verified is _____.
    A. Cognitive Perspective
    B. Behavioral Perspective
    C. Humanistic Perspective
    D. Cross-Cultural Perspective

13. When Sara returned from combat in the Ethio-Ertrea war, she began experiencing high anxiety that has persisted without any improvement. This example illustrates which anxiety related disorder?
    A. Post-traumatic stress
    B. Obsessive-compulsive
    C. Anxiety
    D. Panic

14. Which of the following statements explains personality most appropriately? Personality refers to____.
    A. value judgments made about a person's ethical behavior
    B. characteristics that makes a person common with others
    C. unique pattern of behavior that characterize a person
    D. behavioral patterns a person shows specific to certain time and situation

15. Samuel who is a freshman at Addis Ababa University has got difficulties in studying, sleeping and sometimes eating and attending classes. After some weeks of those symptoms, he wanted to talk with the University's Guidance and Counseling Experts. When diagnosed by the Psychologist, Samuel was raised by his father while he was a kid. He was also addicted to *Khat* chewing while he was in high school. And, because of his addictive behavior, he thinks that all his friends hated and ignored him. Samuel is lonely and isolated in the University too. What kind of approach is most appropriate to treat Samuel's difficulties which arose from different causes?
    A. Eclectic
    B. Cognitive
    C. Psychodynamic
    D. Behavioral

16. A soldier who passes through hardship mission for several months tries to cope with stressful life events by using relaxation and body massage during his rest time. In this case, which type of stress coping mechanism was implemented by the solider? The soldier is using an effort to _____.
    A. accept the problem
    B. change the situation
    C. alter one's cognition about the situation
    D. alter the unpleasant emotional consequence of the stress

17. Which one of the following is NOT among the criterion to label someone as mentally ill? If someone_____.
    A. has consistent difficulties to work with colleagues
    B. has a symptom of normal anxiety
    C. has insomnia for weeks
    D. behaves against the social standards

18. Which one of the following is NOT true about factors that affect attention?
A. People are attracted to unique objects than customary ones
B. Moving objects tend to get your attention more than non-moving object
C. Bigger and brighter stimuli are more likely to capture your attention
D. Similar stimuli attract attention more easily than contrasting ones

According to Carl Rogers's theory of personality, anxiety and neurotic behavior is caused when__.
A. a person faces with obstacles to exercise his/her natural ability
B. a person gains freedom to exercise his/ her organismic value
C. the discrepancy between real self and ideal-self narrows
D. a person gains unconditional positive regard

20. _____ early school of thought in psychology emphasizes on the study of the mind because mind is the key for human beings' survival in the environment.
A. Structuralism
B. Functionalism
C. Behavioral
D. Psychoanalysis

21. Dawit, a 27 years old adult, indicated in his interview with a well-known TV show about his career success saying "The source of my success is personal understanding about my potential which helps me to know in which area I should invest my skill, knowledge, and in general I know when an opportunity is a good fit for me". In this case, which life skill component is more evident?
A. emotional intelligence
B. Self-control
C. self-awareness
D. self esteem

22. A visually impaired beggar on the street of Addis Ababa is pleading in a usual way with a piece of paper attached on floor in front of him which reads "I am blind, help me". But, no one is giving him a cent for long hours. A stranger who bypass has observed that the technique used by the beggar is not effective in inducing the bypassers to give him money. Thus, the stranger changed the beggars' poster to "Today Is a Beautiful Day. Yet, I Can't See." Then he collected large sum of money. How could you describe the stranger's characteristics? He is more _____.
A. a critical thinker
B. a creative thinker
C. both critical and creative thinker
D. neither critical nor creative thinker

23. Menigstu is an admitted patient in Saint Amanuel Mental Hospital. Since the time when he was admitted, he has been taking both psychotherapy and capsule as treatments. The psychotherapy treatment focuses on identifying the behaviors that are causing Menigstu's problems, and then replace them with appropriate behaviors by applying the principles of operant conditioning. This type of psychotherapy belongs to the_____ model.
A. Humanistic-Existential Model
B. Psychodynamic Model
C. Biological Model
D. Behavioral Model

24. An instructor praises the students sometimes after one correct answer, other times after three correct answers, and so on. This type of schedule of reinforcement is_____.
A. Variable ratio schedule
B. Fixed ratio schedule
C. Variable interval schedule
D. Fixed interval schedule

25. People who donate anonymously to charity are probably motivated by
A. Social motivation
B. Secondary motives
C. Extrinsic motivation
D. Intrinsic motivation

26. Mr. Tolosa usually locks and unlocks a door 5-10 times before leaving home and even he returns from his way to the workplace to his home to check whether the door was locked properly. This statement best describes_____.
   A. Generalized anxiety disorder
   B. Obsessive-compulsive disorder
   C. Post-traumatic stress disorder
   D. Agoraphobia

27. Assume that Almaz had been watching cooking shows on a television when she was a child. After some years, when asked to make a dish for an event, she exhibited the knowledge. In this scenario, Almaz's ways of learning is best expressed by:
   A. Operant conditioning
   B. Classical conditioning
   C. Latent learning
   D. Insight learning

28. When your psychology instructor teaches you the theories of personality by comparing the psychoanalytic theory of personality with the cognitive and behavioral theories, which method of note taking is appropriate for you?
   A. Charting method
   B. Acronym using method
   C. Outlining method
   D. Cornell method of taking note

29. A perspective which states that the cause of psychological disorders is mainly arises from problems in information processing and developing self-defeating thoughts which leads to the development of negative emotions and self-destructive behaviors is the _____.
   A. Learning perspective
   B. Cognitive perspective
   C. Psychoanalytic perspective
   D. Biological perspective

30. One of the following statements is NOT true about short term memory?
   A. It has limited capacity and duration
   B. Information stored is readily available for use
   C. It is possible to prolong it for long period of time by rehearsal
   D. It is the direct replica of the information from the environment

31. The decay theory of forgetting asserts that people forget information when the information ____.
   A. has been replaced with newer information
   B. is overloaded with emotions
   C. is deteriorated with the passage of time
   D. has a negative emotional impact

32. According to the psychodynamic theory, people are
   A. Biological creatures driven by fundamental biological needs that produce psychological tensions until the needs are met
   B. Social creatures driven by sociological needs that produce psychological tensions until the needs are met.
   C. Biological creatures driven by fundamental biological needs that produce physiological tensions until the needs are met.
   D. Social creatures driven by biological needs that produce physiological tensions until the needs are met.

33. The humanistic perspective of personality theory emphasizes_____.
   A. the importance of unconscious processes and the influence of early childhood experience
   B. the description and measurement of specific personality differences among individuals
   C. learning and conscious cognitive processes
   D. self and the fulfillment of a person's unique potential

34. Walter Mischel of Stanford University set out to study whether deferred gratification can be an indicator of future success. He conducted an experiment and found out that those who deferred gratification were significantly more competent and received higher aptitude test scores than their peers, meaning that this characteristic may remain with a person for life. Which life skill was most important for the outcomes?

A. Self-esteem
B. Self-concept
C. Self-control
D. Self-confidence

35. Aster is 18 years old and her parents asked her to decide to join university or to marry her beloved boyfriend. Based on this scenario, which type of conflict of motives Aster faces primarily?

A. Approach- Approach conflict
B. Avoidance - Avoidance conflict
C. Approach - Avoidance conflict
D. Multiple approaches - Avoidance conflicts

36. Which communication style more characterizes assertive behavior of a person than others?

A. lose-lose approach
B. win-win approach
C. lose- win approach
D. win-lose approach

37. A child who saw an attractive toy at a super market requested his mother to buy it so as to satisfy his need. Despite his mother's lack of money, the child cried and insisted his mother to buy the toy. This indicates that the child is guided by _____.

A. moral principle
B. ego ideal
C. pleasure principle
D. reality principle

38. Every goal should be specific, measurable, attainable, realistic, and time bound. Which of these characteristic of a goal needs understanding our potential in a good manner so as to achieve the goal?

A. Specific
B. Measurable
C. Time bound
D. Attainable

39. Kaleb is a freshman student who wants to score all courses above a grade of B. He is studying hard and his aspiration is good to be an achiever. But when he tried to talk with his friends, he has got difficulties in communication. What would you suggest the first step Kaleb should take to solve his problem?

A. Define and represent the problem mentally
B. Recognize and identify the problem
C. Monitor his or her progress toward the goal
D. Develop a solution strategy alternatives and select the best one

40. The feature of psychological disorder that one way or another creates a social, personal and occupational problem on those who exhibit the behavior is_____.

A. Psychological disorder
B. Personal Distress
C. Abnormality
D. Maladaptiveness

41. An executive manager is frightening middle line managers that they will be demoted if they do not work hard. According to Maslow's hierarchy of needs, the executive manager's demand that middle line managers have to work more creates_____.

A. Safety needs
B. Esteem needs
C. Belongingness needs
D. Physiological needs

42. Seasonal migration of animals can best be described with the_____ theory of motivation.

A. instinct
B. incentive
C. arousal
D. drive

43. Which one of the following features does NOT belong to the physiological component of emotion?

A. change in an individual's heart rate
B. an individual's mouth becomes dry
C. an individual experiences fear
D. an individual's pupils of the eye dilates

Suppose that while walking down the street, you are approached by a man with a gun who demands your money. According to James-Lange theory of emotion, you are most likely to conclude_____.

A. since your heart is pounding in this dangerous situation, you are afraid
B. you are afraid because your heart is pounding
C. your heart is pounding because you are afraid
D. it is alright to be afraid in this situation

45. _____is a lifelong continuous process of planning, implementing, and managing one's learning, work and leisure in order to achieve life's objectives.

A. goal setting
B. problem solving skill
C. time management skill
D. career development skill

46. In psychological assessment report of a client, accelerated heart rate, shortness of breath, feeling of choking, chest pain, nausea, feeling dizzy, fear of losing control, fear of dying and an overall discrete period of fear or discomfort in which the above symptoms developed abruptly and reached a peak within 10 munities are stated. Based on this report, which disorder is more likely presented?

A. agoraphobia
B. general anxiety disorder
C. posttraumatic stress disorder
D. Panic attack

47. One way of reducing the massive forgetting that occurs immediately after learning is to_____.

A. include group discussion when you study for the test
B. repeat the learned material
C. organize your notes properly
D. study very hard before the test

48. Goitom never trusts anyone even if the person is his own blood and flesh. He always anticipates that people are after him. Even going on the road to school, he always turns around to look if someone is following him. Goitom is most likely to suffer from_____.

A. Obsessive Compulsive disorder
B. Narcissistic behavior
C. Schizoid disorder
D. Paranoid Disorder

49. You are assigned with 10 students from diverse cultural background at the same dormitory. All of you came from different cultural, ethnic, and religious background. To live peacefully with one another, what kind of diversity management skill will you NOT propose for the rest of your dormmates?

A. Avoid imposing values on one other that may conflict or be inconsistent with cultures
B. Being proactive in listening, accepting, and welcoming people
C. Increase level of understanding about each other's cultures
D. Engaging in behaviors that show cultural insensitivity

50. Meaza is a university student. She is well organized, punctual, and with high level of motivation to discharge her responsibility. From the five trait dimensions, on which trait is Meaza high most likely?

A. Conscientiousness
B. Extrovert
C. Agreeableness
D. Openness