

## Human Development MCQs

1. By age 18 months, a child can do all **EXCEPT**:
  - a) Walk up stairs with one hand held
  - b) Build tower of 3-4 cubes
  - c) Ride tricycle
  - d) Feed self in part
  - e) Hurls ball

Answer: c- rides tricycle. The ability to ride a tricycle develops by around age 3.

2. By what age are infants able to imitate facial movements of adult caregivers?
  - a) 3 weeks
  - b) 6 weeks
  - c) 3 months
  - d) 6 months
  - e) 8 months

Answer: a- 3 weeks. By 3 weeks, infants can open mouths and thrust tongue in response to adults that do the same. (Kaplan and Saddock: Synopsis of Psychiatry, 10<sup>th</sup> ed. P 24). Question 1 and 2 highlight importance of having a good understanding of developmental milestones.

3. Harry Harlow's experiments on monkeys in social isolation revealed:
  - a) Infant monkeys preferred wire mesh surrogate mothers with food
  - b) Infant monkeys preferred terry cloth surrogates without food
  - c) Infant monkeys preferred wire mesh monkeys without food
  - d) Infant monkeys showed no preference between wire mesh and terry cloth surrogates
  - e) None of the above

Answer: b- Infant monkeys preferred terry cloth surrogates without food. New born rhesus monkeys were exposed to two types of surrogate mothers; a wire mesh surrogate with a feeding bottle and a terry cloth with no feeding bottle. The experiments revealed that when hungry the infant would go to the feeding bottle then quickly return to the terry cloth surrogate. The results of Harlow's experiments were widely interpreted as indicating that infant attachment is not just the result of feeding. (Kaplan and Saddock: Synopsis of Psychiatry 10<sup>th</sup> ed p 27)

4. The term 'transitional object' was coined by who?
  - a) Mary Ainsworth
  - b) John Bowlby
  - c) Donald Winnicott
  - d) Melanie Klein
  - e) Anna Freud

Answer: c- Donald Winnicott. Ainsworth confirmed that attachment serves to reduce anxiety. She coined the idea of a secure base effect which enables a child to move away from an attachment figure and explore the environment. Winnicott coined the

phrase, suggesting that inanimate or ‘transitional’ objects also serve as a secure base, one that accompanies children as they explore the world (Kaplan and Saddock: Synopsis of Psychiatry 10<sup>th</sup> ed p. 28). Question highlights the importance of an understanding of historical developmental models and theories (ILO: 2.1 of curriculum)

5. Stranger anxiety is **fully developed** by what age?
- a) 2 months
  - b) 6 months
  - c) 8 months
  - d) 12 months
  - e) 18 months

Answer: c- 8 months. Stranger anxiety is first noted at 26 weeks but not developed until 32 weeks (Kaplan and Saddock: 10<sup>th</sup> ed p 28)

6. At what age does fear of the dark develop?
- a) 3 years
  - b) 4-5 years
  - c) 9-10
  - d) 12+
  - e) no age preference

Answer: b- 4/5 years. Fear of animals peaks at age 3, fear of imaginary creatures at 5, fear of illness and death in teenage years. Fear of snakes shows no particular age trend. Question highlights the importance of knowledge of developmental fears (ILO: 2.10 of curriculum)

### **Developmental fears:**

Fear of animals-age 3<sup>[L][SEP]</sup>

Fear of the dark-age 4 or 5<sup>[L][SEP]</sup>

Fear of imaginary creatures - 5 plus<sup>[L][SEP]</sup>

Fear of open spaces arise in later childhood or adult life<sup>[L][SEP]</sup>

Fears that arise in late childhood or adult life-fear of sex/open spaces.

Teenage onwards-failure, illness and death<sup>[L][SEP]</sup>

Fears that show no particular age trend-fear of snakes or storms

(SPMM Basic psychology notes 2010)

7. Which of the following is NOT one of Erikson’s stages of psychosocial development?
- a) Trust v mistrust

- b) Industry v isolation
- c) Identity v role confusion
- d) Generativity v stagnation
- e) Initiative v guilt

Answer: b: Industry v isolation. Erikson was a psychoanalyst who formulated the concept of *epigenesis*, which holds that development occurs in sequential, clearly defined stages and that stage must be satisfactorily resolved for development to proceed smoothly (Kaplan and Saddock: Synopsis of Psychiatry 10<sup>th</sup> ed. P. 207)

Stage	Psychosocial Crisis	Basic Virtue	Age
1	Trust vs. mistrust	Hope	Infancy ( 0 to 1 ½)
2	Autonomy vs. shame	Will	Early Childhood ( 1 ½ to 3)
3	Initiative vs. guilt	Purpose	Play Age ( 3 to 5)
4	Industry vs. inferiority	Competency	School Age ( 5 to 12)
5	Ego identity vs. Role Confusion	Fidelity	Adolescence (12 to 18)
6	Intimacy vs. isolation	Love	Young Adult ( 18 to 40)
7	Generativity vs. stagnation	Care	Adult hood( 40 to 65)
8	Ego integrity vs. despair	Wisdom	Maturity ( 65+)

ref: <http://www.simplypsychology.org/Erik-Erikson.html>

8. In Kohlberg's theory of moral development, authority orientation is an example of which development level?
- a) Pre- conventional
  - b) Post- conventional
  - c) Conventional
  - d) Semi-conventional
  - e) None of the above

Answer: c- conventional morality. Kohlberg studied reasons for making judgements in hypothetical experiments in children. He suggested that moral reasoning goes through 6 identifiable stages. Question highlights importance of having an understanding of Kohlberg's stage theory (ILO: 2.9 of curriculum)

Level	Explanation	Stage
<b>3: Post-conventional</b>	Individual develops more autonomous decision making based on principles of right and justice.	3.2: Universal ethical principles
		3.1: Social contract and individual rights
<b>2: Conventional</b>	Individual does what is expected of them by others.	2.2: Social accord and system maintenance
		2.1: Interpersonal accord and conformity
<b>1: Pre-conventional</b>	Individual shows concern for self-interest and external rewards and punishments.	1.2: Instrumental purpose and exchange
		1.1: Obedience and punishment

9. According to Maslow's theory of motivation, what stage comes after 'self esteem'?
- Physiological
  - Belonging
  - Self actualisation
  - Self deprecation
  - None of the above

Answer: c- self actualisation. Maslow (1908-1970) described a hierarchical organization of needs present in everyone. As the more primitive needs such as hunger and thirst are satisfied, more advanced psychological needs such as affection and self esteem become primary motivators. Self actualisation is the highest need. (Kaplan&Saddock: Synopsis of Psychiatry 10<sup>th</sup> ed p. 220)



10. According to Freud, which of the following terms is used to refer to the unconscious need that a boy has for the exclusive love of his mother?
- Animus
  - Displacement
  - Electra Complex
  - Projection
  - Oedipus complex

Answer: e- Oedipus complex. (Mrcpsych mentor). An understanding of Freud's main concepts is an important part of the curriculum (ILO: 2.1). He developed the Object relationship theory, suggesting that the choice of a love object in adult life, the love relationship itself and the nature of all other object relationships depend primarily on the nature and quality of children's relationships during the early years of life. Freud repeatedly referred to the significance of a child's relationships with parents and other significant persons. (Kaplan and Saddock: Synopsis of psychiatry 10th ed p. 197)

**TABLE 1 Freudian Psychosexual Stages of Development**

Stage	Age	Erogenous Zone/Activities
Oral	0 to 18 months	Mouth/sucking, biting, chewing
Anal	18 to 36 months	Anus/bowel and bladder control
Phallic	3 to 6 years	Genitals/masturbation
Latency	6 years to puberty	—/repression of sexual feelings
Genital	puberty+	Maturation of sexual orientation

11. According to Piaget, concrete operational stage occurs at what age?
- 2-7 years
  - 9-14 years old
  - birth-3 years
  - 7-11 years
  - 12 years

Answer: d- 7-11 years. (Mrcpsych mentor)

Table 2.1		
Piaget's Four Stages of Cognitive Development		
Stage	Description	Age Range
Sensorimotor	An infant progresses from reflexive, instinctual action at birth to the beginning of symbolic thought. The infant constructs an understanding of the world by coordinating sensory experiences with physical actions.	Birth to 2 years
Preoperational	The child begins to represent the world with words and images; these words and images reflect increased symbolic thinking and go beyond the connection of sensory information and physical action.	2 to 7 years
Concrete operational	The child can now reason logically about concrete events and classify objects into different sets.	7 to 11 years
Formal operational	The adolescent reasons in more abstract and logical ways. Thought is more idealistic.	11 to 15 years

ref: [psychologyon.wikispaces.com](http://psychologyon.wikispaces.com)

12. A child who is calmed equally well by parent and stranger is an example of what?
- Disorganized
  - Secure
  - Resistant
  - Avoidant
  - None of the above

Answer: a- disorganized. (Mrpsych mentor).

Situation 1	Both mother and infant enter the room
Situation 2	A stranger joins them
Situation 3	Mother leaves now; infant left with stranger
Situation 4	Mother returns; stranger leaves
Situation 5	Infant left alone; mother leaves now
Situation 6	Stranger comes back and tries to comfort the child
Situation 7	Mother comes back and comforts, stranger

\_\_\_\_\_ leaves.

13. Regarding memory, the following statements are all true, EXCEPT:

- a) Long term memory has unlimited capacity
- b) Short term memory capacity is  $9 \pm 2$
- c) Loss of short term memory through displacement
- d) Short term memory lasts 15-30 seconds unaided
- e) Memory involves a process of encoding, storage and retrieval

Answer: b- short term memory has a capacity of  $9 \pm 2$ . Short term memory has an average capacity of  $7 \pm 2$

14. Phases of retirement included all EXCEPT:

- a) Stability
- b) Honeymoon
- c) Re-enchantment
- d) Termination
- e) Disenchantment

Answer: c- re-enchantment. Phases of retirement: honeymoon- immediate post retirement; disenchantment- slowing down occurs; stability- mastery attained in chosen leisure; reorientation- exploration of new avenues; termination- death. Question aims to highlight importance of having an understanding of social changes accompanying old age (ILO: 2.16 of curriculum)

15. Which of the following statements about the strange situation experiment is true?

- a) 25% of children show secure attachment
- b) 50% of children show anxious avoidant attachment
- c) Victims of bullying often show anxious avoidant attachment
- d) High levels of distress when mother leaves is demonstrative of anxious resistant attachment
- e) In secure attachment the stranger can comfort the child easily

Answer: d- High levels of distress when mother leaves is demonstrative of anxious resistant attachment. Approximately 70% of children show secure attachment, 15% show anxious resistant and 15% show anxious avoidant. Victims of bullying often show anxious resistant attachment. In secure attachment the child is quickly comforted by mother, not the stranger. This question highlights the importance of having a good understanding of theories of attachment and temperament (ILO 2.3 and 2.5 on curriculum)

Type A: **Anxious avoidant**: 15%. Indifferent attitude to mother leaving the room or entering the room; keeps playing indifferent to mother's presence. Distress when alone, not when mother is leaving. Stranger can comfort the child easily. Highly environment directed, low attachment behaviour. Greater

in the West. Perpetrators of bullying mostly have this pattern.

Type B: **Secure**: 70%. Plays independently when mother is in vicinity (secure base effect). Distress when mother is leaving; seeks contact on return of the mother and gets quickly comforted by the mother not stranger.

Type C: **Anxious resistant**: 15%. Fussy and cries a lot and cannot use mother as a secure base to explore around. Very high levels of distress when mother is leaving. But not comforted easily even on her return; appears ambivalent on her return. Active resistance to stranger's efforts to pacify. Highly care giver directed, low play behaviour. Greater in Japan and Israel. Victims of bullying mostly have this pattern.

(SPMM Basic Psychology notes 2010)

16. The following statements about language development are all true, EXCEPT:
- a) Babbling begins to occur at 3 months
  - b) At 12 months an infant can speak up to 3 words
  - c) By 18 months a child speaks up to 40 words
  - d) At 24 months children have correct use of grammar
  - e) At 60 months children have language akin to adult speech

Answer: d- At 24 months children have correct use of grammar. Children don't have correct use of grammar until around 48 months. Knowledge of basic outline of language development is necessary (ILO 2.7 on curriculum)

### **A quick guide for age specific development:**

3 months-babbling<sup>[1]</sup><sub>SEP</sub>

9 months-repetitive babbling<sup>[1]</sup><sub>SEP</sub>

12 months-speaks three words

18 months-speaks up to 40 words.

<sup>[1]</sup><sub>SEP</sub>24 months-telegraphic speech, grammatically pairs words and vocabulary more than 240 words<sup>[1]</sup><sub>SEP</sub>

36 months-early comprehension of grammar and syntax

48 months-correct use of grammar<sup>[1]</sup><sub>SEP</sub>

60 months-language akin to adult speech

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17. The New York Longitudinal Study by Thomas and Chess identified all of the following behavior styles, EXCEPT:

- a) Responsive
- b) Difficult
- c) Ungrouped
- d) Slow to warm up

Answer: a- responsive. The New York Longitudinal Study was a thirty years (initially 6 years) longitudinal study of 138 children, observing childhood temperaments. Three behavioural styles were identified ( need to know for ILO:2.5 of curriculum)

easy – rhythmic pattern of needs, adapts well, and active – 40%

difficult – less predictable, uncomfortable with new experiences, negative mood, <sup>SEP</sup>react intensely to stimuli, difficult to comfort – 10%

slow to warm up children – adapts poorly to change, but less active and responds <sup>SEP</sup>at low intensity – 15%

rest ungrouped – 35%

(SPMM Basic Psychology notes 2010)

18. What type of research methodology would you use to measure disease burden in a population at any given time?

- a) Cohort study
- b) Case control study
- c) Cross sectional study
- d) Longitudinal prospective study
- e) Ecological study

Answer: c- cross sectional study. This question highlights the need to have an understanding of methodology for studying development (ILO 2.2 of curriculum)

19. Regarding Piaget's theory of child development, a child has to modify the way it sucks when trying to feed from a bottle for the 1<sup>st</sup> time. This is an example of what?

- a) Autistic phase
- b) Pairing
- c) Assimilation
- d) Conditioning
- e) Accommodation

Answer: e- Accommodation. There are three 3 Piagetian concepts: schema-

process of obtaining knowledge; assimilation- taking new info into existing schema; accommodation- altering a scheme in view of additional info. (MRCPsych mentor). This question highlights the importance of having a good understanding of Piaget's models (ILO 2.6 of curriculum)

20. The process of elimination during development of neurons, synapses, axons and other brain structures is known as what?
- a) Shearing
  - b) Hoeing
  - c) Snipping
  - d) Pruning
  - e) None of the above

Answer: d- Pruning. The developing brain contains structures and cellular elements that are absent in the older brain. The fetal brain generates more neurons than it will need for adult life. Pruning occurs to rid the nervous system of cells that have served their function in development of the brain. Question highlights the importance of having an understanding of neuroimaging and its role in understanding development (ILO: 2.18 of curriculum) (Kaplan & Saddock: Synopsis of psychiatry 10<sup>th</sup> ed p 19).