

CHAPTER-4 | Psychological Disorders

QUIZ
PART-06

1. Which of the following is NOT a common symptom of depression?
- Sleep disturbances
 - Inflated self-esteem
 - Fatigue and tiredness
 - Thoughts of death or suicide

Explanation: Inflated self-esteem is a feature of mania, whereas depression involves low mood, fatigue, guilt, and suicidal ideation.

2. Which symptom is associated with mania in Bipolar Disorder?
- Reduced need for sleep
 - Persistent sadness
 - Feelings of worthlessness
 - Loss of interest in activities

Explanation: Mania is characterized by elevated mood, excessive energy, impulsivity, and reduced sleep needs.

3. Children with ADHD are often described as:
- Lacking motivation
 - "Driven by a motor"
 - Withdrawn and silent
 - Overly perfectionist

Explanation: Hyperactive children with ADHD are constantly in motion, fidgety, and often described as if "driven by a motor".

4. Which of the following is NOT a consequence of alcohol addiction?
- Development of tolerance
 - Enhanced social functioning
 - Withdrawal symptoms
 - Family and career disruption

Explanation: Alcohol addiction damages health, relationships, and careers, but does not enhance social functioning.

5. Distorted body image is most directly linked to which group of disorders?
- Neurodevelopmental disorders
 - Dissociative disorders
 - Eating disorders
 - Anxiety disorders

Explanation: A distorted body image often underlies eating disorders such as anorexia, bulimia, and binge eating disorder.

6. In Anorexia Nervosa, the person typically experiences:
- Compulsive overeating without purging
 - Refusal to eat and compulsive exercising
 - Repeated binge-purge cycles
 - Loss of memory about eating behavior

Explanation: Anorexia Nervosa involves self-starvation, extreme food restriction, compulsive exercise, and distorted self-perception.

7. Which classification system for psychological disorders is developed by the WHO?
- DSM-5
 - ICD-10
 - DSM-IV
 - APA Manual

Explanation: ICD-10, developed by the World Health Organization, provides diagnostic guidelines for mental disorders.

8. Repetitive hand washing or checking behavior in OCD is an example of:
- Obsessions
 - Compulsions
 - Phobias
 - Delusions

Explanation: Compulsions are repetitive actions performed to reduce anxiety, such as washing or checking.

9. Disorganized speech, such as frequently changing topics, is classified as which type of schizophrenia symptom?
- Negative
 - Psychomotor
 - Positive
 - Cognitive

Explanation: Disorganized speech is a positive symptom of schizophrenia, reflecting the addition of abnormal thought processes.

10. Which learning process best explains the development of phobias like fear of snakes?
- Operant and classical conditioning, and social learning
 - Genetic inheritance only
 - Neurochemical imbalance only
 - Cognitive restructuring

Explanation: Phobias can be acquired through classical conditioning (trauma), maintained through operant conditioning (avoidance reduces anxiety), and learned by observing others.