

CHAPTER-4 | Psychological Disorders

QUIZ
PART-01

1. Which areas of mental life are directly affected by psychological disorders?
- A. Only behavior.
 - B. Thinking, emotions, and behavior
 - C. Only emotions
 - D. Only thoughts (B)

Explanation : Psychological disorders influence thoughts, emotions, and behavior together, not just one aspect.

2. According to Carl Jung, what is a natural part of being human?
- A. Eliminating all negative traits
 - B. Ignoring one's unconscious drives
 - C. Acknowledging the "dark side"
 - D. Suppressing emotions (C)

Explanation: Jung emphasized that recognizing the "dark side" is normal and part of human nature.

3. When do psychological disorders usually arise?
- A. When people frequently daydream
 - B. When people cannot adapt effectively to life's challenges
 - C. When people overachieve at work
 - D. When people experience occasional sadness (B)

Explanation: Disorders develop when individuals fail to adjust to life's demands and challenges.

4. Which of the following is NOT included in the "Four D's" of abnormality?
- A. Deviance
 - B. Distress
 - C. Dysfunction
 - D. Delusion (D)

Explanation : The Four D's are Deviance, Distress, Dysfunction, and Danger; "Delusion" is not part of this framework.

5. In the Four D's framework, what does "Distress" signify?
- A. Breaking social norms
 - B. Interference with daily tasks
 - C. Unpleasant feelings
 - D. Risk of harm to others (C)

Explanation: Distress refers to the subjective experience of unpleasant emotions or feelings.

6. What does "Dysfunction" represent in defining abnormality?
- A. Loss of emotions
 - B. Interference with daily functioning
 - C. Lack of social interaction
 - D. Breaking traditions (B)

Explanation: Dysfunction is present when psychological issues disrupt daily life and functioning.

7. What best explains the concept of "Stigma" in mental health?
- A. Scientific labeling of disorders
 - B. Shame that prevents seeking help
 - C. Biological imbalance in the brain
 - D. Cultural myths about witchcraft (B)

Explanation: Stigma makes people feel ashamed or hesitant to consult a doctor or psychologist for help.

8. Which historical model explained disorders as demonic possession?
- A. Biological model
 - B. Supernatural model
 - C. Psychological model
 - D. Sociocultural model (B)

Explanation: The supernatural model attributed psychological disorders to demonic possession and witch-hunts.

9. Whose theory explained disorders as an imbalance of body fluids?
- A. Freud
 - B. Carl Jung
 - C. Galen
 - D. Adler (C)

Explanation: Galen proposed that imbalance of body fluids (humors) caused psychological disorders, under the biological model.

10. Which model emphasized conflict between emotion and reason as a cause of abnormality?
- A. Psychological model
 - B. Biological model
 - C. Supernatural model
 - D. Sociocultural model (A)

Explanation : The psychological model explained abnormal behavior through internal conflicts such as between emotion and reason.