

Starter Quiz

1. Which is NOT one of the Big Five traits?
- ☐ intelligence
- ☐ neuroticism
- ☐ agreeableness
- ☐ conscientiousness
2. Systematic desensitisation belongs to which approach?
- ☐ psychodynamic
- ☐ biomedical
- ☐ humanistic
- ☐ behavioural
3. If clients improve after therapy, the therapy caused the improvement.
- ☐ True
- ☐ False
4. Rogers emphasised _____ positive regard.
- _____
5. A stable rank order of trait scores proves that every person’s score stayed unchanged.
- ☐ True
- ☐ False
6. A person consciously deciding to postpone a thought is, from that description alone, an example of unconscious repression.
- ☐ True
- ☐ False
7. Which statement most directly expresses task-specific self-efficacy?
- ☐ All outcomes depend entirely on luck
- ☐ Completing the task will earn a reward
- ☐ My score proves my worth as a person
- ☐ I can complete this planned practice task
8. A self-rating across daily life differs from a colleague’s workplace-only rating. What is the best first interpretation?
- ☐ The difference proves permanent personality change

- ☐ One source must be lying
- ☐ Only self-report can ever be informative

9. A positive screening score by itself supplies a complete clinical diagnosis and its cause.

- ☐ True
- ☐ False

10. Which situation most directly makes regression to the mean a relevant alternative explanation?

- ☐ Selection for an extreme baseline score with imperfectly related repeat scores
- ☐ Two identical observations necessarily proving recovery
- ☐ Any random allocation, regardless of measurement
- ☐ An unchanged reference measurement with no selection

1. **intelligence**

The Big Five are openness, conscientiousness, extraversion, agreeableness and neuroticism. They are broad dimensions; intelligence is a different construct.

2. **behavioural**

Historical systematic desensitisation is a behavioural method pairing graded exposure with relaxation. This is narrower than exposure in general.

3. **False**

Uncontrolled improvement alone cannot separate treatment from natural change, other care, expectancy, measurement changes or regression under the relevant selection/retest conditions.

4. **unconditional**

Unconditional positive regard concerns acceptance of the person’s worth, without requiring approval of every action.

5. **False**

People can change in level while retaining the same relative order. Stability depends on what is measured and over what period.

6. **False**

The description states a deliberate choice. Repression in the psychodynamic account is an unconscious process; do not infer it from any avoidance.

7. **I can complete this planned practice task**

Self-efficacy concerns perceived capability. The reward claim is an outcome expectation; neither belief is proof of actual skill or consequences.

8. **Check contexts, instructions, observation opportunities and measurement evidence**

Sources can sample different situations or have different limitations. Disagreement alone does not settle its cause.

9. **False**

Screening can identify possible concerns, but a fuller relevant assessment is needed. A category does not establish a unique cause.

10. **Selection for an extreme baseline score with imperfectly related repeat scores**

Extreme-score selection and imperfect repeat relations create the relevant statistical conditions. This is different from genuine natural recovery.