



INDIAN SCHOOL MUSCAT
TERM -2 PREBOARD EXAMINATIONS
PSYCHOLOGY (037)
SET – A



	PART - A	
1	<p>Panic Disorder – Recurrent anxiety attacks in which the person experiences intense terror. A panic attack denotes an abrupt surge of intense anxiety rising to a peak when thoughts of particular stimuli are present. The clinical features include shortness of breath, dizziness, trembling, palpitations, nausea, chest pain, discomfort, losing control or dying.</p>	2
2	<p>Social facilitation refers to an increase in the level of performance of an individual in the presence of others or a group of audience.</p> <p>Social inhibition refers to decrease/decline in the level of performance of an individual in the presence of others or a group of audience.</p>	2
3	<p>Strengthening of a group's initial position as a result of group interactions and discussion is referred as group polarization.</p> <p style="text-align: center;">(or)</p> <p>In the matters of critical issues or major decisions like capital punishment, an individual who is not able to come to a conclusion will look in to the majority and will blindly go along with the majority it is due to bandwagon effect.</p>	2
	PART - B	
4	<p>Diathesis-Stress model- This model states that psychological disorders develop when a 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 inherited2. The diathesis may carry a vulnerability to develop a psychological disorder	3

	<p>3. The presence of pathogenic stressors (factors that may lead to psychopathology)</p> <p>If such ‘at risk’ persons are exposed to these stressors, their predisposition may actually evolve into a disorder.</p> <p>(Or)</p> <p>Phobias – Irrational fears related to specific objects, people or situations. Phobias often develop gradually or begin with a generalized anxiety disorder. Phobias can be grouped into three main types.</p> <ol style="list-style-type: none"> 1. Specific phobias are irrational fears of particular stimuli, and are the most common type of phobia. 2. Social phobias include intense and incapacitating fear and embarrassment when dealing with others. 3. Agoraphobia is a term used when people develop a fear of entering unfamiliar situations. 	
5	<p>Systematic desensitization is a technique introduced by Wolpe for treating phobias or irrational fears. The client is interviewed to elicit fear, provoking situations together with the client, the therapist creates a hierarchy of anxiety provoking stimuli with the least anxiety provoking stimuli at the bottom of the hierarchy. The therapist relaxes the client, and the client is asked to think about the least anxiety provoking situation. The client is asked to stop thinking of the fearful situation if even the slightest tension is felt. Over sessions, the client is able to imagine more severe fear provoking situations while maintaining relaxation, and thus the client gets systematically desensitized to the fear.</p> <p>The principle of reciprocal inhibition operates here, and states that the presence of two mutually opposing forces at the same time inhibits the weaker force. Therefore, the relaxation response is first built up, and the client is able to tolerate progressively greater levels of anxiety because of her/his relaxed state</p>	3
6	A Group may be defined as an organized system of two or more individuals, who are	3

	<p>interacting and interdependent, who have common motives, have a set of role relationships among its members, and have norms that regulate the behavior of its members.</p> <p>Performance is dependent on contributions of individual members.</p> <p>The leader or whoever is heading the group holds responsibility for the work.</p> <p>Teams are groups where members often have complementary skills and are committed to a common goal or purpose. Members are mutually accountable for their activities, and there is a positive synergy attained through the coordinated efforts of the members</p> <p>Both individual contributions and teamwork matter.</p> <p>In teams, although there is a leader, members hold themselves responsible</p>	
	PART - C	
7	<p>Somatic symptom disorders involve a person having a persistent body – related symptoms which may or may not be related to serious medical condition. People in this disorder are overly preoccupied with the sickness and they continuously worry about their health. They make frequent visits to doctors and develops significant distress and disturbances in their personal life.</p> <p>Illness anxiety disorder It is previously known as Hypochondriasis or health anxiety, It is diagnosed if a person has a persistent preoccupation about developing a serious illness and constantly worrying about their health. People with this disorder are overly concerned about undiagnosed disease, negative diagnostic results, and they do not respond to assurance by doctors. They will be easily alarmed about illness such as on hearing about someone else's ill – health.</p> <p>Somatic symptom disorder and illness anxiety disorder are concerned with medical illnesses and the difference is found only in the way of expression. In the case of somatic symptom disorder the expression is in terms of physical complaints where as the illness anxiety disorder the main concern is anxiety.</p>	4

	<p>Conversion disorders involve the reported loss of part or all of some basic body functions. Paralysis, blindness, deafness and difficulty in walking are generally among the symptoms reported. These symptoms may occur after a stressful experience or all of a sudden.</p>	
8	<p>People join groups for the following reasons:</p> <ul style="list-style-type: none"> • Security – Groups reduce the insecurity we feel when we are alone, as being with people gives a sense of comfort and protection. As a result, people feel stronger and are less vulnerable to threats. • Status – When we are members of a group that is perceived to be important by others, we feel recognized and experience a sense of power. • Self-esteem – Groups provide feelings of self-worth and establish a positive social identity. Being a member of a prestigious group enhances one's self-concept. • Satisfaction of one's Psychological and Social Needs – Groups satisfy needs such as sense of belongingness, giving and receiving attention, etc. • Goal Achievement – Groups help in achieving such goals which cannot be attained individually. • Provide knowledge and information – As individuals, we may not have required information, which is supplemented by the group. 	4
9	<p>Prejudice can exist without being shown in the form of discrimination, and similarly, discrimination can be shown without prejudice.</p> <p>Prejudice has one or more of the following sources:</p> <ul style="list-style-type: none"> • Learning – Like other attitudes, prejudices can also be learned through association, reward and punishment, etc. People who learn prejudiced attitudes may develop a prejudiced personality, and show low adjusting capacity, anxiety, and feelings of hostility against the out group. • Strong Social Identity and Ingroup Bias – Individuals who have a strong sense of 	4

	<p>social identity and have a very positive attitude towards their own group boost this attitude by holding negative attitudes towards other groups. These are shown as prejudices.</p> <ul style="list-style-type: none"> • Scapegoating – The majority group places the blame on the 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 accusations. • Kernel of Truth Concept – Sometimes people may continue to hold stereotypes because they think that there must be some truth in what everyone says about the other group. Even a few examples are sufficient to support the kernel of truth idea. • Self-Fulfilling Prophecy – In some cases, the group that is the target of prejudice is itself responsible for continuing the prejudice. The target group may behave in ways that justify the prejudice, and thus confirm the negative expectations. 	
10	<p>Alternative Therapies are alternative treatment possibilities to the conventional drug treatment or psychotherapy.</p> <ul style="list-style-type: none"> • Yoga refers to only the asanas or body posture component or to breathing practices or pranayama, or to a combination of the two. <p>Rapid breathing techniques to induce hyperventilation in sudarshana kriya yoga (SKY) is found to treat PTSD, depression, stress related medical illnesses, substance abuse, etc.</p> <p>Kundalini Yoga taught in the USA is effective in the treatment of obsessive compulsive disorder.</p> <ul style="list-style-type: none"> • Meditation refers to the practice of focusing attention on breath or on an object or thought or a mantra. Here attention is focused. <p>In vipasana meditation, there is no fixed object or thought to hold attention. The person passively observes various bodily sensations and thoughts that are passing through in his awareness.</p> <p>(Or)</p> <p>Negative reinforcement refers to following an undesired response with an outcome that is</p>	4

	<p>painful or not liked.</p> <ul style="list-style-type: none"> • Aversive conditioning refers to repeated association of undesired response with an aversive consequence. • If an adaptive behaviour occurs rarely, positive reinforcement is give to increase the likelihood of its occurrence. • Token economy is where persons with behavioural problems can be given a token as a reward every time a wanted behaviour occurs. These tokens are collected and exchanged for a reward. • Differential reinforcement is a method that reduces unwanted behaviour and increases wanted behaviour simultaneously. Positive reinforcement for the wanted behaviour and negative reinforcement for the unwanted behaviour attempted together may be one such method. The other method is to positively reinforce the wanted behaviour and ignore the unwanted behaviour 	
	PART - D	
11	<p>Seetha is suffering with the Generalized anxiety disorder, Generalized Anxiety Disorder – Prolonged, vague, unexplained and intense fears that are not attached to any particular object. It is marked by motor tension, as a result of which the person is unable to relax, and is visibly shaky or tense. The symptoms include worry and apprehensive feelings about the future, hyper vigilance which includes constantly scanning the environment for threats</p>	2
12	<p>The method adopted to heal seethe is exorcism; Exorcism refers to removing the evil spirits through the counter magic and prayer.</p>	2