



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



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|-----------|-----------------------|
| 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  | <div><div><input checked="" type="checkbox"/></div>1. Bentong Camp, Pahang district, Malaysia</div> <div><div><input type="checkbox"/></div>2. Port Blair, India</div> <div><div><input type="checkbox"/></div>3. Kuala Lumpur, Malaysia</div> <div><div><input type="checkbox"/></div>4. Mizoram, India</div> |
| Q.7  | What will come in the place of the question mark '(?)' in the following equation, if '+' and '-' are interchanged and '×' and '÷' are interchanged?<br><br>112 × 2 ÷ 4 - 12 + 13 = ?   |
| Ans  | <div><div><input checked="" type="checkbox"/></div>1. 223</div> <div><div><input type="checkbox"/></div>2. 112</div> <div><div><input type="checkbox"/></div>3. 250</div> <div><div><input type="checkbox"/></div>4. 241</div>   |
| 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  | <div><div><input type="checkbox"/></div>1. ₹173</div> <div><div><input type="checkbox"/></div>2. ₹169</div> <div><div><input checked="" type="checkbox"/></div>3. ₹168</div> <div><div><input type="checkbox"/></div>4. ₹164</div>   |
| Q.9  | For a spherical mirror with _____ aperture, the principal focus lies midway between the pole and the centre of curvature.  |
| Ans  | <div><div><input type="checkbox"/></div>1. a large</div> <div><div><input checked="" type="checkbox"/></div>2. a small</div> <div><div><input type="checkbox"/></div>3. infinite</div> <div><div><input type="checkbox"/></div>4. any</div>  |
| 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  | <div><div><input type="checkbox"/></div>1. 64</div> <div><div><input checked="" type="checkbox"/></div>2. 61</div> <div><div><input type="checkbox"/></div>3. 60</div> <div><div><input type="checkbox"/></div>4. 59</div>   |
| Q.11 | Who among the following chaired the State Reorganisation Commission after India's independence in the early 1950s?   |
| Ans  | <div><div><input checked="" type="checkbox"/></div>1. Saiyid Fazl Ali</div> <div><div><input type="checkbox"/></div>2. Sardar Patel</div> <div><div><input type="checkbox"/></div>3. Jawaharlal Nehru</div> <div><div><input type="checkbox"/></div>4. Dr. BR Ambedkar</div>                                   |
| Q.12 | Which Indian cricketer was nominated for the Laureus Comeback of the Year Award in February 2025?  |
| Ans  | <div><div><input type="checkbox"/></div>1. Jasprit Bumrah</div> <div><div><input type="checkbox"/></div>2. Virat Kohli</div> <div><div><input type="checkbox"/></div>3. Ravindra Jadeja</div> <div><div><input checked="" type="checkbox"/></div>4. Rishabh Pant</div>   |

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| 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> 1. 14100</div><div> 2. 14300</div><div> 3. 14000</div><div> 4. 13900</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> 1. 20 A</div><div> 2. 2 A</div><div> 3. 1 A</div><div> 4. 10 A</div></div>  |
| Q.15 | Which of the following organisms break down biodegradable substances?  |
| Ans  | <div><div> 1. Bacteria and Green plant</div><div> 2. Fungi and Green plant</div><div> 3. Bacteria and Fungi</div><div> 4. Chordates and Green plant</div></div>   |
| Q.16 | Between which two ranges does the rift valley of the Narmada River lie?  |
| Ans  | <div><div> 1. Western Ghats and Eastern Ghats</div><div> 2. Pir Panjal and Mahabharata</div><div> 3. Vindhyas and Satpuras</div><div> 4. Aravalli and Nilgiri</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?<br><br>SOW21, XTB37, CYG53, HDL69, ?   |
| Ans  | <div><div> 1. MIO85</div><div> 2. NIQ85</div><div> 3. MIQ85</div><div> 4. MKQ85</div></div>  |
| Q.18 | In the Delhi Legislative Assembly election held on 5 February 2025, which party emerged victorious?  |
| Ans  | <div><div> 1. Bharatiya Janata Party</div><div> 2. Bahujan Samaj Party</div><div> 3. Aam Aadmi Party</div><div> 4. Indian National Congress</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> 1. At least 50% of the seats are reserved for economically weaker sections.</div><div> 2. Not less than one-third of the total seats for direct election must be reserved for women.</div><div> 3. At least 50% of the seats are reserved for Scheduled Castes.</div><div> 4. No seats are to be reserved for any category.</div></div> |

































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| Q.20 | The Sun is visible _____ before actual sunrise due to atmospheric refraction.  |
| Ans  | <div><div><input checked="" type="checkbox"/></div>1. 2 minutes</div> <div><div><input type="checkbox"/></div>2. 1 minute</div> <div><div><input type="checkbox"/></div>3. 3 minutes</div> <div><div><input type="checkbox"/></div>4. 4 minutes</div>  |
| Q.21 | Which of the following movements takes place without thinking about it?  |
| Ans  | <div><div><input type="checkbox"/></div>1. Buffaloes chewing cud</div> <div><div><input checked="" type="checkbox"/></div>2. Pulling hand back from the flame</div> <div><div><input type="checkbox"/></div>3. Cat running</div> <div><div><input type="checkbox"/></div>4. Children playing</div>   |
| 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  | <div><div><input checked="" type="checkbox"/></div>1. One</div> <div><div><input type="checkbox"/></div>2. Four</div> <div><div><input type="checkbox"/></div>3. Three</div> <div><div><input type="checkbox"/></div>4. Two</div>  |
| 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  | <div><div><input type="checkbox"/></div>1. DPSP are justiciable and can override FR when necessary.</div> <div><div><input type="checkbox"/></div>2. FR are subordinate to DPSP in case of any conflict.</div> <div><div><input type="checkbox"/></div>3. DPSP can be enforced directly in the courts, similar to FR.</div> <div><div><input checked="" type="checkbox"/></div>4. Both serve as independent pillars; however, FR are legally enforceable while DPSP cannot be.</div> |
| 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  | <div><div><input type="checkbox"/></div>1. 10 days</div> <div><div><input type="checkbox"/></div>2. 9 days</div> <div><div><input checked="" type="checkbox"/></div>3. 7 days</div> <div><div><input type="checkbox"/></div>4. 8 days</div>  |
| Q.25 | Identify the correct statements regarding mixtures and compounds.<br>1. The components of a mixture retain their individual properties, whereas the components of a compound do not.<br>2. A compound has a fixed composition, but a mixture can have variable proportions of its components.<br>3. Mixtures can only be separated by chemical methods, while compounds can be separated by physical methods.  |
| Ans  | <div><div><input type="checkbox"/></div>1. Only 1 and 3 are correct</div> <div><div><input checked="" type="checkbox"/></div>2. Only 1 and 2 are correct</div> <div><div><input type="checkbox"/></div>3. All three statements 1, 2 and 3 are correct</div> <div><div><input type="checkbox"/></div>4. Only 2 and 3 are correct</div>  |
| 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  | <div><div><input type="checkbox"/></div>1. North-west</div> <div><div><input type="checkbox"/></div>2. South</div> <div><div><input checked="" type="checkbox"/></div>3. North-east</div> <div><div><input type="checkbox"/></div>4. South-west</div>  |

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

Section : Professional Ability



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| 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> 1. Validation before change</div><div> 2. Cognitive restructuring</div><div> 3. Exposure techniques</div><div> 4. Interpretation of transference</div></div> |
| Q.2 | According to attachment theory, borderline personality disorder is most associated with which attachment style?   |
| Ans | <div><div> 1. Fearful-avoidant</div><div> 2. Dismissive-avoidant</div><div> 3. Secure</div><div> 4. Anxious-preoccupied</div></div>                                     |
| Q.3 | Which model integrates evolutionary principles to explain mental disorders?   |
| Ans | <div><div> 1. Humanistic Model</div><div> 2. Cognitive Model</div><div> 3. Behavioural Model</div><div> 4. Evolutionary Psychology Model</div></div>                    |

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| 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>  |

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| Q.12 | What does the family system model suggest as a potential cause of mental disorders?  |
| Ans  | <div><div> 1. Dysfunctional family dynamics and communication patterns</div><div> 2. Neurotransmitter deficiencies</div><div> 3. Genetic mutations alone</div><div> 4. Individual psychological trauma</div></div>   |
| Q.13 | Which phase of Caplan's (1964) crisis model involves unsuccessful coping attempts?   |
| Ans  | <div><div> 1. Recoil phase</div><div> 2. Impact phase</div><div> 3. Adjustment phase</div><div> 4. Adaptive phase</div></div>  |
| Q.14 | Which of the following is a hallmark feature of delirium?  |
| Ans  | <div><div> 1. Fluctuating level of consciousness</div><div> 2. Stable memory impairment</div><div> 3. Fixed delusions</div><div> 4. Gradual cognitive decline</div></div>  |
| Q.15 | The "biosocial theory" of borderline personality disorder emphasizes:  |
| Ans  | <div><div> 1. Dopamine dysfunction</div><div> 2. Neurostructural abnormalities</div><div> 3. Serotonin deficiency</div><div> 4. Emotional vulnerability &amp; invalidating environment</div></div>  |
| Q.16 | Motivational interviewing would be the least appropriate for:  |
| Ans  | <div><div> 1. a client with active psychosis</div><div> 2. an alcoholic in the precontemplation stage</div><div> 3. a smoker contemplating quitting</div><div> 4. a student procrastinating on assignments</div></div>   |
| Q.17 | The most common psychiatric disorder in adolescents is:  |
| Ans  | <div><div> 1. bipolar disorder</div><div> 2. major depressive disorder</div><div> 3. schizophrenia</div><div> 4. anxiety disorders</div></div>   |
| 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  | <div><div> 1. schedule a follow-up session for the following week</div><div> 2. change the topic to avoid escalating the client's distress</div><div> 3. conduct a detailed risk assessment while maintaining therapeutic rapport</div><div> 4. immediately contact emergency services</div></div> |
| Q.19 | What does the traumagenic neurodevelopmental model of schizophrenia emphasise?   |
| Ans  | <div><div> 1. Purely genetic causes</div><div> 2. Dopamine dysfunction alone</div><div> 3. Faulty parenting as the sole cause</div><div> 4. Early trauma disrupting brain development</div></div>  |

































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| Q.20 | Which of the following techniques should be avoided during acute crisis intervention?  |
| Ans  | <div><div><input checked="" type="checkbox"/></div>1. Deep trauma processing</div> <div><div><input type="checkbox"/></div>2. Active listening</div> <div><div><input type="checkbox"/></div>3. Breathing retraining</div> <div><div><input type="checkbox"/></div>4. Grounding exercises</div>  |
| Q.21 | The Columbo approach aligns with postmodern therapy through its:   |
| Ans  | <div><div><input type="checkbox"/></div>1. focus on behavioural metrics</div> <div><div><input checked="" type="checkbox"/></div>2. emphasis on the not-knowing position</div> <div><div><input type="checkbox"/></div>3. deconstruction of problem narratives</div> <div><div><input type="checkbox"/></div>4. use of therapeutic expertise</div> |
| Q.22 | Which psychological theory focusses on adapting to disabilities through coping strategies?   |
| Ans  | <div><div><input type="checkbox"/></div>1. Behaviourism</div> <div><div><input type="checkbox"/></div>2. Psychoanalytic theory</div> <div><div><input checked="" type="checkbox"/></div>3. Stress and coping theory</div> <div><div><input type="checkbox"/></div>4. Social learning theory</div>  |
| Q.23 | According to Roberts' 7-Stage Crisis Model (R-SSCIM), 'establishing rapport' occurs:   |
| Ans  | <div><div><input type="checkbox"/></div>1. during the termination phase</div> <div><div><input type="checkbox"/></div>2. concurrently with problem exploration</div> <div><div><input checked="" type="checkbox"/></div>3. before defining the crisis</div> <div><div><input type="checkbox"/></div>4. after risk assessment</div>                 |
| Q.24 | Which genetic finding is most robustly associated with schizotypal personality disorder?   |
| Ans  | <div><div><input type="checkbox"/></div>1. DRD4 7-repeat allele</div> <div><div><input checked="" type="checkbox"/></div>2. COMT Val158Met polymorphism</div> <div><div><input type="checkbox"/></div>3. MAOA-L variant</div> <div><div><input type="checkbox"/></div>4. 5-HTTLPR short allele</div>   |
| Q.25 | Which neurotransmitter is most implicated in the impulsivity seen in antisocial personality disorder?  |
| Ans  | <div><div><input type="checkbox"/></div>1. Dopamine</div> <div><div><input type="checkbox"/></div>2. Acetylcholine</div> <div><div><input checked="" type="checkbox"/></div>3. Serotonin</div> <div><div><input type="checkbox"/></div>4. GABA</div>   |
| Q.26 | The tripartite model of emotion regulation in adolescent anxiety disorders emphasises dysfunction in the:  |
| Ans  | <div><div><input type="checkbox"/></div>1. basal ganglia</div> <div><div><input type="checkbox"/></div>2. cerebellar vermis</div> <div><div><input type="checkbox"/></div>3. occipital lobe</div> <div><div><input checked="" type="checkbox"/></div>4. amygdala-PFC circuitry</div>   |
| Q.27 | Gestalt therapy's 'empty chair' technique utilises which of the following?   |
| Ans  | <div><div><input type="checkbox"/></div>1. Dream analysis</div> <div><div><input type="checkbox"/></div>2. Systematic desensitisation</div> <div><div><input checked="" type="checkbox"/></div>3. Two-chair dialogue</div> <div><div><input type="checkbox"/></div>4. Free association</div>   |



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| Q.28 | What does 'ableism' refer to?  |
| Ans  | <div><div> 1. Neurological disorder</div><div> 2. Discrimination favouring able-bodied individuals</div><div> 3. Genetic predisposition to disability</div><div> 4. Physical therapy</div></div>   |
| Q.29 | What critique applies to the DSM-5's categorical model of mental disorders?  |
| Ans  | <div><div> 1. It ignores biological factors entirely.</div><div> 2. It fails to account for comorbid conditions and symptom overlap.</div><div> 3. It overemphasises dimensional aspects of symptoms.</div><div> 4. It is solely based on psychoanalytic theory.</div></div> |
| Q.30 | In Hepworth's three-stage model, the 'insight' phase primarily involves:   |
| Ans  | <div><div> 1. gathering biopsychosocial data</div><div> 2. connecting patterns to presenting issues</div><div> 3. preparing for termination</div><div> 4. implementing behavioural strategies</div></div>  |
| Q.31 | What concept describes how societal labels can amplify deviant behaviour?  |
| Ans  | <div><div> 1. Social Darwinism</div><div> 2. Labelling Theory</div><div> 3. Cultural Lag</div><div> 4. Structural Functionalism</div></div>   |
| Q.32 | Which factor is most protective against suicide in depressed adolescents?  |
| Ans  | <div><div> 1. High IQ</div><div> 2. Strong peer connections</div><div> 3. Single-child status</div><div> 4. Artistic ability</div></div>   |
| Q.33 | Unconditional positive regard requires the therapist to:   |
| Ans  | <div><div> 1. maintain nonjudgmental acceptance</div><div> 2. avoid setting boundaries</div><div> 3. focus exclusively on strengths</div><div> 4. approve all client behaviours</div></div>  |
| Q.34 | Which of the following models of mental disorders focuses primarily on maladaptive thought patterns?   |
| Ans  | <div><div> 1. Cognitive Model</div><div> 2. Humanistic Model</div><div> 3. Sociocultural Model</div><div> 4. Behavioural Model</div></div>   |
| Q.35 | Which cluster of personality disorders is characterised by dramatic, emotional or erratic behaviour?   |
| Ans  | <div><div> 1. Cluster C</div><div> 2. Cluster B</div><div> 3. Cluster D</div><div> 4. Cluster A</div></div>  |

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| Q.36 | Which response demonstrates effective use of open-ended questioning?   |
| Ans  | <div><div><input checked="" type="checkbox"/></div>1. "What brings you here today?"</div> <div><div><input type="checkbox"/></div>2. "Are you feeling depressed?"</div> <div><div><input type="checkbox"/></div>3. "You seem anxious, correct?"</div> <div><div><input type="checkbox"/></div>4. "On a scale of 1-10, how would you rate your mood?"</div>   |
| Q.37 | What does the social model of disability emphasise as the primary cause of disability?   |
| Ans  | <div><div><input type="checkbox"/></div>1. Cognitive deficits</div> <div><div><input checked="" type="checkbox"/></div>2. Societal barriers and attitudes</div> <div><div><input type="checkbox"/></div>3. Genetic factors</div> <div><div><input type="checkbox"/></div>4. Individual impairments</div>   |
| Q.38 | The 'third space' concept in cultural crisis intervention refers to:   |
| Ans  | <div><div><input type="checkbox"/></div>1. neutral settings for mediation</div> <div><div><input type="checkbox"/></div>2. third-wave CBT techniques</div> <div><div><input type="checkbox"/></div>3. transitional housing programs</div> <div><div><input checked="" type="checkbox"/></div>4. blended cultural frameworks for healing</div>  |
| Q.39 | Which personality disorder shows the highest heritability estimate in twin studies?  |
| Ans  | <div><div><input checked="" type="checkbox"/></div>1. Antisocial</div> <div><div><input type="checkbox"/></div>2. Histrionic</div> <div><div><input type="checkbox"/></div>3. Dependent</div> <div><div><input type="checkbox"/></div>4. Avoidant</div>  |
| Q.40 | The biomedical model primarily attributes mental illness to:   |
| Ans  | <div><div><input checked="" type="checkbox"/></div>1. biochemical imbalances and brain abnormalities</div> <div><div><input type="checkbox"/></div>2. faulty learning</div> <div><div><input type="checkbox"/></div>3. unresolved unconscious conflicts</div> <div><div><input type="checkbox"/></div>4. societal oppression</div>   |
| Q.41 | Which of the following models critiques the concept of 'mental illness' and views psychological distress as a result of societal labeling?   |
| Ans  | <div><div><input type="checkbox"/></div>1. Medical Model</div> <div><div><input type="checkbox"/></div>2. Sociocultural Model</div> <div><div><input checked="" type="checkbox"/></div>3. Anti-psychiatry Model</div> <div><div><input type="checkbox"/></div>4. Behavioural Model</div>   |
| Q.42 | In the differential diagnosis of disruptive mood dysregulation disorder (DMDD), which findings would most support bipolar disorder?  |
| Ans  | <div><div><input type="checkbox"/></div>1. Sleep disturbances</div> <div><div><input checked="" type="checkbox"/></div>2. Episodic euphoria</div> <div><div><input type="checkbox"/></div>3. School refusal</div> <div><div><input type="checkbox"/></div>4. Chronic irritability</div>  |
| Q.43 | The 'exposure effect' in disability studies posits that:   |
| Ans  | <div><div><input type="checkbox"/></div>1. disabled people are more prone to infections</div> <div><div><input type="checkbox"/></div>2. genetic testing can predict disability onset</div> <div><div><input type="checkbox"/></div>3. disabilities worsen with age</div> <div><div><input checked="" type="checkbox"/></div>4. increased visibility of disabled individuals reduces prejudice through familiarity</div> |

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| Q.44 | The 'Window of Tolerance' concept in crisis work refers to:  |
| Ans  | <div><div> 1. session duration limits</div><div> 2. optimal arousal for information processing</div><div> 3. legal timeframes for intervention</div><div> 4. medication titration windows</div></div>  |
| Q.45 | What does the 'broken windows theory' suggest?   |
| Ans  | <div><div> 1. Visible signs of disorder such as littering etc., leads to crime and decay in future.</div><div> 2. Social deviance buds from mental illness.</div><div> 3. Deviance reflect conscious choices.</div><div> 4. Poverty is caused by genetic factors.</div></div>          |
| Q.46 | Which neurobiological system is most implicated in crisis responses?   |
| Ans  | <div><div> 1. Hypothalamic-pituitary-adrenal axis</div><div> 2. Default mode network</div><div> 3. Mirror neuron system</div><div> 4. Dopaminergic pathways</div></div>  |
| Q.47 | Which of the following best describes the 'adolescent paradox' in neurodevelopment?  |
| Ans  | <div><div> 1. Early puberty, causing late brain maturation</div><div> 2. High dopamine with low serotonin activity</div><div> 3. Increased myelination with decreased synaptic pruning</div><div> 4. Peak cognitive ability with heightened emotional vulnerability</div></div> |
| Q.48 | What does the network model of mental disorders propose about symptoms?  |
| Ans  | <div><div> 1. They are entirely socially constructed.</div><div> 2. They interact in a causal feedback loop.</div><div> 3. They can only be explained by psychoanalytic theory.</div><div> 4. They are caused by a single underlying biological defect.</div></div>            |
| Q.49 | The 'affirmation model' of disability (Swain and French, 2000) emphasises:   |
| Ans  | <div><div> 1. disability as a neutral or positive identity, not a loss</div><div> 2. the superiority of the medical model</div><div> 3. cognitive rehabilitation is the only intervention</div><div> 4. genetic engineering to eliminate disabilities</div></div>              |
| Q.50 | What is the primary purpose of using Socratic questioning in Cognitive Behavioural Therapy (CBT)?  |
| Ans  | <div><div> 1. Establish behavioural experiments</div><div> 2. Provide psychoeducation</div><div> 3. Examine evidence for beliefs</div><div> 4. Elicit automatic thoughts</div></div>   |
| Q.51 | A client expresses suicidal ideation without a plan. The therapist's first action should be:   |
| Ans  | <div><div> 1. schedule follow-up</div><div> 2. conduct a suicide risk assessment</div><div> 3. explore family history</div><div> 4. normalise the feelings</div></div>   |

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| Q.52 | Which EEG finding is most characteristic of Creutzfeldt-Jakob disease (CJD)?  |
| Ans  | <div><div> 1. Triphasic waves</div><div> 2. Periodic sharp wave complexes</div><div> 3. Diffuse slowing</div><div> 4. Spike-and-wave discharges</div></div>   |
| Q.53 | Which intervention has the strongest evidence for adolescent depression?  |
| Ans  | <div><div> 1. Atypical antipsychotics</div><div> 2. Play therapy</div><div> 3. Psychoanalysis</div><div> 4. Cognitive behavioural therapy</div></div>   |
| Q.54 | The 'prodromal phase' of schizophrenia in adolescents most commonly includes:   |
| Ans  | <div><div> 1. visual hallucinations</div><div> 2. psychomotor retardation</div><div> 3. manic episodes</div><div> 4. attenuated psychotic symptoms</div></div>  |
| Q.55 | Which personality disorder is characterised by pervasive distrust and suspicion of others?  |
| Ans  | <div><div> 1. Schizoid</div><div> 2. Paranoid</div><div> 3. Histrionic</div><div> 4. Dependent</div></div>  |
| Q.56 | According to the 'double disadvantage' hypothesis in disability psychology:   |
| Ans  | <div><div> 1. physical disabilities are harder to treat than mental ones</div><div> 2. disability stigma is universal across cultures</div><div> 3. disabilities are always congenital</div><div> 4. disabled individuals face compounded discrimination when belonging to other marginalised groups (e.g., race, gender)</div></div> |
| Q.57 | Reflective listening serves to:   |
| Ans  | <div><div> 1. mirror both content and affect</div><div> 2. establish behavioural contracts</div><div> 3. challenge cognitive distortions</div><div> 4. provide psychoeducation</div></div>  |
| Q.58 | The primary goal of crisis intervention is to:  |
| Ans  | <div><div> 1. diagnose psychiatric disorders</div><div> 2. develop comprehensive treatment plans</div><div> 3. provide long-term psychotherapy</div><div> 4. restore immediate psychological equilibrium</div></div>  |
| Q.59 | Which critique applies to the medical model of disability from a psychological perspective?   |
| Ans  | <div><div> 1. It ignores the role of neuroplasticity.</div><div> 2. It is incompatible with genetic research.</div><div> 3. It pathologises disability while neglecting adaptive resilience and identity.</div><div> 4. It overemphasises social barriers.</div></div>  |

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| Q.60 | Which defense mechanism is most characteristic of narcissistic personality disorder?  |
| Ans  | <div><div><input checked="" type="checkbox"/></div>1. Idealisation/devaluation</div> <div><div><input type="checkbox"/></div>2. Projection</div> <div><div><input type="checkbox"/></div>3. Splitting</div> <div><div><input type="checkbox"/></div>4. Intellectualisation</div>  |
| Q.61 | Countertransference refers to:  |
| Ans  | <div><div><input type="checkbox"/></div>1. the cognitive schema activation</div> <div><div><input type="checkbox"/></div>2. the behavioural reinforcement patterns</div> <div><div><input type="checkbox"/></div>3. the client's displacement of childhood feelings</div> <div><div><input checked="" type="checkbox"/></div>4. the therapist's emotional reactions to the client</div> |
| Q.62 | A patient with chronic alcohol use develops confabulation and anterograde amnesia. The most likely diagnosis is:  |
| Ans  | <div><div><input type="checkbox"/></div>1. alcohol-induced dementia</div> <div><div><input type="checkbox"/></div>2. delirium tremens</div> <div><div><input type="checkbox"/></div>3. Wernicke's encephalopathy</div> <div><div><input checked="" type="checkbox"/></div>4. Korsakoff's syndrome</div>   |
| Q.63 | Avoidant personality disorder is often comorbid with which Axis I disorder?   |
| Ans  | <div><div><input type="checkbox"/></div>1. OCD</div> <div><div><input type="checkbox"/></div>2. Bipolar disorder</div> <div><div><input type="checkbox"/></div>3. Schizophrenia</div> <div><div><input checked="" type="checkbox"/></div>4. Social anxiety disorder</div>   |
| Q.64 | Crisis hotlines primarily utilise which counselling approach?   |
| Ans  | <div><div><input type="checkbox"/></div>1. Solution-focussed therapy</div> <div><div><input checked="" type="checkbox"/></div>2. Non-directive active listening</div> <div><div><input type="checkbox"/></div>3. Behavioural activation</div> <div><div><input type="checkbox"/></div>4. Psychodynamic therapy</div>  |
| Q.65 | Which of the following models of mental disorders emphasizes unconscious conflicts and early childhood experiences as the root of psychological problems?   |
| Ans  | <div><div><input type="checkbox"/></div>1. Behavioural Model</div> <div><div><input checked="" type="checkbox"/></div>2. Psychodynamic Model</div> <div><div><input type="checkbox"/></div>3. Biological Model</div> <div><div><input type="checkbox"/></div>4. Cognitive Model</div>   |
| Q.66 | Which of the following is the most common reversible cause of dementia?   |
| Ans  | <div><div><input type="checkbox"/></div>1. Prion disease</div> <div><div><input checked="" type="checkbox"/></div>2. Vitamin B12 deficiency</div> <div><div><input type="checkbox"/></div>3. Normal pressure hydrocephalus</div> <div><div><input type="checkbox"/></div>4. Huntington's disease</div>  |
| Q.67 | Which of the following is NOT included in the Triarchic Model of Psychopathy?   |
| Ans  | <div><div><input checked="" type="checkbox"/></div>1. Grandiosity</div> <div><div><input type="checkbox"/></div>2. Disinhibition</div> <div><div><input type="checkbox"/></div>3. Boldness</div> <div><div><input type="checkbox"/></div>4. Meanness</div>  |

**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