

**Chapter- 4 | Psychological Disorders****Worksheet-1****Multiple Choice Questions**

1. **When people believe their thoughts and actions are being controlled by others, it is called delusion of:**  
(a) Control (b) Reference  
(c) Grandeur (d) Persecution
2. **A person who eats very little due to distorted body image may be suffering from:**  
(a) Bulimia nervosa (b) Binge eating disorder  
(c) Anorexia nervosa (d) Obesity
3. **Trigunas in Ayurveda are:**  
(a) Vata, pitta, kapha (b) Sattva, rajas, tamas  
(c) Vatta, kapha, rajas (d) Pitta, vatta, rajas
4. **Fear of leaving home or entering crowded places is known as:**  
(a) Panic disorder  
(b) Agoraphobia  
(c) OCD  
(d) Specific phobia
5. **The stage where a person sits motionless for long periods is:**  
(a) Avolition (b) Catatonic stupor  
(c) Catatonic posturing (d) Hallucination
6. **Skin picking or hair pulling compulsively may indicate:**  
(a) Hoarding disorder (b) Obsessive disorder  
(c) Trichotillomania (d) Hyperactivity
7. **The perception without stimulus is known as:**  
(a) Delusion (b) Hallucination  
(c) Illusion (d) Compulsion
8. **Multiple personality disorder is also known as:**  
(a) Dissociative identity disorder (b) Depersonalisation disorder  
(c) Derealisation disorder (d) Somatic symptom disorder
9. **The DSM-5 is issued by the:**  
(a) APA (b) WHO  
(c) NIMHANS (d) British Psychological Association

10. **Alogia refers to:**

- (a) Excessive speech
- (b) Lack of emotion
- (c) Poverty of speech
- (d) Aggression

**Fill in the blanks :**

11. \_\_\_\_\_ refers to the inability to stop thinking about a specific thought.
12. People with autism spectrum disorder often struggle to initiate and maintain \_\_\_\_\_.

**True / False**

13. Obsessions are persistent thoughts, while compulsions are actions.
14. Schizophrenia is a mood disorder.

**Very Short Type Questions**

15. What is avolition?
16. What is meant by hallucination?

**Short Type Questions**

17. State three symptoms of Generalised Anxiety Disorder.
18. Differentiate between substance abuse and substance dependence.

**Essay Type Questions**

19. Discuss any four symptoms of Major Depressive Disorder.
20. What are neurodevelopmental disorders? Describe symptoms of autism.

**HOTS**

21. **Assertion (A):** Dissociative identity disorder is a type of anxiety disorder.

**Reason (R):** It involves excessive worrying and panic attacks.

- a) Both A and R are true and R is the correct explanation
- b) Both A and R are true but R is not the correct explanation
- c) A is true, R is false
- d) A is false, R is true

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## Chapter- 4 | Psychological Disorders

### Worksheet-1 Answer & Solution

1. (a) belief that others control thoughts/actions.
2. (c) self-starvation due to body image distortion.
3. (b) three mental energies in Ayurveda.
4. (b) fear of open or crowded places.
5. (b) immobility for long periods.
6. (c) compulsive hair pulling.
7. (b) perception without external stimuli.
8. (a) presence of two or more identities.
9. (a) American Psychiatric Association publishes DSM-5.
10. (c) Alogia reflects diminished verbal output.
11. Obsession
12. Social relationships
13. True
14. False  
Schizophrenia is a psychotic disorder.
15. Avolition is a lack of motivation or inability to initiate goal-directed behaviour.
16. Hallucination is experiencing sensations (e.g., voices, visions) without external stimuli.
17. Persistent worry
  - Restlessness
  - Muscle tension or sleep disturbance
18. **Substance abuse:** Repeated use despite negative outcomes.
  - **Substance dependence:** Physical/psychological need, tolerance, withdrawal symptoms.
19. Major Depressive Disorder (MDD), also called clinical depression, is characterized by a persistently low mood and loss of interest in activities. According to the DSM-5, the following are key symptoms (a diagnosis typically requires 5 or more symptoms present for at least 2 weeks):
  1. **Depressed Mood:**  
The individual feels sad, hopeless, or empty for most of the day, nearly every day. This can be observed by others or reported subjectively.
  2. **Loss of Interest or Pleasure (Anhedonia):**  
A marked reduction in interest or enjoyment in almost all daily activities, even those that were previously pleasurable.
  3. **Fatigue or Loss of Energy:**  
Individuals may feel physically drained and mentally exhausted, with minimal energy to perform daily tasks.

#### 4. **Disturbed Sleep Patterns:**

This includes insomnia (difficulty falling/staying asleep) or hypersomnia (excessive sleeping).

#### 5. **Feelings of Worthlessness or Guilt:**

People may experience excessive guilt or feelings of being useless or a burden to others.

#### 6. **Changes in Appetite or Weight:**

There can be significant weight loss or gain due to appetite changes.

#### 7. **Recurrent Thoughts of Death or Suicide:**

This ranges from frequent thoughts of dying to specific suicide plans or attempts. These symptoms lead to significant distress and impaired functioning in social, occupational, or other important areas of life.

**20.** Neurodevelopmental disorders are a group of conditions that typically manifest early in childhood and are characterized by developmental deficits that affect personal, academic, or social functioning. These disorders include Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), intellectual disabilities, and learning disorders.

ASD is a lifelong neurodevelopmental disorder marked by:

#### 1. **Impaired Social Communication and Interaction:**

- Difficulty in maintaining eye contact
- Problems understanding emotions and non-verbal cues
- Struggle to build and sustain relationships

#### 2. **Restricted and Repetitive Behaviours:**

- Repetitive movements (hand-flapping, rocking)
- Inflexibility to change or routine
- Fixated interests in specific topics or objects

#### 3. **Language Delays:**

- Delayed speech development
- Repetitive language or echolalia
- Difficulty initiating or sustaining conversations

#### 4. **Sensory Sensitivities:**

Overreacting or underreacting to sensory stimuli (e.g., loud sounds, textures). The severity and combination of these symptoms vary widely, which is why it is referred to as a "spectrum." Early diagnosis and intervention are crucial for better outcomes.

#### 21. **d) A is false, R is true**

DID is a dissociative disorder, not anxiety; panic attacks are seen in anxiety disorders.