



COMMON PRE-BOARD EXAMINATION 2022-23

Subject: PSYCHOLOGY (037)

Date:



General Instructions:

- All questions are compulsory except where internal choice has been given.
- Question **Nos. 1 -18** in Section A carry 1 mark each.
- Question **Nos. 19-23** in Section B are Very Short Answer Type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question **Nos. 24-27** in Section C are Short Answer Questions Type-II carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question **Nos. 28 - 31** in Section D are Long Answer Type I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
- Question **No. 32** in Section E is a Long Answer Type II question carrying 6 marks. Answer to this question should not exceed 200 words.
- Question **Nos. 33 – 36** in Section F are based on two cases given. Each case has two questions carrying two marks each. Answer to each question should not exceed 30 words.

SECTION A		
1	Sternberg's experiential intelligence includes <ol style="list-style-type: none">The ability to learn from past eventsThe ability to manipulate people's opinionsCreative problem solvingBasic academic skills	1
2	A teacher might assume that a well-behaved student is also bright and motivated before they have objectively evaluated the student's capacity in these areas. Identify the phenomenon. <ol style="list-style-type: none">Middle Category BiasSocial DesirabilityHalo effectExtreme Response Bias	1
3	Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option. Assertion (A): Neurotic people have control over their feelings. Reason (R): Neurotic people are anxious, moody, touchy, restless and are quick to lose control.	1

	Options: a. Both A and R are true, and R is the correct explanation of A b. Both A and R are true, but R is not the correct explanation of A c. A is true, R is false d. A is false, R is true	
4	Cultures are characterized as collectivistic when _____. a. each member of the group maintains his/her individuality b. there is a clear dichotomy between self and others c. self and group remain at a distance d. self and group have a harmonious co-existence	1
5	The following is/are true about stress and the immune system: i. Stress can cause illness by impairing the workings of the immune system. ii. The immune system functions to guard the body against attackers, both from within and outside. iii. Increased levels of natural killer cell cytotoxicity have been found in people who are highly stressed. iv. Studies reveal that immune functioning is better in individuals who do not receive social support. Choose the correct option: a. i b. ii, iii c. i, iii, iv d. i, ii	1
6	Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option. Assertion (A): Overcoming unhelpful habits like procrastination is a life skill that enables individuals to deal effectively with challenges of everyday life. Reason (R): Factors that act as stress buffers and facilitate positive health are diet, exercise, positive attitude & positive thinking. Options: a. Both A and R are true, and R is the correct explanation of A b. Both A and R are true, but R is not the correct explanation of A c. A is true, R is false d. A is false, R is true	1
7	Assertion (A): Many of us drive ourselves ruthlessly towards achieving unrealistic and high standards in achieving our goals. This is a source of psychological stress. Reason (R): Conflicts stem from beliefs based on expectations from inside us to ourselves. Options: a. Both A and R are true, and R is the correct explanation of A. b. Both A and R are true, but R is not the correct explanation of A. c. A is true, R is false d. d. A is false, R is true	1
8	Which disorders also comes under the category of obsessive-compulsive and related disorders?	1

	<p>a. Excoriation disorder</p> <p>b. Acute stress disorder</p> <p>c. Adjustment disorder</p> <p>d. Cyclothymic disorder</p>	
9	<p>Which of the following is/are true about psychological disorders in the Middle Ages?</p> <p>i. Demonology and superstition were used as explanations of psychological disorders.</p> <p>ii. Mental anguish and conflict were considered as reasons for psychological disorders.</p> <p>iii. Disturbed interpersonal relationships were emphasized to explain mental disorders.</p> <p>iv. There was emphasis on deinstitutionalization for people with psychological disorders.</p> <p>a. Only i is true.</p> <p>b. i and ii are true.</p> <p>c. Only iii is true.</p> <p>d. ii and iv are true.</p>	1
10	<p>Which of the following is true of depression?</p> <p>a. It affects men more frequently than women.</p> <p>b. It is a component of dissociative identity disorder.</p> <p>c. It is caused by low activity of serotonin.</p> <p>d. It is more prevalent among the wealthy than the poor.</p>	1
11	<p>When a behaviourist praises the client for using kind words during their conversation and ignores when the client is rude; she/he is employing positive reinforcement.</p> <p>True/ False</p>	1
12	<p>Nishant feels very strongly that everyone should love him, and he should be selected to represent the school for all competitions. When this does not happen, he feels miserable and is unable to concentrate. Which form of therapy would be the most suitable for him to overcome this problem?</p> <p>a. Cognitive therapy</p> <p>b. Psychodynamic therapy</p> <p>c. Behaviour therapy</p> <p>d. Biomedical therapy</p>	1
13	<p>Putting oneself in the other person's shoes is called sympathy.</p> <p>True/False</p>	1
14	<p>You meet Ms. Reena and after meeting her, you made an inference about her personal qualities. This is called _____</p> <p>a. Attitude</p> <p>b. Attribution</p> <p>c. Judgement</p> <p>d. Impression Formation</p>	1
15	<p>A _____ is a cluster of ideas regarding the characteristics of a specific group.</p>	1

	a. Prejudice b. Discrimination c. Scapegoating d. Stereotype	
16	Rahul sees his parents achieve financial success through hard work. He considers his mother to be his role model. As a result, Rahul develops a strong attitude towards success and hard work. This is an example of: a. Learning attitude through exposure to information b. Learning attitude through observation c. Learning attitude through group or cultural norms d. Learning attitude through rewards and punishment	1
17	Which one of the following best describes a crowd? a. Collection of people b. Collection of people by chance c. Feeling of interdependence amongst members d. Positive synergy amongst the members	1
18	Extreme cohesiveness in groups results in _____. a. Group polarisation b. Group conformity c. Groupthink d. Group Bias	1
SECTION B		
19	How did Freud explain the concept of fixation and regression? <ul style="list-style-type: none"> Excessive investment of psychic energy in a particular stage of psychosexual development is called Fixation. Regression occurs when a person's resolution of problems at any stage of development is less than adequate. People display behaviours typing of a less mature stage of development. 	2
20	a. Explain the g-factor and s-factor as given by Charles Spearman. The "g" factor reflects the capability of a person in doing the general mental ability tasks, and the "s" factor is responsible for recognizing the specific abilities of a person. Or b. Explain the two-Level concept as given by Arthur Jensen in his Hierarchical Theory. Level I is the associative learning in which output is more or less similar to the input (e.g., rote learning and memory). Level II, called cognitive competence, involves higher-order skills as they transform the input to produce an effective output	2
21	Explain cognitive distortion with the help of an example.	2

	Cognitive distortion means way of thinking which are general in nature but which distorts the reality in a negative manner e.g. persistent negative and irrational thoughts such as: “Nobody loves me” “I am ugly” “ I am stupid” etc.	
22	<p>What do you mean by Scapegoating?</p> <p>Scapegoating is a phenomenon by which the majority group places the blame on minority group for its own social, economic or political problems. The minority is too weak or too small in number to defend itself against such accusation.</p>	2
23	<p>Explain any two differences between primary and secondary groups.</p> <ul style="list-style-type: none"> • Primary groups are pre-existing formations which are given to the individuals whereas the Secondary groups are those an individual joins by his/her own choice. • Primary- more face to face, direct interaction, close proximity and bond. Secondary- relationships are impersonal, indirect and less frequent. • Primary – group plays an important role in the development of values and beliefs of individual. Secondary- groups do not contribute much to the individual. • Primary group– Individuals do not have the option to choose the group or members. Secondary– It is relatively easier to choose to join and exit the group. • Eg: Primary– Family, religion, caste groups etc • Secondary– Political party, club 	2

SECTION C

24	<p>What is a trait? Describe Cattell’s trait theory.</p> <p>Traits are relatively stable, persistent, and characteristic patterns of behaviour which makes the individual different from others.</p> <p><u>Cattell theory:</u> Trait based personality factors- He developed a test called sixteen personality factor questionnaires.</p> <ol style="list-style-type: none"> 1. Source traits: Stable and are considered as building block of personality. 2. Surface traits: They result out of the interaction of source traits. 	3
25	<p>Raj would often be seen talking to himself. On questioning, he would state that there were people around him whom he could see and hear when there was no one else around. Identify and describe this symptom of schizophrenia.</p> <p>Raj is showing symptoms is hallucinations. People with schizophrenia may hallucinate, i.e., perceptions that occur in the absence of external stimuli.</p> <p>Auditory hallucinations are the most common in schizophrenia. Patients hear sounds or voices that speak words, phrases, and sentences directly to the patient</p>	3

	<p>(second-person hallucination) or talk to one another referring to the patient as s/he (third-person hallucination).</p> <p>Hallucinations can also involve the other senses.</p> <p>These include tactile hallucinations (i.e. forms of tingling, burning), somatic hallucinations (i.e. something happening inside the body such as a snake crawling inside one's stomach), visual hallucinations (i.e. vague perceptions of colour or distinct visions of people or objects), gustatory hallucinations (i.e. food or drink taste strange), and olfactory hallucinations (i.e. smell of poison or smoke).</p>	
26	<p>A. Discuss the cognitive dissonance component in attitude change with an example.</p> <ul style="list-style-type: none"> • This concept has been given by Leon Festinger • It emphasizes that the cognitive components of an attitude must be 'consonant' (opposite of 'dissonant'), i.e., they should be logically in line with each other. • If an individual finds that two cognitions in an attitude are dissonant, then one of them will be changed in the direction of consonance. • For example, • Cognition I: Pan masala causes mouth cancer which is fatal. • Cognition II: I eat pan masala. Holding these two ideas or cognitions will make any individual feel that something is 'out of tune', or dissonant, in the attitude towards pan masala. • Therefore, one of these ideas will have to be changed, so that consonance can be attained. In the example given above, in order to remove or reduce the dissonance, I will stop eating pan masala (change Cognition II). This would be the healthy, logical, and sensible way of reducing dissonance. <p style="text-align: center;">Or</p> <p>B. You believe Mental health is stigmatized and needs attention specially among students. To create this kind of an attitude amongst school students examine any 3 factors that you will have to consider that influence attitude formation of the students.</p> <ol style="list-style-type: none"> Family and School Environment: parents and other family-members play a significant role in attitude formation. Learning of attitudes within the family and school usually takes place by association, through rewards and punishment and through modelling. Reference Groups: Attitudes towards political, religious and social groups, occupations, national and other issues are often developed through reference groups. Reference groups indicate to an individual the norms regarding acceptable behaviour and ways of thinking. Various institutions, religion, culture, and communities are form of reference groups. Personal Experiences: Many attitudes are formed, not in the family environment or through reference groups, but through direct personal 	3

	<p>experiences which bring about a drastic change in our attitude towards people and our own life</p> <p>(iv) Media Related Influences: Technological advances have made audio-visual media and internet as very powerful sources for attitude formation. School textbooks also influence attitude formation. The media can be used to create consumerist attitude. The media can exert both good and bad influences on attitudes.</p>	
27	<p>Identify any three elements of group structure.</p> <p>Roles- responsibilities defined for individual members to fulfil under specific conditions.</p> <p>Norms- expected standards of behaviour and beliefs established/agreed upon or enforced to the members of the group.</p> <p>Status- is the relative social status given to the group members by virtue of their role, seniority or skill set relevant to the group goal.</p> <p>Cohesiveness- Togetherness, binding, mutual attraction among group members. More people think, feel and act alike in a group, more cohesive it is.</p>	3
SECTION D		
28	<p>A. Intelligence is the interdependent functioning of three neurological systems. Explain this theory.</p> <ul style="list-style-type: none"> • J.P. Das, Jack Naglieri, and Kirby, intellectual activity involves the interdependent functioning of three neurological systems, called the functional units of the brain. These units are responsible for arousal/attention, coding or processing, and planning respectively. • Arousal/Attention – State of arousal is basic to any behavior as it helps us in attending to stimuli. • Simultaneous/Successive Processing – Simultaneous processing takes place when you perceive the relations among various concepts and integrate them into a meaningful pattern for comprehension. • Successive processing takes place when you remember all the information in a serial order. • Planning – Planning comes after the information is attended to and processed- allows us to think of the possible courses of action, implement them to reach a target, and evaluate their effectiveness. <p style="text-align: center;">Or</p> <p>B. Explain the 3 types of Intelligences given by Robert Sternberg in the Triarchic Theory.</p> <p>According to Robert Sternberg there are three types of intelligences:</p> <p>(i) Componential intelligence (Analytical): This dimension specifies the cognitive processes that underlie an intelligent behaviour. This dimension has 3 subcomponents-</p> <p>(a) Knowledge acquisition component</p>	4

	<p>(b) Meta component (c) Performance component</p> <p>(ii) Experiential intelligence (Creative): This dimension specifies how experiences effect intelligence and how intelligence effects a person's experiences. (a) Experiential intelligence refers to an individual's ability to make use of one's past experiences to deal with novel situations creatively and effectively. (b) This intelligence is mostly high among scientists and creative people.</p> <p>(iii) Contextual intelligence (Practical): This dimension specifies the ability to deal with environmental demands on daily basis. (a) It is individual's ability to make use of his/her potential to deal with day-to-day life. (b) It may be called street smartness or 'business sense'. (c) People high in this ability are successful in life.</p>	
29	<p>How are gifted individuals different from Talented? Describe characteristics of gifted individuals.</p> <p>Giftedness is exceptional general ability shown in superior performance in a wide variety of areas. Talent is a narrower term and refers to remarkable ability in a specific field (e.g., spiritual, social, aesthetic, etc.).</p> <p>Some important characteristics of gifted children are:</p> <ul style="list-style-type: none"> • Advanced logical thinking, questioning and problem-solving behaviour. • High speed in processing information. • Superior generalisation and discrimination ability. • Advanced level of original and creative thinking. • High level of intrinsic motivation and self-esteem. • Independent and non-conformist thinking. • Preference for solitary academic activities for long period 	4
30	<p>A. What do you mean by social support? Explain the different types with relevant examples for each.</p> <p>Social support is defined as the existence and availability of people on whom we can rely upon, people who let us know that they care about, value, and love us.</p> <p>Social support may be in the form of tangible support or assistance involving material aid, such as money, goods, services, etc. For example, a child gives notes to her/his friend, since s/he was absent from school due to sickness.</p> <p>Family and friends also provide informational support about stressful events. For example, a student facing a stressful event such as a difficult board examination, if provided information by a friend who has faced a similar one, would not only be able to identify the exact procedures involved, but also it would facilitate in</p>	4

	<p>determining what resources and coping strategies could be useful to successfully pass the examination.</p> <p>During times of stress, one may experience sadness, anxiety, and loss of self-esteem. Supportive friends and family provide emotional support by reassuring the individual that she/he is loved, valued, and cared for.</p> <p>Or</p> <p>B. Explain the GAS model. State its criticisms.</p> <p>Selye studied this issue by subjecting animals to a variety of stressors such as high temperature, X-rays, and insulin injections, in the laboratory over a long period of time. He also observed patients with various injuries and illnesses in hospitals. Selye noticed a similar pattern of bodily response in all of them. He called this pattern the General Adaptation Syndrome (GAS). According to him, GAS involves three stages: alarm reaction, resistance, and exhaustion.</p> <ol style="list-style-type: none"> 1. Alarm reaction stage: The presence of a noxious stimulus or stressor leads to activation of the adrenal pituitary-cortex system. This triggers the release of hormones producing the stress response. Now the individual is ready for fight or flight. 2. Resistance stage: If stress is prolonged, the resistance stage begins. The parasympathetic nervous system calls for more cautious use of the body's resources. The organism makes efforts to cope with the threat, as through confrontation. 3. Exhaustion stage: Continued exposure to the same stressor or additional stressors drains the body of its resources and leads to the third stage of exhaustion. The physiological systems involved in alarm reaction and resistance become ineffective and susceptibility to stress-related diseases such as high blood pressure becomes more likely. <p>Selye's model has been criticised for assigning a very limited role to psychological factors in stress. Researchers have reported that the psychological appraisal of events is important for the determination of stress. How people respond to stress is substantially influenced by their perceptions, personalities, and biological constitutions.</p>	
31	<p>A. Mukesh was given therapy that encouraged him to seek personal growth and actualise his potential. Based on these principles, explain the therapy that is being applied here.</p> <p>Humanistic-existential therapy encourages the client to seek personal growth and actualise their potential. It states that psychological distress arises from feelings of loneliness, alienation, and an inability to find meaning and genuine fulfilment in life.</p> <p>Healing occurs when the client is able to perceive the obstacles to self-actualisation in her/his life and is able to remove them. Self-actualisation requires</p>	4

	<p>free emotional expression. The family and society curb emotional expression, as it is feared that a free expression of emotions can harm society by unleashing destructive forces. This curb leads to destructive behaviour and negative emotions by thwarting the process of emotional integration.</p> <p>Therefore, the therapy creates a permissive, non-judgmental, and accepting atmosphere in which the client's emotions can be freely expressed and the complexity, balance and integration could be achieved. The fundamental assumption is that the client has the freedom and responsibility to control her/his own behaviour. The therapist is merely a facilitator and guide. It is the client who is responsible for the success of therapy. The chief aim of the therapy is to expand the client's awareness. Healing takes place by a process of understanding the unique personal experience of the client by herself/himself. The client initiates the process of selfgrowth through which healing takes place.</p> <p style="text-align: center;">Or</p> <p>B. Discuss the any 4 techniques used in behaviour therapy to eliminate faulty behaviours.</p> <ol style="list-style-type: none"> 1. Aversive Conditioning – Here an association is made between an undesirable response and an unfavorable consequence and this Technique is used in rehabilitation centers 2. Positive Reinforcement- When the adaptive Behaviour occurs rarely, positive reinforcement is used to cover up the deficit 3. Negative Reinforcement- It is provided in order to escape the painful stimulus in the environment. 4. Modeling – In order to bring the desired change in the behavior, the client will try to imitate or shadow the movements of the person whom they consider as their role model 5. Other techniques of behavioural therapy are token economy, differential reinforcement, principle of reciprocal inhibition, and systematic desensitization 	
SECTION E		
32	<p>A. How is substance abuse different from substance dependence? Explain the impact of any two commonly abused substances.</p> <p>In substance dependence, there is intense craving for the substance to which the person is addicted, and the person shows tolerance, withdrawal symptoms and compulsive drug taking. Tolerance means that the person must use more and more of a substance to get the same effect. Withdrawal refers to physical symptoms that occur when a person stops or cuts down on the use of a psychoactive substance.</p>	6

In substance abuse, there are recurrent and significant adverse consequences related to the use of substances. People who regularly ingest drugs damage their family and social relationships, perform poorly at work, and create physical hazards.

Alcohol People who abuse alcohol drink large amounts regularly and rely on it to help them face difficult situations. Eventually the drinking interferes with their social behaviour and ability to think and work. Their bodies then build up a tolerance for alcohol and they need to drink even greater amounts to feel its effects. They also experience withdrawal responses when they stop drinking. Alcoholism destroys millions of families, social relationships, and careers. Intoxicated drivers are responsible for many road accidents. It also has serious effects on the children of persons with this disorder.

Heroin intake significantly interferes with social and occupational functioning. Most abusers further develop a dependence on heroin, revolving their lives around the substance, building up a tolerance for it, and experiencing a withdrawal reaction when they stop taking it. The most direct danger of heroin abuse is an overdose, which slows down the respiratory centres in the brain, almost paralysing breathing, and in many cases causing death.

Cocaine Regular use of cocaine may lead to a pattern of abuse in which the person may be intoxicated throughout the day and function poorly in social relationships and at work. It may also cause problems in short-term memory and attention. Dependence may develop, so that cocaine dominates the person's life, more of the drug is needed to get the desired effects, and stopping it results in feelings of depression, fatigue, sleep problems, irritability and anxiety. Cocaine poses serious dangers. It has dangerous effects on psychological functioning and physical well-being.

Or

B. Explain the different psychological models used to explain abnormal behaviour.

Psychological Models maintain that psychological and interpersonal factors have a significant role to play in abnormal behaviour.

Psychodynamic model – It follows the view that behaviour, whether normal or abnormal, is determined by psychological forces within the person of which s/he is not consciously aware. These internal forces are considered dynamic (they interact with each other, and their interaction gives shape to behaviour, thoughts and emotions) and abnormal behaviour is viewed as the results of conflicts between these forces. Freud stated that abnormal behaviour is a symbolic expression of unconscious mental conflicts that can be generally traced to early childhood and infancy.

	<p>Behavioural model – This model states that both normal and abnormal behaviours are learned, and psychological disorders are the result of learning maladaptive ways of behaving. The model concentrates on behaviours that are learned through conditioning and proposes that what can be learned can be unlearned. Learning takes place through classical conditioning (temporal association where two events repeatedly occur together in time), operant conditioning (behaviour is followed by a reward) and social learning (imitation).</p> <p>Cognitive model: This model states that abnormalities in functioning can result from cognitive problems. People hold assumptions about themselves that are irrational and think in illogical ways and make overgeneralizations.</p> <p>Humanistic-Existential model – It focuses on the broader aspects of human existence. Existentialists believe that from birth we have total freedom to give meaning to our existence or to avoid that responsibility. Those who shirk from this responsibility would live empty, inauthentic, and dysfunctional lives.</p> <p>Socio-Cultural model – In this model, abnormal behaviour is best understood considering the social and cultural forces that influence an individual. As behaviour is shaped by societal forces, factors such as family structure and communication, social networks, societal conditions and societal labels and roles become more important. Socio-cultural theorists believe that abnormal functioning is influenced by societal labels and roles assigned to troubled people. When people break the norms of their society, they are called deviant or mentally ill. Such labels tend to stick so that the person may be viewed as crazy and encouraged to act sick. The person gradually learns to accept and play the sick role, and functions in a disturbed manner.</p> <p>Diathesis-Stress model- This model states that psychological disorders develop when diathesis (biological predisposition to the disorder) is set off by a stressful situation. This model has three components.</p> <ol style="list-style-type: none"> 1. The diathesis or presence of some biological aberration which may be inherited 2. The diathesis may carry a vulnerability to develop a psychological disorder 3. The presence of pathogenic stressors (factors that may lead to psychopathology) <p>If such ‘at risk’ persons are exposed to these stressors, their predisposition may actually evolve into a disorder.</p>	
SECTION F		
<p>Robin is terribly afraid of snakes. His phobia has made him so dysfunctional that he had to take a long leave from his job at the local zoo. This happened when he heard that a new snake enclosure would soon open. Based on this case answer Questions 33 & 34.</p>		
33	<p>Define Phobias and name the types.</p> <p>Phobias are irrational fears related to specific objects, people, or situations. Phobias often develop gradually or begin with a generalised anxiety disorder.</p>	2

	Phobias can be grouped into three main types, i.e., specific phobias, social phobias, and agoraphobia.	
34	<p>Identify and explain the therapeutic technique that would help Robin deal with this problem.</p> <p>Systematic Desensitization- Systematic desensitisation is a behavioural technique commonly used to treat fear, anxiety disorders and phobias. In this, the therapist relaxes the client and prepares a hierarchy of anxiety-provoking stimuli.</p>	2
<p>Ziva is extremely stressed and wants to quit her job as she is facing a lot of problems in maintaining her work-life balance. She feels overburdened with responsibilities and extremely stressed that she ends up having break downs. The distance from her workplace and home is quite far and she spends approximately 5 hours in day travelling which exhausts her even more. She visits her friend, Venna, who is currently studying the effects of stress on immune system. Veena tells Ziva that it is important she learns to pay attention to her health or else the stress can cause damage to her natural killer cells, cytotoxicity. When Ziva talks to her company HR about her problems and tells them she would like to quit; they offer her an increase in pay. Based on this case answer Questions 35 & 36.</p>		
35	<p>a. "She spends approximately 5 hours in day travelling to work which exhausts her even more" This is an example of _____ as a source of stress.</p> <p>A. Life Event B. Hassel C. Traumatic Event</p> <p>b. The Field Venna is studying is _____.</p> <p>Psychoneuroimmunology</p>	2
36	<p>a. Why does Veena talk about the importance of protecting the natural killer cell, cytotoxicity?</p> <p>Stress can affect natural killer cell cytotoxicity, which is of major importance in the defence against various infections and cancer.</p> <p>b. Ziva's company offers her _____ kind of support so that she does not quit.</p> <p>Tangible Support</p>	2