



COMMON PRE-BOARD EXAMINATION 2022-23

Subject: PSYCHOLOGY (037)

Date:



General Instructions:

- i. All questions are compulsory except where internal choice has been given.
- ii. Question **Nos. 1 -18** in Section A carry 1 mark each.
- iii. 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.
- iv. 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.
- v. 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.
- vi. 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.
- vii. 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">a. The ability to learn from past eventsb. The ability to manipulate people's opinionsc. Creative problem solvingd. Basic 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">a. Middle Category Biasb. Social Desirabilityc. Halo effectd. Extreme 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. Options:	1

	<ul style="list-style-type: none"> 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	<p>Cultures are characterized as collectivistic when _____.</p> <ul style="list-style-type: none"> 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	<p>The following is/are true about stress and the immune system:</p> <ul style="list-style-type: none"> 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. <p>Choose the correct option:</p> <ul style="list-style-type: none"> a. i b. ii, iii c. i, iii, iv d. i, ii 	1
6	<p>Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.</p> <p>Assertion (A): Overcoming unhelpful habits like procrastination is a life skill that enables individuals to deal effectively with challenges of everyday life.</p> <p>Reason (R): Factors that act as stress buffers and facilitate positive health are diet, exercise, positive attitude & positive thinking.</p> <p>Options:</p> <ul style="list-style-type: none"> 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	<p>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.</p> <p>Reason (R): Conflicts stem from beliefs based on expectations from inside us to ourselves.</p> <p>Options:</p> <ul style="list-style-type: none"> 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	<p>Which disorders also comes under the category of obsessive-compulsive and related disorders?</p> <ul style="list-style-type: none"> a. Excoriation disorder 	1

	b. Acute stress disorder c. Adjustment disorder d. Cyclothymic disorder	
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> <p>a. Prejudice</p>	1

	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?	2
20	a. Explain the g-factor and s-factor as given by Charles Spearman. Or b. Explain the two-Level concept as given by Arthur Jensen in his Hierarchical Theory.	2
21	Explain cognitive distortion with the help of an example.	2
22	What do you mean by Scapegoating?	2
23	Explain any two differences between primary and secondary groups.	2

SECTION C

24	What is a trait? Describe Cattell's trait theory.	3
25	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.	3
26	A. Discuss the cognitive dissonance component in attitude change with an example. Or 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.	3
27	Identify any three elements of group structure.	3

SECTION D

28	A. Intelligence is the interdependent functioning of three neurological systems. Explain this theory. Or B. Explain the 3 types of Intelligences given by Robert Sternberg in the Triarchic Theory.	4
29	How are gifted individuals different from Talented? Describe characteristics of gifted individuals.	4
30	A. What do you mean by social support? Explain the different types with relevant examples for each. Or B. Explain the GAS model. State its criticisms.	4
31	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. Or B. Discuss the any 4 techniques used in behaviour therapy to eliminate faulty behaviours.	4

SECTION E

32	A. How is substance abuse different from substance dependence? Explain the impact of any two commonly abused substances. Or B. Explain the different psychological models used to explain abnormal behaviour.	6
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SECTION F

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.**

33	Define Phobias and name the types.	2
34	Identify and explain the therapeutic technique that would help Robin deal with this problem.	2

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.**

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>	2
36	<p>a. Why does Veena talk about the importance of protecting the natural killer cell, cytotoxicity?</p> <p>b. Ziva’s company offers her _____ kind of support so that she does not quit.</p>	2