

INDIAN SCHOOL MUSCAT
SECOND PERIODIC TEST 2018
PSYCHOLOGY CLASS XII
ANSWER KEY SET -B

1. Psychoneuroimmunology
2. Hypochondriasis
3. Arjun's personality we can see the hardiness and it is a set of belief, in view of Kobasa people with more stress and less sickness possess three characteristics which are control, commitment and challenge and these 3 C's together known as hardiness.
4. Substance disorders are of two types. Substance dependency and substance abuse, Substance dependency refers to showing tolerance and withdrawal symptoms for a particular drug.

Substance abuse the term is described as damaging the relations due to the compulsive drug taking behavior. The substance abuse may cause various problems in the personal and professional life and it may lead to loss of job, family disturbance.

5. Stress management techniques are as follows
Relaxation
Meditation
Biofeedback
Creative visualization
Cognitive behavioral techniques
Exercise (To be explained in detail)
6. Somatoform disorders individuals have psychological difficulties and complains of physical symptoms for which there is no biological cause. Somatoform disorders include Pain disorders, Somatization disorders, Conversion disorder and Hypochondriasis.
7. The various models to explain abnormal behavior are:
Psychological model, Psychodynamic model, Cognitive model, Behavioural model, Humanistic – existential model, socio-cultural model and diathesis stress model.