



EXAMINATION IN BEHAVIORAL SCIENCE (AOK-KA591)

WRITTEN TEST

- 1. List the stages of memory! (3)**
encoding, storage, retrieval
- 2. List the levels of attitude change! (3)**
obedience, identification, internalization
- 3. According to Ekman which are the basic emotions? (7)**
anger, disgust, happiness, surprise, interest, sadness, fear
- 4. List the components of emotion! (6)**
Cognitive appraisal, subjective experience, Thought action tendencies, internal bodily changes, facial expression, responses to emotion
- 5. List the elements of Freud's structural model! (3)**
id, ego, superego
- 6. List 6 defense mechanisms! (6)**
repression, rationalization, reaction formation, projection, intellectualization, denial, displacement,
- 7. List the stages of Freud's psychosexual development! (5)**
oral, anal, phallic, latency period, genital
- 8. List the levels of Maslow's hierarchy of needs pyramid, starting from the bottom of the pyramid! (5)**
1. physiological needs, 2. safety needs, 3. belongingness and love needs, 4. esteem needs, 5. self-actualization needs
- 9. List the core conditions of Roger's client-centered therapy! (3)**
empathy, congruence, unconditional positive regard

10. List the trait factors of Big 5! (5)

openness, conscientiousness, extroversion, agreeableness, neuroticism

11. List the components of the CLASS model! (5)

context, active listening, acknowledgement of emotions, strategy, summary

12. Which factors influence adherence? (5)

environment, illness, patient, doctor, therapy

13. List the stages of burnout! (5)

enthusiasm, stagnation, frustration, apathy, symptoms/psychosomatic

14. According to Elisabeth Kübler-Ross what are the stages of dying? (5)

denial, anger, bargaining, depression, acceptance

15. List the types of attachment! (4)

Securely attached; Insecurely attached: avoidant; Insecurely attached: ambivalent; Disorganized

16. List the core conditions of Motivational Interviewing! (5)

R: rolling with resistance, E: empathy, A: avoiding arguments, D: developing discrepancy, S: support self-efficacy

17. What does the letters in the SPIKES model mean? (6)

S: setting up the interview, P: assessing the patient's perception, I: obtaining the patient's invitation, K: giving knowledge to the patient, E: addressing emotions of the patient, S: strategy and summary

18. List the 3 types of positive illusion! (3)

Self enhancement, illusion of control, unrealistic optimism

19. List the 3 principles (values) of logotherapy by which the patient can cope with the chronic disease! (3)

Attitudinal value, creative value, experiential value

20. List the 3 components of Antonovsky's sense of coherence! (3)

Comprehensibility, Manageability, Meaningfulness

21. List the levels of consciousness! (4)

drowsiness, somnolence, sopor, coma

22. List seven nonverbal channels: (7)

i.e. gesture, posture, eye contact, paralinguistic signs, appearance, proximity, touch, physical space, facial expression

23. Levels of communication: (2)

metacommunication level, informational level

- 24. According to the drive theory, where does the drive, the major motivating factor stem from?**
Actual lack of homeostasis
- 25. In the Millgram experiment 65% of the participants gave the 450 volt electric dose to the „learner” because,**
they obeyed the authority (experimenter)
- 26. Thomas is aware of the harmful effect of smoking, but he thinks that smoking helps him to join important informal conversations at his workplace. What can this cause?**
cognitive dissonance
- 27. Steve was late from his work therefore he received a notice of misconduct from his boss. Next week he was on time. Which form of operant conditioning was used?**
Negative reinforcement
- 28. David likes eating at SZOTE canteen. He starts to salivate even on the sight of the building. If we consider this classical conditioning,**
What is the building? - conditioned stimulus
What is the salivation? - conditioned response
What is the food? - unconditioned stimulus
- 29. Processes in perception, learning, memory, and comprehension, that are driven by the organism’s prior knowledge, and expectations, rather than by the input:**
the top-down process
- 30. It is a tool we use during motivational interview to assess confidence and importance of change:**
Readiness ruler
- 31. According to Lazarus cognitive appraisal theory the evaluation of one's resources and options for coping with stressor is...**
secondary appraisal
- 32. What factors lead to complicated grief? List 3!**
Pre-existing psychological impairment (i.e. depression).
Significant loss (losing a loved one, unexpected loss).
Additional loss (work, financial).
No support in grief.
- 33. 4 main perceptions in the Health Belief model: (4)**
perceived severity, perceived susceptibility, perceived benefits, perceived barriers

To pass the written exam you need to answer the 6 ethics questions correctly and you have to answer 4 psychology questions correctly!