

**WRITTEN TEST FOR SELECTION TO THE POST
OF NATIONAL MENTAL HEALTH
COUNSELLOR**

QUESTION-CUM-ANSWER BOOKLET

Maximum Marks: 100

Total Time: 90 minutes

INSTRUCTIONS

1. This test consists of 100 multiple choice questions. Each question carries one mark.
2. Before you start answering, check whether your Question Booklet is in order and contains 16 pages.
3. Write your Roll Number in the space provided at the bottom of this page.
4. YOU MUST PUT A SMALL CIRCLE AROUND THE LETTER INDICATING THE CORRECT ANSWER FOR EACH OBJECTIVE TYPE QUESTION.

(eg. a. b. c d.)

5. Use blue/black ball point pen only for answering.
6. Pen mark (answers) once made is final. No correction in choice of answers is allowed.
7. Question-cum-Answer Booklet issued will not be replaced unless there are defects in printing.
8. Rough work, if any, may be done in page 15 only.
9. Use of mobile phone, books or any other paper/material will not be permitted.
10. Put your signature in the space provided below, in the presence of the invigilator.
11. Hand over the Admit Card to the invigilator.
12. You are not permitted to leave the examination hall, till the completion of the test.
13. Hand over the used Question-cum-Answer Booklet to the invigilator before leaving the examination hall.
14. Follow the instruction of the invigilators in all matters inside the examination hall.

Roll Number

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Signature of Invigilator

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Direction (Questions 1 to 47): Choose the best alternative

1. Medical Social Work is based on the assumption of
 - a. **Individual dignity**
 - b. Collective dignity
 - c. Societal dignity
 - d. Associational dignity

2. Which of the following institutions associated with medical social work?
 1. Settlement houses
 2. Charity societies
 3. Hospitals
 4. Child guidance clinicsSelect the correct answer using the codes given below.
 - a. Only 1
 - b. Only 3
 - c. 2 and 3
 - d. All of these**

3. Crisis intervention is
 - a. **Psychological First aid**
 - b. An event that alters the total life situation
 - c. A modifying for of intervention
 - d. Gratification of a variety of personal needs

4. The concept of 'Hospice' is related to
 - a. **Special group of people helping the old and terminally ill patients**
 - b. An association running orphanages for abandoned children
 - c. Family Health Advisory Service
 - d. Euthanasia for terminally ill patients

5. The technique involved in guidance which is called "The heart of the guidance programme" is
 - a. The case study
 - b. The interview
 - c. The cumulative record
 - d. Aptitude test**

6. Match the following

Theory	Characteristics
A. Humanistic theory	1. We may acquire money because it protect us
B. Cognitive theory	2. People are motivated by the conscious desire for personal growth
C. Drive reduction theory	3. People represent their worlds mentally
D. Psychoanalytic theory	4. Behaviour depends upon instinctual forces

 - a. A-3, B-2, C-4, D-1
 - b. A-4, B-1, C-3, D-2
 - c. A-2, B-3, C-1, D-4**
 - d. A-1, B-2, C-3, D-4

7. In treating which of the following conditions 'mand' is used as the central principle of behaviour modification?
a. **Autism** b. Anxiety c. Anhedonia d. ADHD
8. The art of establishing trust, respect and co-operation in a relationship is referred to as
a. Personal distance **b. Rapport**
c. Use of humour d. Continuation behaviour
9. The procedure called 'semantic priming' is used to study which of the following phenomena?
a. Signal detection ability b. Field dependence – independence
c. Locus of control **d. Subliminal perception**
10. Which of the following tests does not belong to self-concept instrumentation?
a. Rosenberg Self-esteem Scale b. Coopersmith Self-esteem Inventories
c. The Self-perception Inventory **d. Body-image Questionnaire**
11. Which of the following phrase includes imagining how other people see you, judge you, and how you feel about the perceived judgements?
a. Moral developments **b. Looking glass-self**
c. Role-taking d. Anticipatory socialisation
12. The founder and principal proponent of psychoanalysis is
a. **Sigmund Freud** b. E.B. Titchener c. C.G. Jung d. Alfred Adler
13. Which of the following is the most frequently used skill in social work?
a. Needs assessment **b. The interview**
c. Goal setting d. The determination of eligibility
14. Leaning forward, saying ummm, nodding are examples of which one of the following interview techniques?
a. Paraphrasing **b. Prompting** c. Furthering d. Checking
15. While working with an individual client on a one-to one basis, the relationship is
a. A friendly association
b. A contract
c. Purposeful to meet the psycho-social needs of the client
d. A sympathetic understanding of the client

16. Which word among the following refers to physical and psychological exhaustion caused by an inability to cope?
- a. Frustration b. Crisis **c. Burnout** d. Insomnia
17. The therapy developed by Otto Rank is called
- a. Crisis intervention b. Humanistic therapy
- c. Rational emotive therapy **d. Will therapy**
18. Treatment in social case work involves
- a. Counselling b. Environmental modification
- c. Administration of social services **d. All the above**
19. Type of mental illness where the patient is aware of the problem and seeks remedy is
- a. **Neurosis** b. Psychosis c. schizophrenia d. Huntington's disease
20. Which of the following is not a defence mechanism?
- a. Projection b. Regression **c. Ingratiation** d. Sublimation
21. The act in which people help someone without any reason, motive, or any personal interest is known as
- a. Nurturance b. Social obligation
- c. Prosocial behaviour** d. None of the above
22. The eight-stage classification of human life is proposed by
- a. Sigmund Freud b. Pavel c. Strauss **d. Erikson**
23. The part of mind which is working on reality principle is
- a. Id **b. Ego** c. Super ego d. Ego-ideal
24. Delusion is
- a. A feeling of loss of sensation b. Not able to get proper answer
- c. A false belief** d. An uncomfortable sensation
25. False perception without any external stimulus is
- a. **Hallucination** b. Delusion c. Illusion d. Mania
26. Who is the father of Experimental Psychology?
- a. **Wilhelm Wundt** b. Sigmund Freud
- c. C.G. Jung d. E.B. Titchener

27. Study of gender difference is the subject matter of
a. Industrial and Organisational Psychology b. Social Psychology
c. Developmental Psychology d. Clinical Psychology
28. Who is a famous psycholinguistic?
a. Gardner b. Alan Newell c. A. Simon **d. Noam Chomsky**
29. What is the meaning of 'Flock' according to Gestalt Psychology?
a. The whole **b. Perceptual unit** c. Perception d. Closure
30. Emphasizing what comes to mind first or most readily/quickly is known as
a. **Heuristic** b. Critical Thinking
c. Intuitive Thinking d. Confirmation Bias
31. In _____ method of study in psychology, passive study and analysis of human behaviour is usually done.
a. Introspection Method b. Experimental Method
c. Observation Method d. Genetic Method
32. A provisional theory to explain observed facts is known as
a. Construct b. Theory **c. Hypothesis** d. Event
33. The perspective which is concerned with characteristic changes that occur in people as they mature is known as
a. **Developmental Perspective** b. Biological Perspective
c. Humanistic Perspective d. Psychoanalytic Perspective
34. Match List – I with List – II and indicate your answer using codes given below.

- List - I**
(Personality Theories)
p. Behaviourists
q. Psychodynamic
r. Biological
s. Humanistic

- List - II**
(Focus)
1. Self-concepts
2. Habits
3. Childhood fixations
4. Inheritance of genes

Codes

- a. p-1, q-3, r-4, s-2 b. p-2, q-4, r-3, s-1
c. p-2, q-3, r-4, s-1 d. p-1, q-4, r-2, s-3

35. Which factor is not much related to happiness?
- a. High self-esteem
 - b. Educational level**
 - c. Close friendship or satisfactory marriage
 - d. Meaningful religious faith
36. Which is not the obstacle to problem solving?
- a. Confirmation bias
 - b. Fixation
 - c. Mental set
 - d. Heuristics**
37. "People control basic anxiety by moving toward, away from, and against others." Which group of personality psychologists theorized this statement?
- a. Psychoanalytic
 - b. Neo-Freudian**
 - c. Social learning
 - d. Cognitive
38. Having seen or heard a stimulus once may facilitate our recognizing it on a latter occasion, even if we are not aware that this is happening. This phenomena is referred to as
- a. Primacy effect
 - b. Recency effect
 - c. Practice effect
 - d. Priming effect**
39. What is the correct sequence of events for hunger motivation? Indicate your answer using the codes given below.
- 1. Energy level to its set point
 - 2. A bout of eating
 - 3. Presence of an energy deficit
 - 4. Satiation
 - 5. Hunger
- a. 1, 2, 3, 4, 5
 - b. 3, 5, 2, 1, 4**
 - c. 2, 1, 3, 5, 4
 - d. 5, 4, 3, 1, 2
40. Arun remembers that when he was eight year old he was whimsical. The memory of Arun is called
- a. Episodic memory**
 - b. Semantic memory
 - c. Sensory memory
 - d. Amnesic memory
41. Problem solving comprises of four stages. Choose the correct sequence of stages.
- a. Incubation, preparation, verification, illumination
 - b. Preparation, incubation, illumination, verification**
 - c. Incubation, preparation, illumination, verification
 - d. Preparation, illumination, incubation, verification

42. What does the term 'dipsomania' mean?
- a. Compulsive physical abuse
 - b. **Compulsive alcohol consumption**
 - c. Compulsive speed driving
 - d. Compulsive pool driving from heights

43. Which among the following statements are true about 'Ego'?
- i. It mediates between instincts and the environment.
 - ii. It controls consciousness and exercises censorship.
 - iii. It acts as judicial branch of personality
 - iv. It is ruled by the reality principle.

Choose the correct answer from the code given below-

- a. **Only i, ii and iv**
 - b. Only ii and iii
 - c. Only ii, iii and iv
 - d. i, ii, iii and iv
44. Distinction between compulsory and optional functions of the state is
- a. gradually widening
 - b. **slowly narrowing down**
 - c. continues to be what it was in the past
 - d. now practically ended
45. Melancholia is popularly known as
- a. Dementia
 - b. Mental retardation
 - c. **Depression**
 - d. Anxiety
46. Which one of the following was the earliest project of community development in India?
- a. Sevagram project
 - b. **Sriniketan project**
 - c. Gurgaon project
 - d. Itawah project
47. Arrange the stages of Psychoanalytic therapy in sequential order

- i. Initial Stage
- ii. Consolidation Stage
- iii. Transference Stage
- iv. Resolution Stage

Choose the correct answer from the code given below-

- a. **i, iii, ii, iv**
- b. i, ii, iii, iv
- c. i, ii, iv, iii
- d. i, iv, iii, ii

Direction: (Question No. 48) Read the passage below and answer the question that follow based on your understanding of the passage

Child sexual abuse includes rape and sexual harassment, and is a problem which has become a growing concern in India. It is a fact that millions of boys and girls are sexually abused within and outside their homes by relatives or by known persons. In India, children are expected to obey and respect others without questioning their actions. The impact of child sexual abuse is worse in India than in any other country of the world.

Child sexual abuse is a mental or physical violation of a child with sexual intent, generally by a person who is in the position of power and trust of a child. There are very few cases of child sexual abuse which are reported. Other victims do not even share their plight with their parents. The worst part is the feeling of silence and shame which characterizes the cases of sexual abuse amongst children. The increasing menace of child sexual abuse is not just limited to domestic spheres but extended to places which aim at protecting the interests of the child such as juvenile justice homes.

Many of the rape cases have taken place in juvenile justice homes. i.e., special homes, observation homes, or shelter homes, etc. the girls remain at high risk of assault and abuse even in the protection home. There are many cases in which the perpetrators are staff members including caretakers, security guards, etc. In most of the cases, the sexual assault continues for a longer period as victims are not ready to dissent and endure quietly in the absence of inspection.

Sexual abuse of a child is veiled in secrecy. It is essential for parents and guardians of the child to get sensitized and understand the degree of the problem. It is also crucial for the parents to create a protective environment for the child and to guide their children how to protect themselves from sexual abuse.

48 In many cases child sexual assault continues for a longer period because

- a. **child victims are not ready to dissent and endure**
- b. sexual assault is done mostly with the consent of children
- c. parents are not sensitised
- d. parents do not create a protective environment

Direction (Questions 49 to 100): Choose the best alternative

49. The present problem is mainly in terms of past events and experiences in

- a. Clinical diagnosis
- b. **Etiological diagnosis**
- c. Social diagnosis
- d. Dynamics diagnosis

50. Which one of the following is not the part of hierarchy of needs described by Abraham Maslow?

- a. Safety needs
- b. Esteem needs
- c. Cognitive needs
- d. **Normative needs**

51. Point out the models in community organisation:

1. Social Action
2. Social Planning
3. Locality Development
4. Community Building

Code:

- a. **1,2 and 3 only** b. 1 and 2 only c. 1 and 4 only d. 1, 2, 3 and 4

52. The term 'social control' was first used by

- a. Topinard **b. Ross** c. Sumner d. Merton

53. The socialization of an individual also depends on the manner in which he perceives

- a. Objective qualities **b. Situation** c. Attitude d. Variables

54. **Assertion (A):** Social action and social legislation are complementary to each other.

Reason (R): Social action often highlights the need for new laws.

In the context of the two statements, which one of the following is correct?

Code:

- a. Both (A) and (R) are not correct
- b. Both (A) and (R) are correct and (R) is the correct explanation of (A)**
- c. Both (A) and (R) are correct, but (R) is not the correct explanation of (A)
- d. (A) is correct, but (R) is not correct.

55. "Degree of consciousness about thinking, feelings and actions" is

- a. **Self-awareness** b. Self-esteem
- c. Self-respect d. Self-confidence

56. Deinstitutionalisation Movement (DM) is associated with

- a. Pediatrics b. Nephrology **c. Mental health** d. Physiology

57. India has well-structured 3-tier public health infrastructure which do not comprises

- a. Community health centres
- b. Multi-speciality hospitals**
- c. Public health centres
- d. Sub-centre across rural and semi-urban areas

58. An inborn learns the group-defined ways of acting and feeling. The process through which it learns to internalise the value and norms into its self or the mode of learning to live in society is called the process of
- a. Value system b. Belief system c. Learning **d. Socialisation**
59. **Assertion (A):** Adolescents undergo physical and physiological changes.
Reason (R): The phase of adolescence is full of stress and turbulence.
In the context of these two statements, which one of the following is correct?
- Codes:**
- a. (A) is true, but (R) is false
- b. Both (A) and (R) are true and (R) is the correct explanation of (A)**
- c. Both (A) and (R) are true, but (R) is not the correct explanation of (A)
- d. Both (A) and (R) are true
60. Non-conformity to set of norms is known as
- a. Crime b. Habit **c. Deviance** d. Juvenile Delinquency
61. Which one of the following cannot be dealt by social work as:
- a. Conscious b. Pre-conscious
- c. Sub-conscious **d. Unconscious**
62. 'National Health Policy' in India was launched in
- a. 2001 **b. 2002** c. 2003 d. 2004
63. Who should control society in terms of intolerance?
- a. Media plays an important role.
- b. Government takes an initiative
- c. Political leaders can do this job
- d. It is a self-correcting mechanism in the society which helps in controlling**
64. Those who tend to be solitary, insensitive and uncaring about others are high on:
- a. Assertiveness b. Agreeableness
- c. Manipulation **d. Psychoticism**
65. Mirror Drawing Apparatus is related to
- a. Conditioning **b. Trial and error**
- c. Span of memory d. Forgetting

66. Which among the following is not the example of community?
a. College
b. Village
c. Neighbourhood
d. All of these
67. Men adapt to their environment by
a. **Trial and error** b. Natural selection c. Heredity d. None of these
68. Device of assessing interpersonal attraction, rejection and power is know as
a. Counselling
b. Case work
c. Consciousness
d. Sociometry
69. Which is the International Voluntary Organizing Promoting the Polio Plus Program?
a. Oxfam International
b. Action Aid International
c. Rotary International
d. Care International
70. Ridicule is a
a. Positive sanction
b. **Negative sanction**
c. Social sanction
d. None of these
71. An individual adopts the way of living mores and religion of his society through
a. Motivation b. Not emotion c. Learning **d. Socialization**
72. Some social change occurs without being noticed by most members of a society is known as
a. **Latent change** b. Manifest change
c. Relative change d. Absolute change
73. The process by which an information that has no logical or self-evident basis is communicated is known as
a. **Suggestion** b. Socialisation c. Imitation d. Transmutation
74. While working with an individual client on a one-to-one basis, the relationship is:
a. a friendly association
b. a contract
c. purposeful to meet the psycho-social needs of the client
d. a sympathetic understanding of the client

75. Non-conformity to social norms is called
- a. Social change **b. Deviance** c. Social conflict d. Struggle
76. Applied aspects of social psychology include the development and perfection of techniques for measuring
- a. attitude** b. opinion c. socialisation **d. both a and b**
77. Strategies for achieving social development objectives include:
- a. Growth with equity b. Minimum Needs Programme
- c. Neither of these **d. Both a and b**
78. Which operant technique weakens behaviour?
- a. **Positive and negative punishment** b. Positive and negative reward
- c. Positive and negative incentive d. None of these
79. The laws of the state differ from all other social laws in that they are
- a. more severe
- b. more limited
- c. attached to the peculiar sanction of socialised and unconditional compulsion
- d. codified**
80. Deviance is most often due to
- a. **failure of socialization** b. repressive sanctions
- c. difference in mental abilities d. none of these
81. Who designed the T.A.T?
- a. **Murry** b. G.W. Allport c. Karl Jung d. Mendel
82. In a simple or complex society, which among the following is not a compulsory function of the state?
- a. To protect the citizens from external aggression**
- b. To establish diplomatic missions abroad
- c. To protect the lives of the citizens
- d. To maintain law and order in the state
83. Concepts that can be clearly defined by a set of rules are:
- a. Imagery concept b. Artificial concept
- c. Natural concept** d. None of these

84. Status contrast is known as
- a. socio-economic status
 - b. status stimulus
 - c. status rebuke
 - d. status envy**
85. Which among the following is not a social fact?
- a. tangible fact
 - b. unknown fact
 - c. hearsay**
 - d. intangible fact
86. A society is called stateless when it
- a. has no fixed ideology
 - b. has no fixed or permanent territory
 - c. has oral tradition
 - d. all of these**
87. **Assertion (A):**The emphasis on 'person-in-situation' is to understand and help the individual Client's better.
Reason (R):The person-in-situation configuration is subjective.
- a. Both (A) and (R) are wrong
 - b. Both (A) and (R) are correct, but (R) is not correct explanation of (A)
 - c. Both (A) and (R) are correct, but (R) is the correct explanation of (A)**
 - d. (A) is correct, but (R) is wrong
88. Who coined the term 'Survival of the fittest'?
- a. **H. Spencer**
 - b. A. Comte
 - c. C. Darwin
 - d. none of these
89. The failure to recognize that the concept is not the phenomenon itself is called
- a. Ecological Fallacy
 - b. Delimitation
 - c. Fallacy of reification**
 - d. Induction
90. Suggestion is one of the basic principles of
- a. **socialisation**
 - b. human behaviour
 - c. class
 - d. social process
91. Perceptual thinking depends on:
- a. Meaning
 - b. Images**
 - c. Tool
 - d. Cognition
92. 'Cliques' are made up of
- a. **group of close friends**
 - b. group of people
 - c. football team
 - d. crowd

93. Positions which one is born into or one acquires without one's own effort are known as
- a. **ascribed statuses**
 - b. achieved statuses
 - c. kinship statuses
 - d. peer group
94. According to structural theory, personality consists of
- a. Id and Ego
 - b. Conscious, unconscious and sub-conscious
 - c. **Id, Ego and super ego**
 - d. Ego and Super ego
95. Insight learning is basically a learning by
- a. **Cognition**
 - b. trial and error
 - c. conditions
 - d. imitation
96. Telic change means
- a. climate change
 - b. change by chance
 - c. **change due to planning**
 - d. natural or automatic change
97. Reasoning at the human level begins in:
- a. Adulthood
 - b. Childhood
 - c. Adolescence
 - d. **Early childhood**
98. **Assertion (A):**Health, education and income are the indicators used for measuring Human Development Index
Reason (R): Unemployment may vitiate the human development.
Code:
- a. Both (A) and (R) are wrong
 - b. Both (A) and (R) are correct
 - c. **(A) is correct but (R) is wrong**
 - d. (A) is wrong and (R) is correct
99. When lower class children are judged by middle class values, they may
- a. form a contract
 - b. become criminals
 - c. become deviants
 - d. **all are possible**
100. Which is not a basic characteristic of "ascribed status"?
- a. Race
 - b. Sex
 - c. Age
 - d. **Knowledge**

Rough Work

