Name: _____ **Enrollment No.** _____

AHMEDABAD UNIVERSITY

SCHOOL OF ARTS AND SCIENCES

2025-2026 MONSOON SEMESTER

END SEMESTER EXAMINATION

PSY 161 PERSONALITY AND INDIVIDUAL DIFFERENCES

Date: 02-12-2025 Total Marks: 40

Time: 8:00 am – 9:00 am No. of printed pages: 10

SET C

General Instructions:

1. Students must carry their identity card during the examination.

2. No break is allowed during the examination under any circumstances. In case of an emergency, with prior permission of the invigilator and an escort, a break of maximum five minutes is allowed.

3. No unauthorized devices, such as mobile phones, any kind of watches, other gadgets, or any kind of material is allowed on person.

4. Any violation of examination rules and an intent of malpractice will lead to strict disciplinary action, including a possible expulsion from the university.

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1. A student spends most of the day sleeping, avoids responsibilities, and shows little interest in studies or self-improvement. According to the concept of gunas, this behaviour reflects the dominance of:

a. Dharma
b. Rajas
c. Sattva
d. Tamas

2. The virtue of humanity is reflected through traits like kindness, social intelligence, and love. In which of the following examples is this virtue most accurately applied, as described in the article?

a. A scientist who demonstrates creativity in solving complex problems.
b. A politician who uses bravery and persistence to reform unjust laws.
c. A community leader who ensures fairness and inclusivity in public policies.
d. A teacher who builds strong relationships with students by showing empathy and understanding.

3. What is a major disadvantage of S-Data in personality assessment?

a. It is too expensive and complex.
b. People may have a distorted self-image.
c. It lacks information about hidden mental conflicts.
d. It does not offer insight into a person's self-esteem.

4. A company's wellness initiative emphasises identifying employees' signature strengths to enhance workplace satisfaction. These interventions are most consistent with the principles of:

a. Industrial–organizational psychology
b. Positive psychology
c. Rogerian psychotherapy
d. Psychoanalytic psychotherapy

5. During a counselling session, a client shares feelings of deep shame about a recent breakup. The therapist responds warmly, maintains steady eye contact, and says, "I can see how painful that must have been for you. You're showing a lot of courage in talking about it." Over time, the client begins to feel accepted and starts to explore her emotions more openly. Which of Rogers' conditions for therapeutic change are most clearly demonstrated in this Interaction?

a. Cognitive restructuring, empathy, and authenticity.
b. Empathic understanding, unconditional positive regard, and genuineness.
c. Reflection, reinforcement, and behavioural activation.
d. Interpretation, insight, and transference.

6. Sonia is a strong proponent of the lexical hypothesis. Where would she likely begin her search for the essential traits of personality?

a. Ancient Greek medical texts
b. Eysenck's theories
c. The dictionary
d. By observing the personality of non-human animals

7. David is described as highly dependable, organised, and hardworking. However, he tends to get anxious easily and overthinks situations. Based on the Five-Factor Model of Personality, which traits does David likely score high on?

a. Conscientiousness and Neuroticism
b. Agreeableness and Neuroticism
c. Extraversion and Conscientiousness
d. Openness and Agreeableness

8. In which of the following examples is the virtue of justice most accurately applied?

a. An artist who expresses authentic emotions through painting.
b. A manager who distributes tasks and rewards equitably among team members.
c. A researcher who pursues knowledge out of deep curiosity and creativity.
d. A volunteer who shows compassion by comforting people in distress.

9. The proposed "Big Six" personality model adds which trait to the Big Five?

a. Courage
b. Humor
c. Patience
d. Honesty-Humility

10. Which is the psychological theme for the anal stage of psychosexual development?

a. Self-control
b. Creation and enhancement of life
c. Learning and cognitive development
d. Gender identity and sexuality

11. During therapy, a client says, "Even though I have a stable job and friends, I still feel like my life has no meaning." A humanistic psychologist would focus primarily on understanding the client's:

a. Learned patterns of helplessness
b. Phenomenological experience of their existence
c. Cognitive distortions leading to negative affect

d. Unconscious drives influencing their dissatisfaction

12. A corporate manager frequently dismisses input from team members, believing that only high-ranking executives can truly understand their vision. They are preoccupied with achieving monumental success and require constant praise from colleagues, yet often exploit others to advance their own goals and seem indifferent to the feelings of those around them. Which personality disorder from the DSM-5 most closely aligns with these behaviours?

a. Antisocial Personality Disorder
b. Histrionic Personality Disorder
c. Narcissistic Personality Disorder
d. Borderline Personality Disorder

13. Which of the following best captures the dimensional nature of personality disorders as described?

a. Personality disorders are characterised solely by impairments in interpersonal relationships.
b. There is a precise threshold that differentiates normal personality traits from disordered ones.
c. Personality disorders are always clearly distinguishable from normal personality traits.
d. Personality disorders emerge when maladaptive traits cause significant distress and impair functioning, but the distinction from normal traits is not absolute.

14. A young adult with a history of unstable relationships alternates between extreme admiration and intense hatred toward her friends, unable to recognise both positive and negative qualities in the same person. This defence mechanism, central to early object relations development, is known as:

a. Splitting
b. Identification
c. Introjection
d. Denial

15. What modifications did Wilhelm Wundt introduce to the theory of four humors?

a. He discredited the theory
b. He introduced four axes to the temperamental traits
c. He introduced two axes to the temperamental traits
d. He established the first psychology lab

16. A company wants to evaluate the financial responsibility of its employees as part of a promotion process. Instead of relying on personal statements, they analyse bank statements, credit scores, and other financial records to gather evidence. Which type of data collection method is being used?

a. B-data (Behavioural observations)
b. I-data (Informant judgments)
c. L-data (Life outcomes)
d. S-data (Self-reports)

17. During a court-mandated evaluation, an individual with a history of manipulating others and violating laws claims he has "just learned how to play the system better than most." His lack of guilt best demonstrates the _____ nature of his disorder.

a. Ego-syntonic
b. Ego-dystonic
c. Reactive
d. Neurotic

18. When asked to describe herself, Meera says she's "just normal," even though others consistently describe her as highly organised and disciplined. This illustrates which limitation of S-data?

a. Reference-group effect
b. The Fish-and-Water Effect
c. Social desirability bias
d. Self-enhancement bias

19. The long-standing traits and patterns that propel individuals to consistently think, feel, and behave in specific ways are part of _____.

a. Humors
b. Psychodynamic psychotherapy
c. Temperament
d. Personality

20. A high-achieving student is offered an opportunity to cheat on an exam without getting caught. They feel a strong inner conflict: part of them justifies cheating to secure a better grade, while another part insists that it's wrong and dishonest. The latter part makes them feel guilty even for considering the idea. Name this latter part of the mind.

a. The ego
b. The soul
c. The superego
d. The id

21. During therapy, a client admits feeling torn between anger, guilt, and professionalism. According to psychoanalytic theory, which functions of the ego are being demonstrated?

a. Reducing anxiety by employing defense mechanisms that protect the self.
b. Mediating between the conflicting demands of the id, superego, and external world.
c. Managing instinctual drives in ways acceptable to reality and society.
d. All of the above.

22. The projective hypothesis suggests that projective techniques can reveal:

a. Objective views of the individual's environment
b. Concrete, measurable personality traits
c. Hidden mental conflicts and unconscious desires
d. Observable behaviour patterns

23. An advertising agency is searching for a new team leader to drive innovation. They are particularly interested in someone who enjoys exploring new ideas, embraces change, and demonstrates curiosity about diverse perspectives and experiences. Which Big Five personality trait would the agency most likely prioritise in their selection process?

a. Agreeableness
b. Extraversion
c. Conscientiousness
d. Openness to Experience

24. Personality is thought to be _____.

a. A pattern of short-term characteristics
b. Short-term, easily changed
c. Long-term, stable and not easily changed
d. Unstable and short-term

25. Which of the following is an advantage of I-Data over S-Data?

a. It depends on our strongest relationships, and these are the people who know us best.
b. There are some behavioural attributes best judged by others.
c. It can provide a large amount of information.
d. I-Data is always inferior to S-Data.

26. According to Freud, what is the result of the compromise between a person's id, ego, and superego?

a. What the person wishes to happen
b. What the person consciously thinks and actually does
c. What causes extreme depression for the person
d. What the person unconsciously believes

27. A normally kind and cooperative student finds herself feeling intense dislike toward a classmate she barely knows, describing him as “arrogant and selfish.” According to Jung, this reaction most likely reflects:

a. Projection of her own unacknowledged traits from the shadow
b. Resistance from the ego against the Self
c. Emergence of the collective unconscious into consciousness
d. Activation of the anima archetype

28. In forensic contexts, personality assessments are most appropriately used to:

a. Evaluate psychological functioning relevant to criminal responsibility and legal competence.
b. Diagnose psychiatric conditions for therapeutic planning.
c. Predict future performance in high-stress occupations.
d. Assess personality fit for leadership or organizational roles.

29. A cross-cultural researcher compares the adjectives people use to describe others in 20 different languages and finds consistent clusters such as “friendly,” “organised,” and “anxious.” This finding best supports which assumption of the lexical hypothesis?

a. Important personality traits become encoded in language over time.
b. Personality traits are best studied through laboratory observation.
c. Cultural context determines all aspects of personality.
d. Personality traits are biologically inherited and fixed.

30. Anna is a team leader who wants to evaluate her colleague’s interpersonal skills and reliability. Instead of relying on the colleague’s self-assessment, she asks other team members who have worked closely with this person for their opinions based on their observations and interactions. This method of gathering personality-related information is an example of:

a. Test data (T-data)
b. Informant reports (I-data)
c. Self-reports (S-data)
d. Behavioural observations (B-data)

31. The idea that mental functions could be traced to specific regions of the brain is called _____.

a. Cerebral hemispheres
b. Brain traces
c. Cerebral/brain localization
d. Broca’s area

32. A clinical psychologist notices that her client, a 35-year-old man, exhibits excessive moral integrity, shows extreme rigidity with rules and fails to tolerate minor ethical lapses from others. From a psychoanalytic perspective, which developmental outcome best explains this personality pattern?

a. Intellectualization and emotional detachment
b. Successful resolution of the Oedipus complex
c. A phallic character
d. None of the above

33. During a family therapy session, a father insists that his teenage daughter is "lazy and unmotivated," while the daughter tearfully explains that she feels "constantly criticised and never good enough." The therapist responds by saying, "It sounds like each of you is experiencing this situation in a very different way, and both experiences feel real to you." Which humanistic principle is the therapist applying in this moment?

a. The notion that objective truth can be determined through behavioural observation.
b. The idea that each person's subjective experience represents a valid personal reality.
c. The assumption that one member's reality must take precedence for resolution.
d. The belief that unconscious drives shape family interactions.

34. A graduate student often feels competitive toward her lab partner but insists that her partner is jealous of her success and trying to outshine her. Which defense mechanism best explains her perception?

a. Displacement
b. Rationalization
c. Reaction formation
d. Projection

35. Understanding inconsistencies between _____ is the central mission of personality psychology.

a. Thoughts, feelings and behavior
b. Biological processes
c. Big five traits
d. Various internal conflicts

36. During a group therapy session, a client who often feels ashamed of his social awkwardness tells a witty story about embarrassing himself at a party, making everyone laugh- including himself. The therapist notes that this pattern helps him talk about painful feelings without becoming overwhelmed. Which defense mechanism is the client using?

a. Sublimation
b. Humour

c. Suppression
d. Denial

37. Amit is 39 years old and, for most of his life, has had odd beliefs and superstitious thinking. He has difficulty forming relationships and remains aloof. What personality disorder is Amit most likely suffering from?

a. Obsessive-compulsive personality disorder
b. Narcissistic personality disorder
c. Depressive disorder
d. Schizotypal personality disorder

38. Match each scenario in Column A with the field of psychology it aligns with in Column B. **(Marks- 0.25 x 4)**

Column A	Column B
a. A practitioner works with clients whose persistent personality-related stress patterns affect their interpersonal relationships, career indecision, and emotional coping, using therapeutic interventions focused on personal growth and life adjustment.	**1.** Social Psychology
	2. Neuropsychology
b. A researcher examines how stable personality traits interact with group norms, conformity pressures, and social identity processes to predict discriminatory behaviours and intergroup conflict in multicultural societies.	**3.** Counselling Psychology
	4. Organisational Psychology
c. A psychologist uses personality trait profiles to differentiate between overlapping emotional disorders, predict relapse patterns, and guide long-term treatment planning for complex clinical cases.	**5.** Community Psychology
	6. Clinical Psychology
d. A researcher investigates how stable personality traits such as optimism, neuroticism, and hostility influence adherence to medical regimens, recovery rates, and vulnerability to chronic illnesses.	**7.** Health Psychology

39. What is the appropriate adult character type for the oral stage of development?

a. Mature
b. Dependent or overly independent
c. Obedient and obsessed with order
d. Over or under-sexualized

40. In explaining human behaviour, the humanistic approach follows a:

a. Simplistic view of behavior
b. Deterministic approach
c. Non-deterministic approach
d. None of these