



Psychology in Healthcare

Test Bank

Done by : Alqasim Aljuboori

1. Psychology is best defined as:
- A. The study of the brain only
 - B. The study of emotions only
 - C. The scientific study of behavior and mental processes
 - D. The study of physical health
 - E. The study of dreams only
2. Which of the following is an internal process studied in psychology?
- A. Walking
 - B. Talking
 - C. Eating
 - D. Thinking
 - E. Clapping
3. The bio–psycho–social model includes:
- A. Biological, psychological, and social factors
 - B. Only biological and social factors
 - C. Only psychological and social factors
 - D. Biological and environmental factors only
 - E. Only genetic factors
4. Which field of psychology focuses on how people relate to others?
- A. Cognitive Psychology
 - B. Social Psychology
 - C. Clinical Psychology
 - D. Forensic Psychology
 - E. Developmental Psychology
5. Which statement would a humanistic psychologist MOST disagree with .
- A. People are inherently good and strive for growth.
 - B. Personality is shaped by unconscious childhood trauma.
 - C. Self-actualization is the pinnacle of human development.
 - D. Empathy and unconditional positive regard foster change.
 - E. Individuals have free will to shape their destiny.

C	D	A	B	B
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6. **personality and human behavior are influenced:**
- A. 80% by genes, 20% by environment**
 - B. 100% by environment**
 - C. 50% by genes, 50% by environment**
 - D. Mostly by society**
 - E. Mostly by childhood trauma**
7. **In Freud’s theory, the id represents:**
- A. Moral standards**
 - B. Conscious decision–making**
 - C. Learned habits**
 - D. Unconscious drives and desires**
 - E. Logical thinking**
8. **Which stage of Freud’s psychosexual development occurs last?**
- A. Anal**
 - B. Oral**
 - C. Phallic**
 - D. Latent**
 - E. Genital**
9. **Defense mechanism where unacceptable impulses are expressed in acceptable ways is:**
- A. Projection**
 - B. Repression**
 - C. Sublimation**
 - D. Regression**
 - E. Denial**
10. **Which theorist emphasized reinforcement in shaping behavior?**
- A. Skinner**
 - B. Bandura**
 - C. Freud**
 - D. Rogers**
 - E. Piaget**

C	D	E	C	A
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11. Observational learning was highlighted by:

- A. Rogers**
- B. Bandura**
- C. Freud**
- D. Skinner**
- E. Pavlov**

12. In humanistic theory, Carl Rogers emphasized:

- A. Obedience to authority**
- B. Free will and self-realization**
- C. Genetic determinism**
- D. Unconscious desires**
- E. Classical conditioning**

13. A twin study finds identical twins raised apart share similar levels of extroversion. This supports the influence of.

- A. Shared environment only**
- B. Genetics only**
- C. Both genetics and environment (50/50)**
- D. Free will overriding biology**
- E. Freudian psychosexual stages**

14. Cognitive theory focuses on:

- A. Observable behaviors only**
- B. Dream analysis**
- C. Childhood trauma**
- D. Rewards and punishments**
- E. Automatic thoughts and perceptions**

15. Positive thinkers tend to:

- A. Avoid all challenges**
- B. View failure as a temporary setback**
- C. Deny reality**
- D. Depend on others for success**
- E. Ignore opportunities**

D	B	C	E	B
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16. Negative thinking often leads to:
- A. Increased optimism
 - B. Improved self-esteem
 - C. Ignoring criticism
 - D. Seeking new opportunities
 - E. Doubting abilities
17. CBT combines elements of:
- A. Psychoanalysis and behavioral theory
 - B. Cognitive and behavioral theory
 - C. Humanistic and psychoanalytic theory
 - D. Evolutionary and cognitive theory
 - E. Social and developmental psychology
18. Which is NOT an application of psychology in healthcare?
- A. Pain management
 - B. Improving diagnosis
 - C. Developing vaccines
 - D. Reducing burnout
 - E. Enhancing communication
19. In the dental field, psychology helps with:
- A. Understanding dental phobia
 - B. Designing treatment chairs
 - C. Prescribing antibiotics
 - D. Orthodontic adjustments
 - E. Filling cavities
20. The moral or ethical part of Freud’s personality structure is the:
- A. Id
 - B. Ego
 - C. Superego
 - D. Preconscious
 - E. Instinct

E	B	C	A	C
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21. Which factor is part of the biological domain in the bio-psycho-social model?
- A. Relationships
 - B. Emotions
 - C. Genetics
 - D. Beliefs
 - E. Social support
22. Behavioral theory views personality as:
- A. Fixed from birth
 - B. A set of reinforced behaviors
 - C. The result of moral reasoning
 - D. Purely genetic
 - E. Dependent on unconscious desires
23. Humanistic psychologists discourage:
- A. Self-realization
 - B. Self-exploration
 - C. Responsibility for choices
 - D. Open experiences
 - E. Using social labels like “good” or “bad person”
24. Which memory influence is emphasized in cognitive theory?
- A. How thoughts shape recall
 - B. Genetic memory
 - C. Dream interpretation
 - D. Moral reasoning
 - E. Conditioning
25. In healthcare, resilience training is used to:
- A. Prevent PTSD in patients
 - B. Reduce burnout in staff
 - C. Increase patient satisfaction
 - D. Enhance diagnosis accuracy
 - E. Replace medical treatment

C	B	E	A	B
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26. Which model replaces the biomedical model in healthcare psychology?
- A. Cognitive-behavioral model
 - B. Psychoanalytic model
 - C. Bio-psycho-social model
 - D. Humanistic model
 - E. Behavioral model
27. What is an example of how psychology transforms healthcare?
- A. By ignoring patient emotions
 - B. By focusing solely on biological factors
 - C. By addressing mental and physical well-being
 - D. By eliminating social factors
 - E. By reducing communication with patients
28. Which factor is NOT part of the bio-psycho-social model?
- A. Biological factors
 - B. Psychological factors
 - C. Genetic factors
 - D. Social factors
 - E. Economic factors
29. What is a key application of psychology in healthcare?
- A. Ignoring patient pain
 - B. Focusing only on physical symptoms
 - C. Avoiding communication with patients
 - D. Reducing patient anxiety through active listening
 - E. Eliminating patient feedback
30. Which field of psychology studies how people grow and adapt across their lifespan?
- A. Clinical psychology
 - B. Developmental psychology
 - C. Forensic psychology
 - D. Social psychology
 - E. Experimental psychology

C	C	E	D	B
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31. What is the main focus of cognitive psychology?
- A. Study of unconscious desires
 - B. Exploration of how we think, learn, and remember
 - C. Analysis of genetic influences
 - D. Investigation of physical health
 - E. Focus on environmental factors only
32. According to twin studies, what influences personality?
- A. Only genetics
 - B. Only environment
 - C. 50% genetics and 50% environment
 - D. Neither genetics nor environment
 - E. 100% environment
33. Which theory emphasizes subconsciousness and early childhood experiences?
- A. Behavioral theory
 - B. Cognitive theory
 - C. Humanistic theory
 - D. Psychoanalytic theory
 - E. Social learning theory
34. What are the three elements of personality in Freud's theory?
- A. Id, ego, and superego
 - B. Conscious, subconscious, and unconscious
 - C. Thought, emotion, and behavior
 - D. Nature, nurture, and environment
 - E. Reinforcement, punishment, and shaping
35. A dentist uses calming blue tones in their clinic to reduce patient anxiety. This strategy aligns with which psychological principle .
- A. Classical conditioning (Pavlovian association)
 - B. Sublimation (Freudian defense mechanism)
 - C. Environmental psychology (impact of space on behavior)
 - D. Genital stage fixation (Freudian theory)
 - E. Id dominance (impulse-driven behavior)

B	C	D	A	C
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36. What is the main contribution of Skinner to behavioral theory?
- A. Focus on free will
 - B. Study of unconscious thoughts
 - C. Emphasis on reinforcement and punishment
 - D. Exploration of genetic influences
 - E. Analysis of dreams
37. According to Bandura's social learning theory, how do people learn?
- A. Only through direct reinforcement
 - B. By direct reinforcement & observing others
 - C. Through genetic predispositions
 - D. By ignoring their environment
 - E. Through unconscious processes
38. What does humanistic theory emphasize?
- A. Free will and self-realization
 - B. Past trauma
 - C. Conditioning
 - D. Genetic determinism
 - E. Unconscious desires
39. Which concept is central to Carl Rogers' humanistic theory?
- A. Obedience
 - B. Repression
 - C. Punishment
 - D. Self-realization
 - E. Denial
40. What is the main theme of cognitive theory?
- A. Behavior is shaped by instincts
 - B. Personality is influenced by thinking patterns
 - C. Emotions are irrelevant
 - D. Genetics determine everything
 - E. Environment has no impact

C	B	A	D	B
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41. How do positive thinkers view failure?
- A. As permanent obstacles
 - B. As temporary setbacks
 - C. As insurmountable challenges
 - D. As proof of incompetence
 - E. As reasons to give up
42. What is Cognitive Behavioral Therapy (CBT) a combination of.
- A. Psychoanalytic and humanistic ideas
 - B. Dreams and subconscious thoughts
 - C. Genetic and environmental factors
 - D. Instincts and emotions
 - E. Cognitive and behavioral ideas
43. Which of the following is NOT an application of psychology in healthcare for patients?
- A. Understanding human sickness
 - B. Enhancing diagnosis
 - C. Ignoring patient emotions
 - D. Supporting caregivers
 - E. Providing comprehensive healthcare services
44. How does psychology help medical professionals?
- A. By providing insights into sociodemographic differences
 - B. By increasing their workload
 - C. By ignoring stress management
 - D. By eliminating communication skills
 - E. By focusing only on biological factors
45. What role do psychologists play in hospital management?
- A. Ignoring patient flow
 - B. Advising on architectural design for well-being
 - C. Reducing patient satisfaction
 - D. Increasing physician turnover
 - E. Eliminating quality treatment

B	E	C	A	B
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46. How does psychology help dentistry patients?
- A. By increasing dental phobia
 - B. By ignoring pain and anxiety
 - C. By providing motivational support
 - D. By discouraging proactive oral health
 - E. By eliminating behavioral skills
47. What is a key focus for dentistry professionals in psychology?
- A. Avoiding patient interaction
 - B. Enhancing communication and relationship-building
 - C. Ignoring clinic design
 - D. Reducing professionalism
 - E. Eliminating emotional support
48. How can clinic design impact patient emotions?
- A. By using stressful colors
 - B. By ignoring furniture suitability
 - C. By focusing only on functionality
 - D. By eliminating waiting areas
 - E. By creating a child-friendly environment
49. the primary goal of psychology in healthcare is .
- A. To ignore patient needs
 - B. To focus only on physical health
 - C. To integrate mental and physical well-being
 - D. To eliminate social factors
 - E. To reduce communication

C	B	E	C
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