



Year 11

Paper 1

Topic A: How do we see our world?

Topic B: Is dreaming meaningful?



Topic B

Is dreaming
meaningful?



1. Who was Sigmund Freud?

- A. A very famous musician.
- B. A very famous man because he had a bald head and a grey beard.
- C. An Austrian psychologist who came up with the idea of psychoanalysis and thought that one way of unlocking the unconscious was through analysing dreams.
- D. A German psychologist who thought dreams were meaningful but couldn't be interpreted.



2. What is meant by the unconscious mind?

- A. The part of the mind that we know about and holds our recent thoughts and experiences.
- B. The part of the mind that we do not know about and cannot describe. It holds our desires and bad memories which we have locked away.
- C. The part of our mind that stores all of our memories.
- D. The part of our mind that is shaped like an iceberg.




3. Why did Freud think dreams were important?

- A. Freud thought dreams told us nothing about the psychological problems a person suffered from.
- B. Freud believed that dreams came from the unconscious part of the mind and could be analysed for meaning to help people with psychological problems.
- C. Freud believed that dreams were not very important and shouldn't be analysed.
- D. Freud believed that our dreams reflected our personalities and so could be analysed to tell us about what sort of person we are.



4. What is meant by the term manifest content of a dream?

- A. The story the dreamer tell about the dream they have had.
- B. The underlying meaning of the dream which, when analysed reveal our unconscious thought.
- C. When the dreamer adds bits to the dream when they are retelling it.
- D. When many thought and elements from our unconscious are combined in the dream in one symbol.
- E. When something that appears in our dream as unimportant is made important. This is to shift attention from what really is important.



5. What is meant by the term latent content of a dream?

- A. The story the dreamer tell about the dream they have had.
- B. The underlying meaning of the dream which, when analysed reveal our unconscious thought.
- C. When the dreamer adds bits to the dream when they are retelling it.
- D. When many thought and elements from our unconscious are combined in the dream in one symbol.
- E. When something that appears in our dream as unimportant is made important. This is to shift attention from what really is important.



6. What is meant by the term condensation?

- A. The story the dreamer tell about the dream they have had.
- B. The underlying meaning of the dream which, when analysed reveal our unconscious thought.
- C. When the dreamer adds bits to the dream when they are retelling it.
- D. When many thought and elements from our unconscious are combined in the dream in one symbol.
- E. When something that appears in our dream as unimportant is made important. This is to shift attention from what really is important.




7. What is meant by the term displacement?

- A. The story the dreamer tell about the dream they have had.
- B. The underlying meaning of the dream which, when analysed reveal our unconscious thought.
- C. When the dreamer adds bits to the dream when they are retelling it.
- D. When many thought and elements from our unconscious are combined in the dream in one symbol.
- E. When something that appears in our dream as unimportant is made important. This is to shift attention from what really is important.



8. What is meant by the term secondary elaboration?

- A. The story the dreamer tell about the dream they have had.
- B. The underlying meaning of the dream which, when analysed reveal our unconscious thought.
- C. When the dreamer adds bits to the dream when they are retelling it.
- D. When many thought and elements from our unconscious are combined in the dream in one symbol.
- E. When something that appears in our dream as unimportant is made important. This is to shift attention from what really is important.



9. What is meant by Freud's term 'Dreamwork'?

- A. Freud said 'dreamwork' is what the mind is doing whilst awake.
- B. Freud said 'dreamwork' is what the mind is doing whilst dreaming.
- C. Freud said 'dreamwork' is what the mind is doing whilst the body is walking.
- D. Freud said 'dreamwork' is what the mind is doing whilst we are having a conversation with someone else.




10. What did Freud say about symbols in dreams?

- A. They should not be interpreted by the psychoanalyst because symbols in dreams have no meaning.
- B. They have to be interpreted by the psychoanalyst because the same symbol can mean something different to different people. Finding their specific meaning helps with an individual's treatment.
- C. Freud said that symbols in dreams have the same meaning for everyone.
- D. Freud said that dreams are full of meaningful symbols,



11. What does psychoanalysis mean?

- A. A method used by Freud to find out how intelligent a person is.
- B. What Freud thought was the best treatment for the common cold.
- C. What Freud came up with to try and treat people with problems by unlocking their unconscious thoughts.
- D. A method used by Freud to try and read a person's mind.



12. Which best describes the three methods used in psychoanalysis?

- A. Free association, manifest content and dream analysis
- B. Free association, slips of the tongue and condensation
- C. Free association, slips of the tongue and dream analysis
- D. Displacement, slips of the tongue and dream analysis



13. What is meant by free association?

- A. A method used by Freud to help uncover unconscious thoughts by analysing dreams and uncovering symbols.
- B. A method used by Freud where the patient is encouraged to say whatever comes to mind without thinking about what they are saying.
- C. When someone uses the wrong word for something. What is said helps psychoanalysts uncover unconscious thoughts.




14. What is meant by slips of the tongue?

- A. A method used by Freud to help uncover unconscious thoughts by analysing dreams and uncovering symbols.
- B. A method used by Freud where the patient is encouraged to say whatever comes to mind without thinking about what they are saying.
- C. When someone uses the wrong word for something. What is said helps psychoanalysts uncover unconscious thoughts.




15. What is meant by dream analysis?

- A. A method used by Freud to help uncover unconscious thoughts by analysing dreams and uncovering symbols.
- B. A method used by Freud where the patient is encouraged to say whatever comes to mind without thinking about what they are saying.
- C. When someone uses the wrong word for something. What is said helps psychoanalysts uncover unconscious thoughts.




16. Which two are strengths of Freud's dream theory?

- A. Provides lots of qualitative data about an individual
- B. His unique methods actually help people recover from mental illnesses.
- C. It is hard to measure scientifically because there isn't a test for the unconscious mind
- D. It is subjective because dreams are open to interpretation when analysed.




17. Which two are weaknesses of Freud's dream theory?

- A. Provides lots of qualitative data about an individual
- B. His unique methods actually help people recover from mental illnesses.
- C. It is hard to measure scientifically because there isn't a test for the unconscious mind
- D. It is subjective because dreams are open to interpretation when analysed.



18. What is meant by the term generalisable?

- A. Data involving stories or attitudes (what people think and feel).
- B. How much the research findings are true of people other than those that were studied.
- C. Where the researcher is somehow affecting the information that is gathered. For example, how they interpret their findings.
- D. Where the researcher's views do not affect the information that is gathered.
- E. When the findings from the research are about real life situations or real-life behaviours.




19. What is meant by the term valid?

- A. Data involving stories or attitudes (what people think and feel).
- B. How much the research findings are true of people other than those that were studied.
- C. Where the researcher is somehow affecting the information that is gathered. For example, how they interpret their findings.
- D. Where the researcher's views do not affect the information that is gathered.
- E. When the findings from the research are about real life situations or real-life behaviours




20. What is meant by the term objective?

- A. Data involving stories or attitudes (what people think and feel).
- B. How much the research findings are true of people other than those that were studied.
- C. Where the researcher is somehow affecting the information that is gathered. For example, how they interpret their findings.
- D. Where the researcher's views do not affect the information that is gathered.
- E. When the findings from the research are about real life situations or real-life behaviours



21. What is meant by the term qualitative?

- A. Data involving stories or attitudes (what people think and feel).
- B. How much the research findings are true of people other than those that were studied.
- C. Where the researcher is somehow affecting the information that is gathered. For example, how they interpret their findings.
- D. Where the researcher's views do not affect the information that is gathered.
- E. When the findings from the research are about real life situations or real-life behaviours



22. What is meant by the term subjective?

- A. Data involving stories or attitudes (what people think and feel).
- B. How much the research findings are true of people other than those that were studied.
- C. Where the researcher is somehow affecting the information that is gathered. For example, how they interpret their findings.
- D. Where the researcher's views do not affect the information that is gathered.
- E. When the findings from the research are about real life situations or real-life behaviours




Get the first 22 questions marked.

- How did you do?
 - Go back and change your answers to the ones you got wrong.
 - Get these marked.
-
- You need full marks to continue!




23. Which of the following best describes the parts of a neuron?

- A. Dendrites, Cell body,, Axon and Terminal branches
- B. Cell body, Dendrites, Axon, Neural Impulse and Terminal branches
- C. Dendrites, Cell body,, Neural Impulse and Terminal branches
- D. Cell body, Central nervous system Axon, Neural Impulse and Terminal branches




24. Which way does a message travel through a neuron?

- A. Dendrites, Terminal branches, through the axon to the cell body.
- B. Dendrites, Cell body, through the axon to the terminal branches.
- C. Through the axon to the cell body and on to the terminal branches.
- D. Through the axon, to the cell body and then to the terminal branches.




25. How are messages sent through a neuron?

- A. As an electrical impulse.
- B. As a chemical message.
- C. As a neurotransmitter.
- D. As a hormone.




26. Which is the best definition of a neurotransmitter?

- A. An electrical impulse that sends messages through a neuron.
- B. A chemical at the terminal end of a neuron that is released and goes across the synaptic gap.
- C. As an electrical message that travels across the synaptic gap.
- D. As a chemical that sends the message through a neuron.




27. What is meant by the term 'synaptic gap'?

- A. The different sections of a neuron such as cell body, axon and terminal branches.
- B. The gap between the terminal branches of one neuron and the dendrites of the next neuron.
- C. The gap between the cell body and the axon.
- D. The gaps between the myelin sheath that protects the axon.



28. Which best describes the term 'lock and key'?

- A. Receptor sites in the terminal branches of one neuron that will only accept a specific neurotransmitter from another neuron.
- B. Receptor sites in the cell body of one neuron that will only accept a specific neurotransmitter from another neuron.
- C. Receptor sites in the axon of one neuron that will only accept a specific neurotransmitter from another neuron.
- D. Receptor sites in the dendrites of one neuron that will only accept a specific neurotransmitter from another neuron.



29. Which theory did Hobson and McCarley come up with?

- A. Psychoanalysis
- B. Cycle theory
- C. Activation-Synthesis theory
- D. Social Learning Theory




30. How many stages of sleep are there?

- A. 10
- B. 14
- C. 7
- D. 5



31. What is meant by REM sleep?

- A. A stage of sleep when there is no Rapid eye Movement. It is a stage of sleep when we are not likely to dream.
- B. A stage of sleep when there is Real eye Movement. It is a stage of sleep when we are most likely to dream.
- C. A stage of sleep when there is Rapid eye Movement. It is a stage of sleep when we are least likely to dream.
- D. A stage of sleep when there is Rapid eye Movement. It is a stage of sleep when we are most likely to dream.



32. How do scientists measure electrical brain activity when we sleep?

- A. Using a questionnaire to ask people how much brain activity they have.
- B. Using an EEG machine which measures electrical brain activity.
- C. Using a lie detector.
- D. Observing someone when they are sleeping.



33. Which best describes what happens during REM sleep?

- A. There is lots of sensory information coming into the brain from outside (**sensory blockade**) and there is lots of physical movement (**movement inhibition**).
- B. There is no sensory information coming into the brain from outside (**sensory blockade**) and there is no physical movement (**movement inhibition**).
- C. There is no sensory information coming into the brain from outside (**sensory blockade**) and there is lots of physical movement (**movement inhibition**).
- D. We sleep walk.




34. What is meant by the term sensory blockade?

- A. The state, during REM sleep, when the body is paralysed and there is no movement.
- B. During REM sleep, when no information enters through the senses.
- C. During REM sleep, when neurons are activated randomly and not deliberately.
- D. When we are stopped from remembering a dream because we are in REM sleep.



35. What is meant by movement inhibition?

- A. The state, during REM sleep, when the body is paralysed and there is no movement.
- B. During REM sleep, when no information enters through the senses.
- C. During REM sleep, when neurons are activated randomly and not deliberately.
- D. When we are stopped from remembering a dream because we are in REM sleep.




36. What is meant by random activation?

- A. The state, during REM sleep, when the body is paralysed and there is no movement.
- B. During REM sleep, when no information enters through the senses.
- C. During REM sleep, when neurons are activated randomly and not deliberately.
- D. When we are stopped from remembering a dream because we are in REM sleep.




37. Which best describes Hobson and McCarley Activation-Synthesis model for dreaming?

- A. A model of dreaming where the brain is active but no sensory information is coming into it. The brain puts the information that has been activated together to make sense of it and this is the dream.
- B. A way of explaining why we dream whereby our dreams reflect what is in the unconscious part of our minds.
- C. A model that says we can learn behaviours by watching and then copying our role models.
- D. A theory that says all living things change over time.




38. What explanation does Hobson give for why we dream?

- A. Dreaming is all about unlocking what is in the unconscious part of our minds.
- B. Dreaming is biological and we have a dream state generator in our brains which is switched on during REM sleep.
- C. Dreaming is to make sleep more interesting for us.
- D. Dreaming is a way of making sense of who we are.




39. Which two brain structures provide evidence for shutting down physical movement during sleep?

- A. The visual cortex and the optic chiasma.
- B. The pons and the pre-frontal cortex.
- C. The reticular activating system and the optic nerve.
- D. The pons and the reticular activating system.



40. Which one of the following is a strength of the Activation-Synthesis theory of dreaming?

- A. It can be measured scientifically in sleep labs.
- B. The model says that dreams have no meaning and are just random thought made into a story, but many people report that they recognise many parts of their dreams from what has happened in their lives.
- C. Some evidence into dreams have found that lots of dreams we have make sense. The activation-synthesis model claims dreams make no sense.
- D. Children under 5 have a normal amount of REM sleep but don't have as many dreams. This suggest that dreaming is not just linked to REM sleep.



41. Which three of the following are weaknesses of the Activation-Synthesis theory of dreaming?

- A. It can be measured scientifically in sleep labs.
- B. The model says that dreams have no meaning and are just random thought made into a story, but many people report that they recognise many parts of their dreams from what has happened in their lives.
- C. Some evidence into dreams have found that lots of dreams we have make sense. The activation-synthesis model claims dreams make no sense.
- D. Children under 5 have a normal amount of REM sleep but don't have as many dreams. This suggest that dreaming is not just linked to REM sleep.




Get the questions between 23 and 41 marked.

- How did you do?
 - Go back and change your answers to the ones you got wrong.
 - Get these marked.
-
- You need full marks to continue!




42. Which best describes what a case study is?

- A. Data that involve numbers and statistics, such as percentages.
- B. A statement of what the study is being carried out to find.
- C. Data involving stories or attitudes.
- D. A research method studying an individual or small group which gathers in-depth and detailed information using different methods.




43. What is meant by quantitative data?

- A. Data that involve numbers and statistics, such as percentages.
- B. A statement of what the study is being carried out to find.
- C. Data involving stories or attitudes.
- D. A research method studying an individual or small group which gathers in-depth and detailed information using different methods.




44. What is meant by qualitative data?

- A. Data that involve numbers and statistics, such as percentages.
- B. A statement of what the study is being carried out to find.
- C. **Data involving stories or attitudes.**
- D. A research method studying an individual or small group which gathers in-depth and detailed information using different methods.



45. What is meant by the 'aim' in a piece of research?

- A. Data that involve numbers and statistics, such as percentages.
- B. A statement of what the study is being carried out to find.
- C. Data involving stories or attitudes.
- D. A research method studying an individual or small group which gathers in-depth and detailed information using different methods.




46. Which three of the following are weaknesses of the case study method?

- A. Generalisability – because so much information is collected about a single person or small group, it is difficult to apply what has been found to other people.
- B. Helpful - because so much information is collected about a single person or small group, it is much easier to help the person sort out their problems.
- C. Subjectivity – because the researcher spends so much time investigating a single person or small group they may want to interpret the findings in a helpful or positive way, which may not be accurate.
- D. Reliability – because every individual is unique, it is difficult to repeat the research in exactly the same way the next time it is done.




47. Which best describes the term generalisability?

- A. The researcher's interpretation is affecting the results in some way.
- B. Where there is no bias and the researcher's views are not affecting the findings.
- C. When the research can be repeated in the same way and the same results obtained.
- D. How far it is possible to apply the findings to a larger group of people.




48. Which best describes the term reliability?

- A. The researcher's interpretation is affecting the results in some way.
- B. Where there is no bias and the researcher's views are not affecting the findings.
- C. When the research can be repeated in the same way and the same results obtained.
- D. How far it is possible to apply the findings to a larger group of people.




49. Which best describes the term subjectivity?

- A. The researcher's interpretation is affecting the results in some way.
- B. Where there is no bias and the researcher's views are not affecting the findings.
- C. When the research can be repeated in the same way and the same results obtained.
- D. How far it is possible to apply the findings to a larger group of people.




50. Which best describes the term objectivity?

- A. The researcher's interpretation is affecting the results in some way.
- B. Where there is no bias and the researcher's views are not affecting the findings.
- C. When the research can be repeated in the same way and the same results obtained.
- D. How far it is possible to apply the findings to a larger group of people.




51. Which of the following best describes how to carry out a case study?

- A. Decide on the aim, find 50 people to take part, decide on how long, decide on the tests to carry out, deal with ethics and the carry out research.
- B. Decide on the aim, decide on your subject, decide on the tests to carry out, deal with ethics and the carry out research in one afternoon.
- C. Decide on the aim, decide on your subject, decide on how long, decide on the tests to carry out, deal with ethics and the carry out research.
- D. Decide on the aim, decide on your subject, decide on how long, decide on the tests to carry out, deal with subjectivity, deal with ethics and the carry out research.



52. What is meant by the term validity?

- A. How unethical a piece of research is.
- B. How difficult a piece of research is.
- C. How much like a real life situation the research is.
- D. How long a piece of research lasts for.




53. Which is the best strength of a case study?

- A. The researcher can collect lots of useful information about a person and use this to help them at a personal level.
- B. It collects lots of data.
- C. It collects lots of quantitative and qualitative data about a person.
- D. It provides lots of interesting findings about how we behave and think.




54. What is meant by the term confidentiality?

- A. Having the right qualifications and training to be able to do your job properly.
- B. Not sharing the information you have about a person (from your research) without their permission.
- C. Having the right to withdraw from the research at any time.
- D. Not revealing the names of the people who took part in your research so they cannot be traced.



55. What is meant by the term 'privacy'?

- A. Having the right qualifications and training to be able to do your job properly.
- B. Not sharing the information you have about a person (from your research) without their permission.
- C. Having the right to withdraw from the research at any time.
- D. Not revealing the names of the people who took part in your research so they cannot be traced.



56. What is meant by the term 'competence'?

- A. Having the right qualifications and training to be able to do your job properly.
- B. Not sharing the information you have about a person (from your research) without their permission.
- C. Having the right to withdraw from the research at any time.
- D. Not revealing the names of the people who took part in your research so they cannot be traced.



Get the questions between 41 and 56 marked.

- How did you do?
 - Go back and change your answers to the ones you got wrong.
 - Get these marked.
-
- You need full marks to continue!




57. Who was Little Hans?

- A. A patient of Hobson and McCarley who dreamt in REM sleep.
- B. A 5 year old boy that Sigmund Freud studied to help cure him of a phobia of spiders.
- C. A 5 year old boy that Sigmund Freud studied to help cure him of a phobia of horses.
- D. A patient of Hobson and McCarley who dreamt in REM sleep and had a phobia of horses.



58. Why is the Little Hans study a case study?

- A. Freud studied Little Hans as part of large group of boys suffering from a phobia of horses.
- B. Freud studied Little Hans on his own and gathered lots of information about him to help him treat his phobia.
- C. Freud gathered information about Little Hans by testing him in his laboratory.
- D. Freud gathered information about Little Hans over the course of one afternoon.




59. Which best describes how Freud got information about Little Hans?

- A. Hans' parents sent Freud letters describing Hans' dreams and behaviour. Freud only met Hans once or twice.
- B. Freud took Hans to his laboratory and carried out many experiments on him.
- C. Freud got another psychologist to gather all the information about Hans for him.
- D. Freud observed Little Hans through a one way mirror.



60. What kind of phobia did Little Hans have?

- A. Spiders
- B. Carrots
- C. Planes
- D. Horses
- E. Geese
- F. Rabbits



61. Which best describes the anxiety dream that Little Hans had when he was five?

- A. At 5 years Hans woke up crying because he had had a dream where his mother had left him.
- B. At 5 years Hans had a dream that his father had left him.
- C. At 5 years Hans' woke up crying because he had had a dream about a horse.
- D. A 5 years Hans woke up crying because he had had a dream about being lost in a supermarket.



62. Which best describes the term 'Oedipus Complex'?


- A. When a girl between the ages of 4 and 7 has very strong unconscious feelings for her father.
- B. When a boy has a happy relationship with both his mother and father.
- C. A boy between the ages of 4 and 7 will have strong unconscious feelings for his mother and will fear his father.
- D. When a girl has a happy relationship with both his mother and father.



63. Which stage of development did Freud think Little Hans was in?

- A. Oral stage – to do with the mouth
- B. Phallic stage – to do with anything that resembles a penis
- C. Anal stage – to do with the bottom
- D. Latent stage – the period between the phallic stage and puberty.

NOTE: Freud believed that these were natural stages of development that all children went through as part of their unconscious psychosexual development.



64. Which best describes Little Hans' 'giraffe' dream

- A. A big giraffe in the room and a crumpled one. The big giraffe shouted at Hans because Hans had taken the crumpled giraffe away from the big giraffe.
- B. Two little giraffe in the room and Hans took one of them away because he liked the look of it.
- C. A big giraffe in the room and a crumpled one. The big giraffe shouted at Hans and then took the crumpled giraffe away from Hans. Hans began to cry.
- D. A big giraffe sat on another giraffe and crumpled it.


65. Which best describes Freud's interpretation of the 'giraffe' dream?

- A. Little Hans is going through the electra complex and loves his mother and fears his father. He wants to protect his mother so he took her (the crumpled giraffe) away from the big giraffe (his father).
- B. Little Hans is going through the oedipus complex and loves his mother and fears his father. He wants to protect his mother so he took her (the crumpled giraffe) away from the big giraffe (his father).
- C. Little Hans is going through the social learning complex and loves his mother and fears his father. He wants to protect his mother so he took her (the crumpled giraffe) away from the big giraffe (his father).



66. Which three of the following are strengths of Dream analysis?

- A. It can access hard to reach information because of all the sessions and the information which is gathered.
- B. It is something the client accepts because they know it might help them solve their problem such as a phobia.
- C. It might lead to false memories. The client might make things up to sound more interesting.
- D. The information that is gained comes from the client and is not forced out of them.




67. Which two of the following are weaknesses of dream analysis?

- A. It can access hard to reach information because of all the sessions and the information which is gathered.
- B. Dream analysis is open to interpretation so one analyst might interpret a dream differently to another analyst.
- C. It might lead to false memories. The client might make things up to sound more interesting.
- D. The information that is gained comes from the client and is not forced out of them.



Get the questions between 57 and 67 marked.

- How did you do?
 - Go back and change your answers to the ones you got wrong.
 - Get these marked.
-
- You need full marks to continue!



68. Which best explains the type of psychologist that believes in the unconscious mind?

- A. Clinical psychologist
- B. Forensic psychologist
- C. **Psychoanalyst**
- D. Educational psychologist
- E. Social psychologist



69. Which best explains the role of a psychoanalyst?

- A. Work with people with mental health issues such as phobias and obsessive compulsive disorder by listening to their problems and analysing their thoughts and feelings.
- B. Work with people who have injured themselves and help to rehabilitate them using physiotherapy.
- C. Work with people who have committed crimes and attempts to stop committing crimes in the future.
- D. Work with children who have behavioural and learning problems.




70. How many times a week would a client undergo psychoanalysis and how much would each session cost?

- A. About 8 times a week.
- B. About 4 times a week.
- C. About 10 times a week.
- D. About twice a week.




71. How would a psychoanalyst use dream analysis?

- A. Always with every client that they see.
- B. Only sometimes as part of normal therapy (about 60% of the time).
- C. Rarely.
- D. Never.



72. Who is a psychoanalyst most likely to work for?

- A. Mostly for themselves and psychoanalysis is only one part of what treatments they offer.
- B. The NHS.
- C. The prison service.
- D. Schools and education authorities.




73. Which of the following best describes the skills required to become a psychoanalyst?

- A. A good listener, able to be judgemental, have no patience and be able to work with people with emotional problems.
- B. A good listener, able to be non-judgemental, have no patience and be able to work with people with emotional problems.
- C. A good listener, able to be non-judgemental, have patience and be able to work with people with emotional problems.
- D. A bad listener, able to be judgemental, have patience and be able to work with people with emotional problems.



74. What qualifications do you need to become a psychoanalyst?

- A. Training that is approved by the international psychoanalytical association, accreditation by the British psychoanalytical association.
- B. A degree in psychoanalysis.
- C. A degree in psychology, training that is approved by the international psychoanalytical association, accreditation by the British psychoanalytical association.
- D. Training that is approved by the international psychoanalytical association, accreditation by the British psychoanalytical association and an interview to see if you have the right experience and abilities.



75. How long does the training last to qualify as a psychoanalyst?

- A. Four years and is part-time and you must undergo psychoanalysis yourself.
- B. Three years and is full-time and you must undergo psychoanalysis yourself.
- C. 10 years and is full-time and you must undergo psychoanalysis yourself.
- D. Five years and is part-time and you must undergo psychoanalysis yourself.



76. What does Continuing Professional Development (CPD) mean?

- A. Keeping up to date with new thinking and developments in your specialist area to help you be a better professional and offer a better service.
- B. Attending a few meetings every now and again.
- C. Being tested on what you know each year.
- D. Being psychoanalysed by another professional psychoanalyst each year.




Get the questions between 68 and 76 marked.

- How did you do?
 - Go back and change your answers to the ones you got wrong.
 - Get these marked.
-
- You need full marks to continue!




77. Which best describes what a sleep disorder clinic does?

- A. Is a place where psychologists can study how people sleep.
- B. Helps to treat people with very serious sleep disorders such as insomnia (not being able to sleep) and parasomnia (having nightmares etc...).
- C. A place where you can go to get some sleep when you are very tired.



78. Which three are problems of having a sleep disorder?

- A. Too little REM sleep can lead to death (as shown in research on rats).
- B. Can affect our perception. Too little sleep leads to hallucinations and co-ordination problems.
- C. It can turn you into a criminal.
- D. Being sleepy all the time means it can affect someone's job and relationships.



79. Which four of the following are sleep disorders?

- A. Insomnia
- B. Anxiety
- C. Hunger
- D. Hypersomnia
- E. Obsessive Compulsive Disorder
- F. Multiple Personality Disorder
- G. Circadian rhythm disorders
- H. Parasomnia.



80. Which type of sleep disorder is described below?

- Cannot go to sleep or stay asleep.

- A. Hypersomnia
- B. Parasomnia.
- C. Circadian rhythm disorders
- D. **Insomnia**



81. Which type of sleep disorder is described below?

- Disorders which occur when someone is asleep such as nightmares and sleepwalking.
- A. Hypersomnia
 - B. Parasomnia.
 - C. Circadian rhythm disorders
 - D. Insomnia



82. Which type of sleep disorder is described below?


- Problems with the body's 24 hour rhythm and affects our sleep – wake cycle.
- A. Hypersomnia
 - B. Parasomnia.
 - C. Circadian rhythm disorders
 - D. Insomnia



83. Which type of sleep disorder is described below?


- Feeling very sleepy all the time.

- A. **Hypersomnia**
- B. Parasomnia.
- C. Circadian rhythm disorders
- D. Insomnia




84. What does the term 'holistic' mean when treating sleep disorders?

- A. Only treating the sleep disorder with medication.
- B. Taking the person's lifestyle and age into account when treating the patient and not just treating the sleep disorder.
- C. Only treating the sleep disorder that the person has.
- D. Treating the sleep disorder in many different ways.




85. Which four of the following are methods used to treat sleep disorders?

- A. Exercise
- B. Medication
- C. Social support
- D. Imprisonment
- E. Cognitive behaviour therapy (CBT)
- F. Acupuncture
- G. Hypnotherapy




86. Which type treatment is being described below?

- Prescribing drugs such as those to help regulate sleeping patterns.
-
- A. Medication
 - B. Cognitive behaviour therapy (CBT)
 - C. Acupuncture
 - D. Hypnotherapy



87. Which type treatment is being described below?

- Relaxing with the therapist and then the therapist can listen to any problems the client may be having which might affect their sleeping. They can then offer suggestions which might help.
-
- A. Medication
 - B. Cognitive behaviour therapy (CBT)
 - C. Acupuncture
 - D. Hypnotherapy



88. Which type treatment is being described below?

- Working with a client to try and change negative thoughts which might be causing anxiety and sleeping problems to positive thoughts.
-
- A. Medication
 - B. Cognitive behaviour therapy (CBT)
 - C. Acupuncture
 - D. Hypnotherapy



Get the questions between 77 and 88 marked.

- How did you do?
 - Go back and change your answers to the ones you got wrong.
 - Get these marked.
-
- How many did you get right first time overall?
 - Which areas do you need to work on?