

SECTION A

Part 1 of 4 - Chapter 13 Theory

Question 1 of 25

1.0 Points

What kind of study is done to assess a person's behaviour and characteristics over a long period of time?

- ☐ A. Case history research
- ☐ B. Specific personality measures
- ☐ C. Employee-organisation fit
- ☒ D. Longitudinal studies

[Reset Selection](#)

Question 2 of 25

1.0 Points

According to the _____ theory, the meanings that people attach to themselves and to others often result from the methods of communication, the use of language and the interactions between people.

- ☐ A. relational
- ☐ B. humanistic
- ☐ C. interpersonal
- ☒ D. social constructionism

[Reset Selection](#)

Question 3 of 25

1.0 Points

There are a number of theories and frameworks, or paradigms that account for personality. The _____ theories/approaches postulate that the structures and functioning of personality are determined by unconscious forces and based on both primitive or irrational and sophisticated elements.

- ☒ A. psychodynamic or psychoanalytic
- ☐ B. humanistic, phenomenological and existential
- ☐ C. cognitive and social cognitive
- ☐ D. behaviourist or learning

[Reset Selection](#)

Question 4 of 25

1.0 Points

The importance of childhood experiences and development is a strong emphasis of _____.

- ☐ A. behaviourism
- ☒ B. psychoanalytical theory
- ☐ C. mature relationships
- ☐ D. positive ego-development

[Reset Selection](#)

Question 5 of 25

1.0 Points

In biological studies, the frontal lobes of the brain have been found to play an important role in personality aspects such as _____.

- ☐ A. aggression and irritability
- ☐ B. emotions
- ☒ C. foresight and anticipation
- ☐ D. hearing and language

[Reset Selection](#)

Question 6 of 25

1.0 Points

Personality study provides knowledge and a framework for dealing with _____ in various contexts.

- ☐ A. financial management
- ☐ B. maladjustment
- ☐ C. cognitive deficiencies
- ☒ D. human behaviour

[Reset Selection](#)

Part 2 of 4 - Chapter 13 Application and Insight

Question 7 of 25

1.0 Points

Which of the descriptions below describe Mike's feelings and behaviours based on the cognitive paradigm?

- ☐ A. Mike struggles to maintain good relationships with other people and to fulfill various life roles. He is experiencing a midlife crisis.
- ☒ B. Mike only collects negative information about himself. Thus, he has a low self-esteem. His self-construct contains the notion that he cannot achieve even if he is intelligent.
- ☐ C. To avoid punishment as a child, Mike probably learned to keep a low profile, something he is still doing today.
- ☐ D. Mike does not experience meaning in life.

[Reset Selection](#)

Question 8 of 25

1.0 Points

Mike experiences distortion in his mental, physical and spiritual domains. This description of Mike refers to the _____ perspective on personality.

- ☐ A. Psychoanalytic
- ☒ B. African
- ☐ C. Biological
- ☐ D. Contextual

[Reset Selection](#)

Question 9 of 25

1.0 Points

The research across and between cultures to determine applicability of psychological concepts within each culture is referred to as the _____ of psychological knowledge.

- ☒ A. indigenisation
- ☐ B. intercontextualisation
- ☐ C. ontology
- ☐ D. ethnicity

[Reset Selection](#)

Question 10 of 25

1.0 Points

In the work context, employees on the same levels and in similar jobs respond and perform differently with regard to their relationships with co-workers and their own behaviour and moods. Some people handle criticism well, whilst others struggle to accept when they are wrong. This refers to _____.

- ☐ A. self-regulation
- ☐ B. relational schemas
- ☒ C. emotional intelligence
- ☐ D. contextual experiences

[Reset Selection](#)

Question 11 of 25

1.0 Points

Bongi, the bookkeeper of a small enterprise, is often called into meetings to report on the outstanding payments of creditors. Her colleagues experience her as shy and soft-spoken even in the face of conflict from the manager. When considering the aspects in defining personality in all its dimensions, which would you consider as relevant aspects in Bongi's case?

- ☐ A. The external visible or observable physical experiences, behaviour and traits.
- ☒ B. The dynamic nature of behaviour indicating motivation and change.
- ☐ C. Possible invisible covert or unconscious behaviours
- ☐ D. The uniqueness of each person

[Reset Selection](#)

Question 12 of 25

1.0 Points

Which of the descriptions below describe Mike's feelings and behaviours based on the trait theory?

- ☐ A. To avoid punishment as a child, Mike probably learned to keep a low profile, something he is still doing today.
- ☐ B. Mike has unresolved conflicts with his father, which might still influence his behaviour and his perception of authority.
- ☒ C. Mike might possess personality characteristics that prevent him from becoming a high achiever, such as being an introvert.
- ☐ D. Mike does not experience meaning in life.

[Reset Selection](#)

Question 13 of 25

1.0 Points

The _____ approach is more concerned with the uniqueness of experience and individualism, while the _____ approach emphasises collectivism and the interrelatedness of people.

- ☒ A. humanistic; African
- ☐ B. humanistic; Western
- ☐ C. cognitive; African
- ☐ D. cognitive; Western

[Reset Selection](#)

Part 3 of 4 - Chapter 14 Theory

Question 14 of 25

1.0 Points

Adler illustrates the unconscious as a jade tree, with a small root system and lots of growth above the surface. Which factors contribute to the ample growth above the surface?

- ☐ A. Self-disclosure and feedback
- ☒ B. Social and cultural influences
- ☐ C. Inherited biological instincts
- ☐ D. Sex and aggression instincts

[Reset Selection](#)

Question 15 of 25

1.0 Points

Establishing intimate relationships is one of the developmental tasks of the _____ developmental stage of Freud's psychosexual stages.

- ☐ A. oral
- ☒ B. genital
- ☐ C. anal
- ☐ D. phallic

[Reset Selection](#)

Question 16 of 25

1.0 Points

According to Freud, the _____ is also known as rationality because it determines appropriate and socially acceptable times and places that will satisfy the id impulses.

- ☒ A. ego
- ☐ B. superego
- ☐ C. conscience
- ☐ D. biological drive

[Reset Selection](#)

Question 17 of 25

1.0 Points

In the word association test in psychodynamic practice, delayed responses to certain words can indicate a complex or that the person is _____.

- ☐ A. happy
- ☐ B. depressed
- ☒ C. lying
- ☐ D. truthful

[Reset Selection](#)

Question 18 of 25

1.0 Points

According to Freud, the _____ is an evaluative agent that selects the behaviour that minimises pain while maximising pleasure.

- ☐ A. id
- ☒ B. ego
- ☐ C. superego
- ☐ D. suppressor

[Reset Selection](#)

Question 19 of 25

1.0 Points

Horney disagreed with Freud on the ideas of the Oedipus complex and Electra complex. She proposed _____ instead and indicated that the basic needs for care and safety influence personality development.

- ☐ A. individuation
- ☐ B. libido

- ☐ C. womb envy
- ☐ D. projection

[Reset Selection](#)

Part 4 of 4 - Chapter 14 Application and Insight

Question 20 of 25

1.0 Points

The superego has two sub-systems: a consciousness that punishes behaviour and the _____ that rewards it.

- ☐ A. id
- ☒ B. ego
- ☐ C. pleasure principle
- ☐ D. biological drive

[Reset Selection](#)

Question 21 of 25

1.0 Points

Sharon was one of two children. Her mother showed more affection for her sister. Sharon hated her mother, and adored her father. The result is that Sharon developed an inferiority complex. She has a very dominant personality, and criticises everybody – the government, her boss, her husband and her children. She is trying to overcome her inferiority by making herself superior to others. This description of Sharon relates to aspects found in the _____ perspective on personality.

- ☐ A. humanistic
- ☐ B. behaviouristic
- ☒ C. psychoanalytic
- ☐ D. cognitive

[Reset Selection](#)

Question 22 of 25

1.0 Points

When a person displays behaviour that is the opposite of what he/she usually does, a defence mechanism known as _____ is being used.

- ☐ A. Repression
- ☒ B. Reaction-formation

- ☐ C. Intellectualisation
- ☐ D. Rationalisation

[Reset Selection](#)

Question 23 of 25

1.0 Points

A person with an exploitative orientation is denoted by traits resembling Freud's anal character and would be described by Horney as _____.

- ☒ A. moving against people
- ☐ B. moving with people
- ☐ C. moving towards people
- ☐ D. moving away from people

[Reset Selection](#)

Question 24 of 25

1.0 Points

Prudence has just left her manager's office after a performance review where her manager told Prudence that she has ensure that the reports for sales are taken down to their offices promptly at nine every morning without fail or she will suffer the consequences. Prudence is fuming and thinks that she will show her manager, she will not be shoved around; she will not take the reports down in the morning! Based on the structural model of personality which component of personality is at play in Prudence?

- ☐ A. Superego
- ☐ B. Shadow
- ☐ C. Ego
- ☒ D. Id

[Reset Selection](#)

Question 25 of 25

1.0 Points

Within the field of IO Psychology, unconscious processes are used to determine and study _____ within individuals, as well as between teams and team members within organisations.

- ☒ A. conflicts
- ☐ B. learned behaviours
- ☐ C. self-efficacy

- ☐ D. trait types

[Reset Selection](#)

SECTION B

Part 1 of 4 - Chapter 16 Theory

Question 1 of 25

1.0 Points

Personality which is demonstrated by the way people act in specific situations is a definition of personality proposed by _____.

- ☐ A. Allport
- ☐ B. Eysenck
- ☐ C. Costa & McCrae
- ☒ D. Cattell

[Reset Selection](#)

Question 2 of 25

1.0 Points

The basic assumption that personality is best expressed in interpersonal situations, distinguishes the _____ from other personality models.

- ☒ A. Interpersonal Trait Model
- ☐ B. Three-Factor Model
- ☐ C. MBTI
- ☐ D. Five-Factor Model

[Reset Selection](#)

Question 3 of 25

1.0 Points

In trait psychology, the term subsidiation refers to _____.

- ☐ A. emotional or mood expressions
- ☐ B. an approach to describe personality factors
- ☐ C. the innate energy underlying behaviour
- ☒ D. the predominance of certain types of behaviour over other types

[Reset Selection](#)

Question 4 of 25

1.0 Points

_____ traits enable assessors to make nomothetic comparisons of people across cultures and situations but are only a rough indication of the uniqueness of each person.

- ☐ A. source
- ☒ B. common
- ☐ C. secondary
- ☐ D. unique

[Reset Selection](#)

Question 5 of 25

1.0 Points

Cattell describes _____ as traits that may be present in many people and in various situations.

- ☐ A. common traits
- ☐ B. source traits
- ☒ C. surface traits
- ☐ D. unique traits

[Reset Selection](#)

Question 6 of 25

1.0 Points

The _____ theory has made an immense contribution to the use of psychological assessment when selecting employees.

- ☒ A. trait
- ☐ B. cognitive
- ☐ C. behaviouristic
- ☐ D. humanistic

[Reset Selection](#)

Part 2 of 4 - Chapter 16 Application and Insight

Question 7 of 25

1.0 Points

The main danger of using the _____ theory to describe personality is due to the fact that people might be labelled based on one dominant type, and the uniqueness of people in the way they express themselves may be ignored.

- ☐ A. psychodynamic
- ☐ B. behaviourist
- ☐ C. cognitive
- ☒ D. trait

[Reset Selection](#)

Question 8 of 25

1.0 Points

Allport, Jung and Adler agree on the idea of _____ which proposes that motivation is based on propiate strivings, namely behaviour initiated by the individual's future life goals and intentions.

- ☐ A. functional autonomy
- ☐ B. deficiency needs
- ☐ C. ability traits
- ☒ D. teleological principle

[Reset Selection](#)

Question 9 of 25

1.0 Points

At work, Barney's door is always closed. When people knock on the door, he does not answer. His colleagues sometimes wonder what he is up to behind closed doors all the time. Even though he is allowed to work flexitime, he always takes lunch between one and two, and leaves the office at exactly four o'clock. Colleagues have also noticed that his desk is always extremely tidy. Using Eysenck's Three-Factor Model as a guide, identify the traits which Barney displays.

- ☐ A. Extroverted, achievement-oriented, unhappy, low self-esteem, expressive, lacking reflection, anxious, manipulative
- ☒ B. Introverted, perfectionist (not impulsive), obsessive
- ☐ C. Extroverted, active, sociable, risk-taking, assertive, expressive, creative
- ☐ D. Extroverted, achievement-oriented, aggressive, anxious, lacking reflection

[Reset Selection](#)

Question 10 of 25

1.0 Points

Trait approaches explain healthy psychological adjustment according to _____.

- ☐ A. the influences of disfunctional ergs and cardinal traits
- ☐ B. childhood influences and instincts that affect adult life
- ☒ C. personality traits being integrated in order to become functionally autonomous
- ☐ D. the manner in which behaviour is rewarded or punished.

[Reset Selection](#)

Question 11 of 25

1.0 Points

An employee often demonstrates work behaviours characterised by varying degrees of calm and explosive emotional expressions, being angry, anxious and a general lack of self-confidence. According to the FFM on personality these behaviours can arguably best be classified under which one of the following factors?

- ☐ A. antagonism vs agreeableness
- ☐ B. apprehension vs insecurity
- ☒ C. neuroticism vs emotional stability
- ☐ D. relaxed vs tension

[Reset Selection](#)

Question 12 of 25

1.0 Points

If a person is expected to wait for an unreasonably long time before being served at a restaurant, this might affect his/her personality expression and behaviour. This is known as _____, according to one of the approaches to personality consistency.

- ☐ A. subsidiation
- ☐ B. situationism
- ☒ C. interteractionism
- ☐ D. trait instability

[Reset Selection](#)

Question 13 of 25

1.0 Points

Which of the following explanations indicate the reason/s for individual differences in and between people as postulated by behaviourist theories?

- ☐ A. It is due to the manner in which people have solved conflicts from their past and conflicts that they are not aware of.
- ☒ B. It is as a result of the way people's behaviour have been strengthened and rewarded in the environment
- ☐ C. It is due to differences in the way people have cognitively construed their world and themselves.
- ☐ D. It is as a result of the way in which people are spiritually connected to their past and the cosmos.

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Part 3 of 4 - Chapter 17 Theory

Question 14 of 25

1.0 Points

In humanistic theory, the term phenomenology refers to _____.

- ☐ A. people being in their world
- ☐ B. attributes people link to their personalities
- ☐ C. aspects shared by all cultures
- ☒ D. the study of people's conscious experiences

[Reset Selection](#)

Question 15 of 25

1.0 Points

Rogers considers _____ to be a directional and constructive motive that energises all striving behaviours, and which is biologically energised.

- ☒ A. self-actualisation
- ☐ B. self-awareness
- ☐ C. self-esteem
- ☐ D. self-identity

[Reset Selection](#)

Question 16 of 25

1.0 Points

In humanistic theory, the term "meta needs" refer to _____.

- ☐ A. feelings of excitement based on achieving or experiencing something
- ☐ B. basic physiological and safety needs
- ☐ C. motivation because of living or being
- ☒ D. growth or being-needs in people

[Reset Selection](#)

Question 17 of 25

1.0 Points

Which phenomenon, according to Maslow and Rogers, is an inherent force in the progressive development and expansion of the self into a fully functioning and autonomous person?

- ☐ A. Social esteem
- ☐ B. Self-valuing
- ☐ C. Will to meaning
- ☒ D. Self-actualisation

[Reset Selection](#)

Question 18 of 25

1.0 Points

The _____ approach in psychology has as its central idea the uniqueness of every person's context and frame of reference.

- ☐ A. psychodynamic
- ☐ B. socio-cognitive
- ☐ C. behaviourist
- ☒ D. humanist

[Reset Selection](#)

Question 19 of 25

1.0 Points

Kobasa's concept of "personal hardiness" can be defined as _____.

- ☒ A. behaviour marked by high levels of control, challenge and commitment
- ☐ B. feelings that events are manageable, comprehensible and meaningful
- ☐ C. the growth of the psyche into adulthood
- ☐ D. a positive view of events

[Reset Selection](#)

Part 4 of 4 - Chapter 17 Application and Insight

Question 20 of 25

1.0 Points

Maslow and Rogers agreed that people strive for growth towards _____.

- ☐ A. positive regard
- ☒ B. self-actualisation
- ☐ C. belonging
- ☐ D. will to meaning

[Reset Selection](#)

Question 21 of 25

1.0 Points

Buthi has been promoted numerous times and earns quite a substantial salary. However, he has lately been feeling very demotivated at work. Buthi approached the CEO of the company to discuss a plan he had which would entail him moving to a smaller subsidiary branch of the organisation in order to implement a new innovative product which he had designed. The CEO agreed but told Buthi that he would have to take a pay cut as the subsidiary branch could not afford his salary. Buthi agreed and left the CEO's office feeling highly motivated. According to Maslow's hierarchy of needs which need is Buthi exhibiting?

- ☐ A. Primary needs
- ☒ B. Secondary needs
- ☐ C. Achievement needs
- ☐ D. Basic needs

[Reset Selection](#)

Question 22 of 25

1.0 Points

Which one of the following statements does NOT reflect the main assumptions of humanistic approaches?

- ☐ A. People's subjective and phenomenological experiences are important
- ☐ B. People have innate goodness and potential to self-actualise
- ☒ C. People must be understood in terms of certain elements in personality
- ☐ D. People strive to find meaning, have choices and are able to self-determine

[Reset Selection](#)

Question 23 of 25

1.0 Points

According to _____, creative, experiential, and attitude values can make life meaningful.

- ☒ A. Frankl
- ☐ B. Maslow
- ☐ C. Rogers
- ☐ D. James

[Reset Selection](#)

Question 24 of 25

1.0 Points

Max is always fully engaged in his work and he seems to enjoy the tasks he has to do every day. His type of work performance could most likely be related to _____.

- ☐ A. esteem needs
- ☐ B. spiritual drive
- ☒ C. a flow experience
- ☐ D. a process of valuing self-experiences

[Reset Selection](#)

Question 25 of 25

1.0 Points

Greg is an engineer who cares about nature, loves his family and has good relationships with his colleagues and friends. He works very hard and gets good performance bonuses. However, Simon tends to always focus on the fact that Greg is an engineer, stating that he is unable to think outside the box and that he has a very limited view of the world based on his analytical thinking as an engineer. Greg feels judged by this. Based on humanist theory, why does Greg feel judged?

- ☐ A. Because Simon is not an engineer
- ☒ B. Personality is a Gestalt; an integration of social, physical, mental and psychosocial aspects
- ☐ C. Greg is ashamed of being an engineer
- ☐ D. Personality is usually based on one distinguishing aspect, such as one's work role.

[Reset Selection](#)

SECTION C

Part 1 of 6 - Chapter 18 Theory

Question 1 of 25

1.0 Points

Based on Festinger's Equity Theory, if an individual feels that they are underpaid, this will result in _____ effort, or other attempts to achieve equity in the organisation

- ☐ A. increased
- ☒ B. decreased
- ☐ C. equal
- ☐ D. no change in

[Reset Selection](#)

Question 2 of 25

1.0 Points

The cognitive movement rejects the classical _____ view that people react passively to stimuli.

- ☐ A. humanistic
- ☒ B. behaviouristic
- ☐ C. psychodynamic
- ☐ D. subjective

[Reset Selection](#)

Question 3 of 25

1.0 Points

In cognitive psychology, the process of knowing or cognition is not seen as _____ personality, but _____ personality.

- ☐ A. the entire; as an element of
- ☒ B. an element of; is the entire
- ☐ C. the structure; an element of
- ☐ D. none of the above

[Reset Selection](#)

Question 4 of 25

1.0 Points

One of the categories of representation is _____ memory, which refers to abstract representations of the meanings of things, for example people's knowledge of mathematics or language comprehension

- ☐ A. short term
- ☐ B. sporadic
- ☐ C. episodic
- ☒ D. semantic

[Reset Selection](#)

Part 2 of 6 - Chapter 18 Application and Insight

Question 5 of 25

1.0 Points

The top management of a company wants to establish a new performance management programme. According to cognitive perspectives a prerequisite for the success of such a programme will be _____.

- ☐ A. the upwards shift of decision-making in the hierarchy
- ☐ B. low levels of challenge for all role players in the programme
- ☒ C. that all employees "buy into" the system and participate in decision-making
- ☐ D. the upwards shift of control in the hierarchy

[Reset Selection](#)

Question 6 of 25

1.0 Points

One of your friends is implicated in a theft and you react by deciding not to make a judgement until enough information has been collected. This indicates the use of _____ in the C-P-C cycle of cognitive theory.

- ☐ A. circumspection
- ☐ B. pre-emption
- ☒ C. control
- ☐ D. choice

[Reset Selection](#)

Question 7 of 25

1.0 Points

During an exit interview an employee describes the strong points and weak points of the organisation and his supervisors. Using Kelly's ideas on personal constructs, the employee's perceptions can be explained by the _____ corollary.

- ☐ A. fragmentation
- ☐ B. choice
- ☐ C. range
- ☒ D. dichotomy

[Reset Selection](#)

Question 8 of 25

1.0 Points

According to cognitive psychologists, what explains some differences in thinking and behaviour in sub-cultures and between and across cultures?

- ☐ A. Collective differences of genetic influences which determine certain experiences.
- ☐ B. The fact that people in groups form certain pre-determined relationships which will influence meaning systems.
- ☒ C. Meaning systems formed in peoples' collective personal and historical experiences.
- ☐ D. The impact of macro political and socio-economic influences.

[Reset Selection](#)

Part 3 of 6 - Chapter 19 Theory

Question 9 of 25

1.0 Points

In terms of meaningfulness, _____ can be seen as a meaning-destroying variable.

- ☐ A. expectancies for physical fitness
- ☐ B. self-acceptance
- ☐ C. affiliation with others
- ☒ D. expectancies for financial success

[Reset Selection](#)

Question 10 of 25

1.0 Points

_____ is referred to as a person's perceptions and evaluations of his/her own life in terms of his/her general state of well-being.

- ☐ A. Positive psychological and social functioning
- ☒ B. Subjective or psychological well-being
- ☐ C. Emotional or affective well-being
- ☐ D. Environmental mastery

[Reset Selection](#)

Question 11 of 25

1.0 Points

Studies suggest that psychological well-being consists of six facets. Which facet best describes the person who feels competent to manage a complex environment by creating contexts that allow them to manage the responsibilities of daily life?

- ☒ A. Environmental mastery
- ☐ B. Self-acceptance
- ☐ C. Personal growth
- ☐ D. Purpose in life

[Reset Selection](#)

Question 12 of 25

1.0 Points

Character strength such as loyalty towards teams, ensuring fairness and the ability to engage in teamwork represents _____ as virtue.

- ☐ A. transcendence
- ☐ B. temperance
- ☐ C. humanity
- ☒ D. justice

[Reset Selection](#)

Part 4 of 6 - Chapter 19 Application and Insight

Question 13 of 25

1.0 Points

Sarah experiences problems in her life. Instead of blaming others and demonstrating learned helplessness, she demonstrates self-regulation by identifying resources to help her. Self-regulation is a principle based on the _____ perspective.

- ☐ A. behaviourism
- ☐ B. humanistic
- ☐ C. psychoanalytic
- ☒ D. cognitive

[Reset Selection](#)

Question 14 of 25

1.0 Points

Which of the following is an example of eudaimonia?

- ☐ A. A person who is excited about an upcoming tour to France
- ☒ B. A person who is deeply involved in solving a difficult problem and satisfied when a creative solution is found
- ☐ C. Soccer crowds singing and shouting at the World Cup
- ☐ D. Winning R400 in a contest and inviting your friends for a drink

[Reset Selection](#)

Question 15 of 25

1.0 Points

Which one of the concepts of psychological and social well-being in the four alternatives explains the behaviour and attitude of the person in the following example? "Martha is very creative in her thinking and has great confidence in her opinions, even if they are different from the way most other people think."

- ☐ A. Social actualisation
- ☒ B. Autonomy
- ☐ C. Social integration
- ☐ D. Purpose in life

[Reset Selection](#)

Question 16 of 25

1.0 Points

Zanele is patient with people because she believes that people are generally kind, even though their behaviour can be confusing at times. This facet of social well-being is known as social _____.

- ☒ A. acceptance
- ☐ B. actualisation
- ☐ C. integration

- ☐ D. contribution

[Reset Selection](#)

Part 5 of 6 - Chapter 20 Theory

Question 17 of 25

1.0 Points

The aspect of subjective well-being that positive psychologists refer to as emotional well-being, includes _____.

- ☐ A. interpersonal relationships and social support
- ☐ B. self-acceptance and social support
- ☒ C. happiness and life satisfaction
- ☐ D. self-acceptance and personal growth

[Reset Selection](#)

Question 18 of 25

1.0 Points

In the theory related to stress models, the term “chronic stress” refers to _____.

- ☒ A. stress manifesting continuously across time
- ☐ B. sudden, serious stress experiences
- ☐ C. stress associated with negative consequences
- ☐ D. stress perceived positively

[Reset Selection](#)

Question 19 of 25

1.0 Points

_____ disorders are also known as affective psychosis.

- ☐ A. Personality
- ☐ B. Anxiety
- ☐ C. Substance-abuse
- ☒ D. Mood

[Reset Selection](#)

Question 20 of 25

1.0 Points

_____ is/are characterised by repeated and unexpected panic attacks and anxiety.

- ☐ A. Obsessive-compulsive disorders
- ☐ B. Generalised anxiety disorders
- ☐ C. Phobic disorders
- ☒ D. Panic disorder

[Reset Selection](#)

Part 6 of 6 - Chapter 20 Application and Insight

Question 21 of 25

1.0 Points

Years ago in Pretoria the so-called “Prince of Pretoria” appeared and represented himself as a Prince from another country. He appeared to be quite rational, dressed very smartly and convinced many people of his royal status so that he was treated like a prince. Even after it was established that he was not a prince but an individual with psychological problems and was admitted for treatment in a mental institution, he persisted in his beliefs. This case can best be described as _____.

- ☐ A. post-traumatic stress disorder
- ☒ B. delusional disorder
- ☐ C. dissociative amnesia
- ☐ D. dissociative identity disorder

[Reset Selection](#)

Question 22 of 25

1.0 Points

Read the following passage and choose the correct combination from the options below. Sashi is well loved by all her colleagues and she tends to work in a calm, relaxed manner. Andrea, however, is seen as hostile and aggressive at times when she is rushing to complete her tasks, with a general lack of caring for others. Sashi probably has a Type _____ personality, whereas Andrea probably has a Type _____ personality.

- ☐ A. A; C
- ☐ B. C; A
- ☐ C. A; B
- ☒ D. B; A

[Reset Selection](#)

Question 23 of 25

1.0 Points

Which of the following is a symptom of burnout?

- ☒ A. Intense difficulty to respond to emotional stimuli
- ☐ B. Goal-achievement
- ☐ C. A constant need for the company of others
- ☐ D. Periods of excitement alternated by periods of depression

[Reset Selection](#)

Question 24 of 25

1.0 Points

Undercommitment is often the result of _____.

- ☐ A. fear of failure
- ☐ B. fear of success
- ☐ C. misdirected anger at authority
- ☒ D. all of the above

[Reset Selection](#)

Question 25 of 25

1.0 Points

After a serious explosion in a chemical factory a few employees were sent for counselling because of recurring dreams and thoughts about the incident which caused loss of sleep, substance abuse and influenced their work behaviour quite dramatically. These employees are probably suffering from varying levels of _____.

- ☒ A. post-traumatic stress disorder
- ☐ B. obsessive compulsive disorder
- ☐ C. generalised anxiety disorder
- ☐ D. panic disorder

[Reset Selection](#)