



रेलवे भर्ती बोर्ड / RAILWAY RECRUITMENT BOARD  
सी ई एन नं. - 04/2024 - CEN No. - 04/2024



Test Date	30/04/2025
Test Time	9:00 AM - 10:30 AM
Subject	CLINICAL PSYCHOLOGIST

\* Note  
Correct Answer will carry 1 mark per Question.  
Incorrect Answer will carry 1/3 Negative mark per Question.

1. Options shown in green color with a tick icon are correct.  
2. Chosen option on the right of the question indicates the option selected by the candidate.

Section : General Ability

Q.1 What role do gases used in and discharged from refrigerators and air conditioners play in air pollution?

- Ans ☒ 1. They help in the natural cooling of the Earth's surface.  
☒ 2. They increase the levels of oxygen in the atmosphere.  
☒ 3. They are responsible for the depletion of the ozone layer.  
☒ 4. They contribute to smog formation in urban areas.

Q.2 Which of the following substances will not be broken down by the action of bacteria?

- Ans ☒ 1. Cotton  
☒ 2. Newspapers  
☒ 3. Plastics  
☒ 4. Fruits

Q.3 What should come in place of the question mark (?) in the given series based on the English alphabetical order?

YFO BJR ENU HRX ?

- Ans ☒ 1. LVC  
☒ 2. MTZ  
☒ 3. LUB  
☒ 4. KVA

Q.4 What is the maximum value that must be assigned to A so that the 8-digit number 866A2316 is divisible by 4?

- Ans ☒ 1. 8  
☒ 2. 4  
☒ 3. 9  
☒ 4. 7

Q.5 Which of the following compounds does NOT belong to the same homologous series as the others?

- Ans ☒ 1. Methanol (CH<sub>3</sub>OH)  
☒ 2. Ethanoic acid (CH<sub>3</sub>COOH)  
☒ 3. Ethanol (C<sub>2</sub>H<sub>5</sub>OH)  
☒ 4. Propanol (C<sub>3</sub>H<sub>7</sub>OH)



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**Q.6** Where was the 4<sup>th</sup> edition of the India-Malaysia joint military exercise Harimau Shakti held in 2024?

- Ans**    ☒ 1. Bentong Camp, Pahang district, Malaysia  
☐ 2. Port Blair, India  
☐ 3. Kuala Lumpur, Malaysia  
☐ 4. Mizoram, India

**Q.7** What will come in the place of the question mark '?' in the following equation, if '+' and '-' are interchanged and 'x' and '÷' are interchanged?

$112 \times 2 \div 4 - 12 + 13 = ?$

- Ans**    ☒ 1. 223  
☐ 2. 112  
☐ 3. 250  
☐ 4. 241

**Q.8** 5 bags and 18 pens together cost ₹1710, whereas 4 bags and 13 pens together cost ₹1256. The cost of 12 bags exceeds the cost of 6 pens by:

- Ans**    ☐ 1. ₹173  
☐ 2. ₹169  
☒ 3. ₹168  
☐ 4. ₹164

**Q.9** For a spherical mirror with \_\_\_\_\_ aperture, the principal focus lies midway between the pole and the centre of curvature.

- Ans**    ☐ 1. a large  
☒ 2. a small  
☐ 3. infinite  
☐ 4. any

**Q.10** A manufacturer sells a product to a wholesaler at a profit of 25%. The wholesaler, in turn, sells it to a retailer at a profit of 28%, and the retailer sells it to a customer at a profit of 25%. If the customer pays ₹122, find the cost price (in ₹) for the manufacturer.

- Ans**    ☐ 1. 64  
☒ 2. 61  
☐ 3. 60  
☐ 4. 59

**Q.11** Who among the following chaired the State Reorganisation Commission after India's independence in the early 1950s?

- Ans**    ☒ 1. Saiyid Fazl Ali  
☐ 2. Sardar Patel  
☐ 3. Jawaharlal Nehru  
☐ 4. Dr. BR Ambedkar

**Q.12** Which Indian cricketer was nominated for the Laureus Comeback of the Year Award in February 2025?

- Ans**    ☐ 1. Jasprit Bumrah  
☐ 2. Virat Kohli  
☐ 3. Ravindra Jadeja  
☒ 4. Rishabh Pant



Q.13	Find the number of bricks, each measuring 21 cm × 48 cm × 20 cm, required to construct a wall 56 m long, 14 m high and 0.4 m thick, while the sand and cement mixture occupies 10% of the total volume of wall.
Ans	<div><div><div>✖</div><div>1. 14100</div></div><div><div>✖</div><div>2. 14300</div></div><div><div>✔</div><div>3. 14000</div></div><div><div>✖</div><div>4. 13900</div></div></div>
Q.14	What is the approximate current when a potential difference of 0.5 V is applied across a nichrome wire having length 1 m and cross-sectional area 2 mm <sup>2</sup> ? (Consider the resistivity of nichrome wire as 1 × 10 <sup>-6</sup> Ω m.)
Ans	<div><div><div>✖</div><div>1. 20 A</div></div><div><div>✖</div><div>2. 2 A</div></div><div><div>✔</div><div>3. 1 A</div></div><div><div>✖</div><div>4. 10 A</div></div></div>
Q.15	Which of the following organisms break down biodegradable substances?
Ans	<div><div><div>✖</div><div>1. Bacteria and Green plant</div></div><div><div>✖</div><div>2. Fungi and Green plant</div></div><div><div>✔</div><div>3. Bacteria and Fungi</div></div><div><div>✖</div><div>4. Chordates and Green plant</div></div></div>
Q.16	Between which two ranges does the rift valley of the Narmada River lie?
Ans	<div><div><div>✖</div><div>1. Western Ghats and Eastern Ghats</div></div><div><div>✖</div><div>2. Pir Panjal and Mahabharata</div></div><div><div>✔</div><div>3. Vindhyas and Satpuras</div></div><div><div>✖</div><div>4. Aravalli and Nilgiri</div></div></div>
Q.17	Which of the following letter-number clusters will replace the question mark (?) in the given series to make it logically complete?  SOW21, XTB37, CYG53, HDL69, ?
Ans	<div><div><div>✖</div><div>1. MIO85</div></div><div><div>✖</div><div>2. NIQ85</div></div><div><div>✔</div><div>3. MIQ85</div></div><div><div>✖</div><div>4. MKQ85</div></div></div>
Q.18	In the Delhi Legislative Assembly election held on 5 February 2025, which party emerged victorious?
Ans	<div><div><div>✔</div><div>1. Bharatiya Janata Party</div></div><div><div>✖</div><div>2. Bahujan Samaj Party</div></div><div><div>✖</div><div>3. Aam Aadmi Party</div></div><div><div>✖</div><div>4. Indian National Congress</div></div></div>
Q.19	Which of the following provisions regarding reservation in Panchayati Raj Institutions in India is mandated by the 73 <sup>rd</sup> Constitutional Amendment Act?
Ans	<div><div><div>✖</div><div>1. At least 50% of the seats are reserved for economically weaker sections.</div></div><div><div>✔</div><div>2. Not less than one-third of the total seats for direct election must be reserved for women.</div></div><div><div>✖</div><div>3. At least 50% of the seats are reserved for Scheduled Castes.</div></div><div><div>✖</div><div>4. No seats are to be reserved for any category.</div></div></div>

**Q.20** The Sun is visible \_\_\_\_\_ before actual sunrise due to atmospheric refraction.

- Ans**    ☒ 1. 2 minutes  
☐ 2. 1 minute  
☐ 3. 3 minutes  
☐ 4. 4 minutes

**Q.21** Which of the following movements takes place without thinking about it?

- Ans**    ☐ 1. Buffaloes chewing cud  
☒ 2. Pulling hand back from the flame  
☐ 3. Cat running  
☐ 4. Children playing

**Q.22** Seven boxes A, B, E, F, G, N and O are kept one over the other but not necessarily in the same order. Only B is kept above A. Only E is kept between A and F. Only G is kept below O. How many boxes are kept between N and G?

- Ans**    ☒ 1. One  
☐ 2. Four  
☐ 3. Three  
☐ 4. Two

**Q.23** Regarding the relationship between the Fundamental Rights (FR) and the Directive Principles of State Policy (DPSP) in India, which of the following assertions is true?

- Ans**    ☐ 1. DPSP are justiciable and can override FR when necessary.  
☐ 2. FR are subordinate to DPSP in case of any conflict.  
☐ 3. DPSP can be enforced directly in the courts, similar to FR.  
☒ 4. Both serve as independent pillars; however, FR are legally enforceable while DPSP cannot be.

**Q.24** A can lay railway track between two given stations in 14 days and B can do the same job in 28 days. With the help of C, they did the job in 4 days only. Then, C alone can do the job in:

- Ans**    ☐ 1. 10 days  
☐ 2. 9 days  
☒ 3. 7 days  
☐ 4. 8 days

**Q.25** Identify the correct statements regarding mixtures and compounds.

1. The components of a mixture retain their individual properties, whereas the components of a compound do not.  
2. A compound has a fixed composition, but a mixture can have variable proportions of its components.  
3. Mixtures can only be separated by chemical methods, while compounds can be separated by physical methods.

- Ans**    ☐ 1. Only 1 and 3 are correct  
☒ 2. Only 1 and 2 are correct  
☐ 3. All three statements 1, 2 and 3 are correct  
☐ 4. Only 2 and 3 are correct

**Q.26** Town E is to the west of town B. Town C is to the east of town B. Town A is to the north of town B. Town F is to the north of town C. Town A is to the west of town F. What is the position of town F with respect to town E?

- Ans**    ☐ 1. North-west  
☐ 2. South  
☒ 3. North-east  
☐ 4. South-west



Q.27	Which flagship programme has been specifically designed to reduce rural poverty and guarantee wage employment in India?
Ans	<div><div><div>✖</div><div>1. Make in India</div></div><div><div>✖</div><div>2. Startup India</div></div><div><div>✖</div><div>3. Skill India</div></div><div><div>✔</div><div>4. MGNREGA</div></div></div>
Q.28	Which of the following properties of Plaster of Paris makes it useful for making molds and casts?
Ans	<div><div><div>✖</div><div>1. It reacts with acids to form carbon dioxide.</div></div><div><div>✔</div><div>2. It hardens when mixed with water.</div></div><div><div>✖</div><div>3. It remains soft after drying.</div></div><div><div>✖</div><div>4. It expands on setting.</div></div></div>
Q.29	Which of the following is NOT correctly matched between diseases and the nature of infective agents?
Ans	<div><div><div>✖</div><div>1. Warts - Virus infection</div></div><div><div>✔</div><div>2. AIDS - Bacterial infection</div></div><div><div>✖</div><div>3. Gonorrhoea - Bacterial infection</div></div><div><div>✖</div><div>4. Syphilis - Bacterial infection</div></div></div>
Q.30	The Brihadeshwara temple, built by the Cholas, is located in which city?
Ans	<div><div><div>✖</div><div>1. Puri</div></div><div><div>✔</div><div>2. Thanjavur</div></div><div><div>✖</div><div>3. Madurai</div></div><div><div>✖</div><div>4. Kanchipuram</div></div></div>

Section : Professional Ability

Q.1	In crisis intervention for clients with Borderline Personality Disorder (BPD), what does Linehan’s Dialectical Behaviour Therapy (DBT) emphasise first?
Ans	<div><div><div>✔</div><div>1. Validation before change</div></div><div><div>✖</div><div>2. Cognitive restructuring</div></div><div><div>✖</div><div>3. Exposure techniques</div></div><div><div>✖</div><div>4. Interpretation of transference</div></div></div>
Q.2	According to attachment theory, borderline personality disorder is most associated with which attachment style?
Ans	<div><div><div>✔</div><div>1. Fearful-avoidant</div></div><div><div>✖</div><div>2. Dismissive-avoidant</div></div><div><div>✖</div><div>3. Secure</div></div><div><div>✖</div><div>4. Anxious-preoccupied</div></div></div>
Q.3	Which model integrates evolutionary principles to explain mental disorders?
Ans	<div><div><div>✖</div><div>1. Humanistic Model</div></div><div><div>✖</div><div>2. Cognitive Model</div></div><div><div>✖</div><div>3. Behavioural Model</div></div><div><div>✔</div><div>4. Evolutionary Psychology Model</div></div></div>



Q.4	What does 'social pathology' refer to in sociological terms?
Ans	<div><div><div>✗</div><div>1. Public health interventions</div></div><div><div>✗</div><div>2. Genetic predisposition to crime</div></div><div><div>✗</div><div>3. Study of biological diseases</div></div><div><div>✓</div><div>4. Social behaviours and conditions disrupting societal well-being</div></div></div>
Q.5	According to the biopsychosocial model, mental disorders are best understood by considering:
Ans	<div><div><div>✗</div><div>1. only biological factors</div></div><div><div>✗</div><div>2. only social and cultural influences</div></div><div><div>✓</div><div>3. biological, psychological, and social factors interactively</div></div><div><div>✗</div><div>4. only psychological factors</div></div></div>
Q.6	The 'disability paradox' refers to:
Ans	<div><div><div>✗</div><div>1. the genetic basis of invisible disabilities</div></div><div><div>✗</div><div>2. the inability to diagnose certain disabilities</div></div><div><div>✗</div><div>3. the conflict between medical and social models</div></div><div><div>✓</div><div>4. the contradiction between high self-reported quality of life in disabled individuals and societal assumptions of suffering</div></div></div>
Q.7	According to Robert Merton's Strain Theory, what contributes to social pathology like crime?
Ans	<div><div><div>✗</div><div>1. Neurochemical imbalances</div></div><div><div>✗</div><div>2. Parental neglect</div></div><div><div>✓</div><div>3. Disparity between societal goals and legitimate means</div></div><div><div>✗</div><div>4. Genetic abnormalities</div></div></div>
Q.8	Critical Incident Stress Debriefing (CISD) is controversial because:
Ans	<div><div><div>✗</div><div>1. it may decrease PTSD risk through re-traumatisation</div></div><div><div>✗</div><div>2. it is too brief to be effective</div></div><div><div>✓</div><div>3. it lacks empirical support for prevention efficacy</div></div><div><div>✗</div><div>4. it does not help in coping with stress</div></div></div>
Q.9	Which neuroendocrine abnormality is most consistently found in adolescent-onset conduct disorder?
Ans	<div><div><div>✗</div><div>1. High TSH levels</div></div><div><div>✗</div><div>2. Elevated prolactin</div></div><div><div>✗</div><div>3. Low growth hormone</div></div><div><div>✓</div><div>4. Low cortisol reactivity</div></div></div>
Q.10	A 65-year-old man presents with visual hallucinations, fluctuating cognition and Parkinsonism. The most likely diagnosis is:
Ans	<div><div><div>✗</div><div>1. Frontotemporal dementia</div></div><div><div>✗</div><div>2. Vascular dementia</div></div><div><div>✓</div><div>3. Dementia with Lewy bodies (DLB)</div></div><div><div>✗</div><div>4. Alzheimer's dementia</div></div></div>
Q.11	The primary focus of the 'miracle question' technique is to:
Ans	<div><div><div>✗</div><div>1. behavioural activation</div></div><div><div>✓</div><div>2. solution construction</div></div><div><div>✗</div><div>3. trauma processing</div></div><div><div>✗</div><div>4. problem analysis</div></div></div>

**Q.12** What does the family system model suggest as a potential cause of mental disorders?

- Ans**
- ☒ 1. Dysfunctional family dynamics and communication patterns
  - ☐ 2. Neurotransmitter deficiencies
  - ☐ 3. Genetic mutations alone
  - ☐ 4. Individual psychological trauma

**Q.13** Which phase of Caplan's (1964) crisis model involves unsuccessful coping attempts?

- Ans**
- ☐ 1. Recoil phase
  - ☐ 2. Impact phase
  - ☒ 3. Adjustment phase
  - ☐ 4. Adaptive phase

**Q.14** Which of the following is a hallmark feature of delirium?

- Ans**
- ☒ 1. Fluctuating level of consciousness
  - ☐ 2. Stable memory impairment
  - ☐ 3. Fixed delusions
  - ☐ 4. Gradual cognitive decline

**Q.15** The "biosocial theory" of borderline personality disorder emphasizes:

- Ans**
- ☐ 1. Dopamine dysfunction
  - ☐ 2. Neurostructural abnormalities
  - ☐ 3. Serotonin deficiency
  - ☒ 4. Emotional vulnerability & invalidating environment

**Q.16** Motivational interviewing would be the least appropriate for:

- Ans**
- ☒ 1. a client with active psychosis
  - ☐ 2. an alcoholic in the precontemplation stage
  - ☐ 3. a smoker contemplating quitting
  - ☐ 4. a student procrastinating on assignments

**Q.17** The most common psychiatric disorder in adolescents is:

- Ans**
- ☐ 1. bipolar disorder
  - ☐ 2. major depressive disorder
  - ☐ 3. schizophrenia
  - ☒ 4. anxiety disorders

**Q.18** A client in crisis reveals suicidal thoughts during a counselling session, stating they feel hopeless after a recent job loss but have no concrete plan. The counselor's most appropriate next step is to:

- Ans**
- ☐ 1. schedule a follow-up session for the following week
  - ☐ 2. change the topic to avoid escalating the client's distress
  - ☒ 3. conduct a detailed risk assessment while maintaining therapeutic rapport
  - ☐ 4. immediately contact emergency services

**Q.19** What does the traumagenic neurodevelopmental model of schizophrenia emphasise?

- Ans**
- ☐ 1. Purely genetic causes
  - ☐ 2. Dopamine dysfunction alone
  - ☐ 3. Faulty parenting as the sole cause
  - ☒ 4. Early trauma disrupting brain development





**Q.20** Which of the following techniques should be avoided during acute crisis intervention?

- Ans**
- ☒ 1. Deep trauma processing
  - ☐ 2. Active listening
  - ☐ 3. Breathing retraining
  - ☐ 4. Grounding exercises

**Q.21** The Columbo approach aligns with postmodern therapy through its:

- Ans**
- ☐ 1. focus on behavioural metrics
  - ☒ 2. emphasis on the not-knowing position
  - ☐ 3. deconstruction of problem narratives
  - ☐ 4. use of therapeutic expertise

**Q.22** Which psychological theory focusses on adapting to disabilities through coping strategies?

- Ans**
- ☐ 1. Behaviourism
  - ☐ 2. Psychoanalytic theory
  - ☒ 3. Stress and coping theory
  - ☐ 4. Social learning theory

**Q.23** According to Roberts' 7-Stage Crisis Model (R-SSCIM), 'establishing rapport' occurs:

- Ans**
- ☐ 1. during the termination phase
  - ☐ 2. concurrently with problem exploration
  - ☒ 3. before defining the crisis
  - ☐ 4. after risk assessment

**Q.24** Which genetic finding is most robustly associated with schizotypal personality disorder?

- Ans**
- ☐ 1. DRD4 7-repeat allele
  - ☒ 2. COMT Val158Met polymorphism
  - ☐ 3. MAOA-L variant
  - ☐ 4. 5-HTTLPR short allele

**Q.25** Which neurotransmitter is most implicated in the impulsivity seen in antisocial personality disorder?

- Ans**
- ☐ 1. Dopamine
  - ☐ 2. Acetylcholine
  - ☒ 3. Serotonin
  - ☐ 4. GABA

**Q.26** The tripartite model of emotion regulation in adolescent anxiety disorders emphasises dysfunction in the:

- Ans**
- ☐ 1. basal ganglia
  - ☐ 2. cerebellar vermis
  - ☐ 3. occipital lobe
  - ☒ 4. amygdala-PFC circuitry

**Q.27** Gestalt therapy's 'empty chair' technique utilises which of the following?

- Ans**
- ☐ 1. Dream analysis
  - ☐ 2. Systematic desensitisation
  - ☒ 3. Two-chair dialogue
  - ☐ 4. Free association



**Q.28** What does 'ableism' refer to?

- Ans**
- ☒ 1. Neurological disorder
  - ☒ 2. Discrimination favouring able-bodied individuals
  - ☒ 3. Genetic predisposition to disability
  - ☒ 4. Physical therapy

**Q.29** What critique applies to the DSM-5's categorical model of mental disorders?

- Ans**
- ☒ 1. It ignores biological factors entirely.
  - ☒ 2. It fails to account for comorbid conditions and symptom overlap.
  - ☒ 3. It overemphasises dimensional aspects of symptoms.
  - ☒ 4. It is solely based on psychoanalytic theory.

**Q.30** In Hepworth's three-stage model, the 'insight' phase primarily involves:

- Ans**
- ☒ 1. gathering biopsychosocial data
  - ☒ 2. connecting patterns to presenting issues
  - ☒ 3. preparing for termination
  - ☒ 4. implementing behavioural strategies

**Q.31** What concept describes how societal labels can amplify deviant behaviour?

- Ans**
- ☒ 1. Social Darwinism
  - ☒ 2. Labelling Theory
  - ☒ 3. Cultural Lag
  - ☒ 4. Structural Functionalism

**Q.32** Which factor is most protective against suicide in depressed adolescents?

- Ans**
- ☒ 1. High IQ
  - ☒ 2. Strong peer connections
  - ☒ 3. Single-child status
  - ☒ 4. Artistic ability

**Q.33** Unconditional positive regard requires the therapist to:

- Ans**
- ☒ 1. maintain nonjudgmental acceptance
  - ☒ 2. avoid setting boundaries
  - ☒ 3. focus exclusively on strengths
  - ☒ 4. approve all client behaviours

**Q.34** Which of the following models of mental disorders focuses primarily on maladaptive thought patterns?

- Ans**
- ☒ 1. Cognitive Model
  - ☒ 2. Humanistic Model
  - ☒ 3. Sociocultural Model
  - ☒ 4. Behavioural Model

**Q.35** Which cluster of personality disorders is characterised by dramatic, emotional or erratic behaviour?

- Ans**
- ☒ 1. Cluster C
  - ☒ 2. Cluster B
  - ☒ 3. Cluster D
  - ☒ 4. Cluster A



**Q.36 Which response demonstrates effective use of open-ended questioning?**

- Ans**
- ☒ 1. "What brings you here today?"
  - ☐ 2. "Are you feeling depressed?"
  - ☐ 3. "You seem anxious, correct?"
  - ☐ 4. "On a scale of 1-10, how would you rate your mood?"

**Q.37 What does the social model of disability emphasise as the primary cause of disability?**

- Ans**
- ☐ 1. Cognitive deficits
  - ☒ 2. Societal barriers and attitudes
  - ☐ 3. Genetic factors
  - ☐ 4. Individual impairments

**Q.38 The 'third space' concept in cultural crisis intervention refers to:**

- Ans**
- ☐ 1. neutral settings for mediation
  - ☐ 2. third-wave CBT techniques
  - ☐ 3. transitional housing programs
  - ☒ 4. blended cultural frameworks for healing

**Q.39 Which personality disorder shows the highest heritability estimate in twin studies?**

- Ans**
- ☒ 1. Antisocial
  - ☐ 2. Histrionic
  - ☐ 3. Dependent
  - ☐ 4. Avoidant

**Q.40 The biomedical model primarily attributes mental illness to:**

- Ans**
- ☒ 1. biochemical imbalances and brain abnormalities
  - ☐ 2. faulty learning
  - ☐ 3. unresolved unconscious conflicts
  - ☐ 4. societal oppression

**Q.41 Which of the following models critiques the concept of 'mental illness' and views psychological distress as a result of societal labeling?**

- Ans**
- ☐ 1. Medical Model
  - ☐ 2. Sociocultural Model
  - ☒ 3. Anti-psychiatry Model
  - ☐ 4. Behavioural Model

**Q.42 In the differential diagnosis of disruptive mood dysregulation disorder (DMDD), which findings would most support bipolar disorder?**

- Ans**
- ☐ 1. Sleep disturbances
  - ☒ 2. Episodic euphoria
  - ☐ 3. School refusal
  - ☐ 4. Chronic irritability

**Q.43 The 'exposure effect' in disability studies posits that:**

- Ans**
- ☐ 1. disabled people are more prone to infections
  - ☐ 2. genetic testing can predict disability onset
  - ☐ 3. disabilities worsen with age
  - ☒ 4. increased visibility of disabled individuals reduces prejudice through familiarity



**Q.44** The 'Window of Tolerance' concept in crisis work refers to:

- Ans**
- ☒ 1. session duration limits
  - ☒ 2. optimal arousal for information processing
  - ☒ 3. legal timeframes for intervention
  - ☒ 4. medication titration windows

**Q.45** What does the 'broken windows theory' suggest?

- Ans**
- ☒ 1. Visible signs of disorder such as littering etc., leads to crime and decay in future.
  - ☒ 2. Social deviance buds from mental illness.
  - ☒ 3. Deviance reflect conscious choices.
  - ☒ 4. Poverty is caused by genetic factors.

**Q.46** Which neurobiological system is most implicated in crisis responses?

- Ans**
- ☒ 1. Hypothalamic-pituitary-adrenal axis
  - ☒ 2. Default mode network
  - ☒ 3. Mirror neuron system
  - ☒ 4. Dopaminergic pathways

**Q.47** Which of the following best describes the 'adolescent paradox' in neurodevelopment?

- Ans**
- ☒ 1. Early puberty, causing late brain maturation
  - ☒ 2. High dopamine with low serotonin activity
  - ☒ 3. Increased myelination with decreased synaptic pruning
  - ☒ 4. Peak cognitive ability with heightened emotional vulnerability

**Q.48** What does the network model of mental disorders propose about symptoms?

- Ans**
- ☒ 1. They are entirely socially constructed.
  - ☒ 2. They interact in a causal feedback loop.
  - ☒ 3. They can only be explained by psychoanalytic theory.
  - ☒ 4. They are caused by a single underlying biological defect.

**Q.49** The 'affirmation model' of disability (Swain and French, 2000) emphasises:

- Ans**
- ☒ 1. disability as a neutral or positive identity, not a loss
  - ☒ 2. the superiority of the medical model
  - ☒ 3. cognitive rehabilitation is the only intervention
  - ☒ 4. genetic engineering to eliminate disabilities

**Q.50** What is the primary purpose of using Socratic questioning in Cognitive Behavioural Therapy (CBT)?

- Ans**
- ☒ 1. Establish behavioural experiments
  - ☒ 2. Provide psychoeducation
  - ☒ 3. Examine evidence for beliefs
  - ☒ 4. Elicit automatic thoughts

**Q.51** A client expresses suicidal ideation without a plan. The therapist's first action should be:

- Ans**
- ☒ 1. schedule follow-up
  - ☒ 2. conduct a suicide risk assessment
  - ☒ 3. explore family history
  - ☒ 4. normalise the feelings

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**Q.52 Which EEG finding is most characteristic of Creutzfeldt-Jakob disease (CJD)?**

- Ans**
- ☐ 1. Triphasic waves
  - ☒ 2. Periodic sharp wave complexes
  - ☐ 3. Diffuse slowing
  - ☐ 4. Spike-and-wave discharges

**Q.53 Which intervention has the strongest evidence for adolescent depression?**

- Ans**
- ☐ 1. Atypical antipsychotics
  - ☐ 2. Play therapy
  - ☐ 3. Psychoanalysis
  - ☒ 4. Cognitive behavioural therapy

**Q.54 The 'prodromal phase' of schizophrenia in adolescents most commonly includes:**

- Ans**
- ☐ 1. visual hallucinations
  - ☐ 2. psychomotor retardation
  - ☐ 3. manic episodes
  - ☒ 4. attenuated psychotic symptoms

**Q.55 Which personality disorder is characterised by pervasive distrust and suspicion of others?**

- Ans**
- ☐ 1. Schizoid
  - ☒ 2. Paranoid
  - ☐ 3. Histrionic
  - ☐ 4. Dependent

**Q.56 According to the 'double disadvantage' hypothesis in disability psychology:**

- Ans**
- ☐ 1. physical disabilities are harder to treat than mental ones
  - ☐ 2. disability stigma is universal across cultures
  - ☐ 3. disabilities are always congenital
  - ☒ 4. disabled individuals face compounded discrimination when belonging to other marginalised groups (e.g., race, gender)

**Q.57 Reflective listening serves to:**

- Ans**
- ☒ 1. mirror both content and affect
  - ☐ 2. establish behavioural contracts
  - ☐ 3. challenge cognitive distortions
  - ☐ 4. provide psychoeducation

**Q.58 The primary goal of crisis intervention is to:**

- Ans**
- ☐ 1. diagnose psychiatric disorders
  - ☐ 2. develop comprehensive treatment plans
  - ☐ 3. provide long-term psychotherapy
  - ☒ 4. restore immediate psychological equilibrium

**Q.59 Which critique applies to the medical model of disability from a psychological perspective?**

- Ans**
- ☐ 1. It ignores the role of neuroplasticity.
  - ☐ 2. It is incompatible with genetic research.
  - ☒ 3. It pathologises disability while neglecting adaptive resilience and identity.
  - ☐ 4. It overemphasises social barriers.



**Q.60** Which defense mechanism is most characteristic of narcissistic personality disorder?

- Ans**
- ☒ 1. Idealisation/devaluation
  - ☐ 2. Projection
  - ☐ 3. Splitting
  - ☐ 4. Intellectualisation

**Q.61** Countertransference refers to:

- Ans**
- ☐ 1. the cognitive schema activation
  - ☐ 2. the behavioural reinforcement patterns
  - ☐ 3. the client's displacement of childhood feelings
  - ☒ 4. the therapist's emotional reactions to the client

**Q.62** A patient with chronic alcohol use develops confabulation and anterograde amnesia. The most likely diagnosis is:

- Ans**
- ☐ 1. alcohol-induced dementia
  - ☐ 2. delirium tremens
  - ☐ 3. Wernicke's encephalopathy
  - ☒ 4. Korsakoff's syndrome

**Q.63** Avoidant personality disorder is often comorbid with which Axis I disorder?

- Ans**
- ☐ 1. OCD
  - ☐ 2. Bipolar disorder
  - ☐ 3. Schizophrenia
  - ☒ 4. Social anxiety disorder

**Q.64** Crisis hotlines primarily utilise which counselling approach?

- Ans**
- ☐ 1. Solution-focussed therapy
  - ☒ 2. Non-directive active listening
  - ☐ 3. Behavioural activation
  - ☐ 4. Psychodynamic therapy

**Q.65** Which of the following models of mental disorders emphasizes unconscious conflicts and early childhood experiences as the root of psychological problems?

- Ans**
- ☐ 1. Behavioural Model
  - ☒ 2. Psychodynamic Model
  - ☐ 3. Biological Model
  - ☐ 4. Cognitive Model

**Q.66** Which of the following is the most common reversible cause of dementia?

- Ans**
- ☐ 1. Prion disease
  - ☒ 2. Vitamin B12 deficiency
  - ☐ 3. Normal pressure hydrocephalus
  - ☐ 4. Huntington's disease

**Q.67** Which of the following is NOT included in the Triarchic Model of Psychopathy?

- Ans**
- ☒ 1. Grandiosity
  - ☐ 2. Disinhibition
  - ☐ 3. Boldness
  - ☐ 4. Meanness





**Q.68** The primary purpose of establishing rapport in initial counselling interviews is to:

- Ans**
- ☐ 1. develop immediate treatment plans
  - ☐ 2. assess cognitive functioning
  - ☒ 3. create a safe space for client self-disclosure
  - ☐ 4. formally diagnose mental health conditions

**Q.69** A 14-year-old exhibits school refusal, somatic complaints and excessive clinginess to parents. The most likely diagnosis is:

- Ans**
- ☒ 1. separation anxiety disorder
  - ☐ 2. social anxiety disorder
  - ☐ 3. oppositional defiant disorder
  - ☐ 4. panic disorder

**Q.70** The hallmark feature of borderline personality disorder (BPD) is:

- Ans**
- ☐ 1. social detachment
  - ☐ 2. grandiosity
  - ☐ 3. perfectionism
  - ☒ 4. fear of abandonment

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