

COMMON PRE-BOARD EXAMINATIONS-2023
PSYCHOLOGY (037)
CLASS XII

TIME: 3HRS

MAXIMUM MARKS: 70

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. The two-factor theory of intelligence was given by_____. 1
 - a. Alfred Binet
 - b. Theodore Simon
 - c. Charles Spearman
 - d. Louis Thurstone
2. "I have no recollection of the dinosaur toy I received on my 7th birthday, but when my brother reminded me about how I used to love it, I was able to recall having it. This is because the memories of my birthday was in my_____". 1
 - a. Unconscious
 - b. Preconscious
 - c. Super conscious
 - d. Conscious

3. Ruel has been diagnosed with schizophrenia. Which of the following will his psychologist consider as the symptoms of schizophrenia? 1
- Manic episodes, Hyperactivity, Depression
 - Delusions, Hallucinations, Catatonia
 - Panic attacks, intense fear, breathlessness
 - Aggressive behaviour, manipulation, violence
- i and ii
 - Only iii
 - ii and iii
 - Only ii
4. Which of these is not a behavioural technique? 1
- Systematic desensitisation
 - Aversive Conditioning
 - Positive Transference
 - Token Economy
5. The group watching the finals of FIFA is an example of: 1
- Team
 - Audience
 - Mob
 - Scapegoats
6. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
- Assertion (A):** Deficits in the mentally deficient must be observed during the developmental period, i.e., between 0-18 years.
- Reason (R):** Deficits in adaptive behaviour or the capacity to be independent and deal effectively with one's environment is found in the mentally deficient.
- Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
 - Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
 - Assertion (A) is true, but Reason (R) is false.
 - Assertion (A) is false, but Reason (R) is true.
7. The _____ are those who possess high motivation, lack patience, feel short of time, be in a great hurry, and feel like being always burdened with work. 1
- Type A
 - Type B
 - Type C
 - Type D

8. Ramya does not want to talk to anyone as she is not able to accept the loss of her dear dog that died five days back. She locked herself in a room. Her sleep and food intake got disturbed. She missed school for these five days. The above signs are example of _____ effects of stress. 1
- Physiological effects
 - Emotional effects
 - Cognitive effects
 - Behavioural effects
9. "In the modelling industry, being thin enough to book big jobs can cost you your health." This craze for thinness that models chase through compulsive exercising, refusing to eat, etc. because they see themselves as overweight is known as _____. 1
- Bulimia Nervosa
 - Anorexia Nervosa
 - Binge eating
 - Hoarding
10. Ahmed practises with his violin every day for a concert. But on the day of the concert, he does much better than while practising. This is due to _____. 1
- Impression formation
 - Attribution
 - Social facilitation
 - Social inhibition
11. The correlation between intelligence test scores of identical twins is _____. 1
- Higher when they are raised together than when they are raised apart.
 - Greater than that for fraternal twins raised together.
 - Lower than that for any other blood relatives.
 - The same whether they are reared together or apart.
- i and iii
 - i and ii
 - iii and iv
 - i and iv

12. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice.
Assertion (A): Draw a person test is a simple test in which the subject is asked to draw a person on a sheet of paper.
Reason (R): Omission of facial features indicates the avoiding of a highly conflict ridden relationship.
- Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
 - Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
 - Assertion (A) is true, but Reason (R) is false.
 - Assertion (A) is false, but Reason (R) is true.
13. The essential feature of dissociative fugue is:
- Extensive but selective memory loss that has no known organic cause.
 - An unexpected travel away from home and workplace, the assumption of a new identity, and the inability to recall the previous identity.
 - The person assumes alternate personalities that may or may not be aware of each other.
 - Involves a dreamlike state in which the person has a sense of being separated both from self and from reality.
14. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice.
Assertion (A): In behaviour therapy, the past is relevant only to the extent of understanding the origins of the faulty behaviour and thought patterns.
Reason (R): Behaviour therapies postulate that psychological distress arises because of faulty behaviour patterns or thought patterns.
- Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
 - Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
 - Assertion (A) is true, but Reason (R) is false.
 - Assertion (A) is false, but Reason (R) is true.
15. Adults who are planning to buy a laptop are more convinced by a computer engineer who points out the special features of a particular brand of laptop. On the other hand, if the buyers are schoolchildren, they may be convinced more by another schoolchild advertising a laptop. The computer engineer and the school child are examples of a _____ in attitude change.
- Source
 - Existing attitude
 - Target
 - Message

16. Which of the following statement/s is/are a part of the stress process, as explained by Lazarus' Cognitive theory? 1
- An individual's response to a stressful situation largely depends upon the perceived events and how they are interpreted.
 - Regardless of the cause of the threat, the individual will respond with the same physiological pattern of reactions.
 - When we perceive an event as stressful, we are likely to make a secondary appraisal.
 - Primary appraisal refers to the perception of a new or changing environment as positive, neutral or negative in its consequences.
- ii, iii, iv
 - ii, iii
 - ii
 - i, iii, iv
17. Christy who has been scared of water all her life decides to go for therapy where her therapist suggests systematic desensitization. Identify the steps that her therapist would have taken. 1
- Hierarchy of fears
 - Yoga
 - Aversive conditioning
 - Relaxation techniques
- i and ii
 - ii and iii
 - i and iv
 - iii and iv
18. Shehnaz loves to drink fizzy drinks. One day she reads a research article that says fizzy drinks cause diabetes. She feels uncomfortable while reading the article. This feeling is known as _____ that would lead to attitude change. 1
- Two step
 - Cognitive dissonance
 - Cognitive consonance
 - Dissociation

SECTION B

19. Explain any two features of gifted children. 2

20. Agna loves to have burgers every day. Being aware of its ill effects on her body, she promised herself that she would buy a book of her choice if she managed to restrain herself from eating burgers for a month. Identify and explain the technique of self-control used by Agna. Suggest one more technique of self-control that Agna can use. 2

OR

- Brian had a habit of spending a lot of time on social media, but following his declining marks, he decided to quit using his phone till his exams got over. Because of this he was able to score good marks where he initially thought he would fail. Identify and explain the aspect of self, mentioned here. Identify the theory on which this cognitive aspect of self is based on. 2
21. The genocide committed by the Nazis in Germany against Jewish people is an extreme example of hatred, discrimination and mass killing of innocent people. Identify and explain the phenomenon that is evident from the above example. What are the ABC components of this phenomenon? 2
22. State the two qualities that a therapist following the client centred therapy should have. 2
23. A crowd of angry football fans, decided to destroy public property just because their team lost a Saturday night game. If it would have been one angry fan, his anger won't be extreme enough to take such a measure. But because he was part of a large group, he, and hundreds others like him became a party to a public crime. Identify the phenomena. Explain any two causes. 2

SECTION C

24. Explain the factors that facilitate the interaction required for group formation. 3
25. Sayana took a survey regarding helping parents at home where she reported that she has a positive attitude towards helping her parents. However, Sayana's mother says that she never helps at home. Explain when would there be consistency between attitude and behaviour. 3
26. "The diathesis stress model has been applied to several disorders including anxiety, depression, and schizophrenia." justify this statement by elaborating on the model. 3

OR

"The seventeenth and eighteenth centuries were known as the Age of Reason and Enlightenment". Justify this statement.

27. Arpit works at night in a call centre, travels amidst heavy traffic to reach his work place and sleeps during the daytime. Identify and explain the source of stress that Arpit is facing. Explain two stress management techniques that would help him. 3

SECTION D

28. Seema was diagnosed with depression. She needs to treat and prevent further episodes of depression respectively. Suggest and explain two alternative therapies that would help her with this. 4

OR

- Gita believes that she should be loved by everybody, all the time. Most of her beliefs have a 'must' or 'should' component. When things don't go her way, she feels distressed. Suggest a suitable therapy that will make Gita think deeper into her irrational belief system and help her to feel better.
29. Pablo Picasso was a Spanish painter, sculptor, and theatre designer who spent most of his adult life in France. He was one of the most influential artists of the 20th century. Examine the type of intelligence that Picasso had according to Howard Gardner. Distinguish it from any three of the other intelligences that Gardner proposed. 4
30. Explain the types of stress that an individual experiences. 4

OR

Examine any four life skills that will help a person to deal effectively with their environment.

31. Explain briefly any four defense mechanisms given by Sigmund Freud with examples. 4

SECTION E

32. Describe the various neurodevelopmental disorders that develop in a child. 6

OR

Everyone experiences anxiety in a variety of situations. This is normal and may sometimes help to enhance performance. When does anxiety become a disorder? Explain the different types of anxiety disorders.

SECTION F

Read the case and answer the questions that follow.

This is a story of three students Ruby, Radhika and Shankar who were enrolled in an Undergraduate Psychology Program in a University. Ruby was the admission officer's dream. She was selected for the program as she had perfect entrance test scores, outstanding grades and excellent letters of recommendation. But when it was time for Ruby to start coming up with ideas of her own, she disappointed her professors.

On the other hand, Radhika did not meet the admission officer's expectations. She had good grades but low entrance exam scores. However, her letters of recommendation described her as a creative young woman. She could design and implement research work with minimal guidance at college.

Shankar ranked somewhere in between the two students. He was satisfactory on almost every traditional measure of success. But rather than falling somewhere in the middle of his class at college, Shankar proved to be an outstanding student. His strength lay in the ability to not only adapt well to the demands of his new environment but also to modify the environment to suit his needs.

33. Identify the theory of intelligence which best explains the intelligence of all the three students in the story. Explain the intelligence that Shankar possesses. 2

OR

- Identify the approach of intelligence which best explains the intelligence that all the three students in the story. Explain the intelligence that Ruby possesses.
34. "She had good grades but low entrance exam scores. However, her letters of recommendation described her as a creative young woman".
Based on the above lines, explain the relationship between creativity and intelligence. 2

Read the case and answer the questions that follow.

What makes you entirely unique from any other person on this planet? One may argue that every person is uniquely the sum of every experience they have ever had. We have all witnessed or observed different things, were taught specific lessons, or experienced certain events that have shaped how we make decisions and display specific behaviors. These interactions may include:

- Traumatic life experiences
- Lessons from your parents and teachers
- Lessons from movies, TV and other forms of media

- Relationships

Behaviorism says that we (and our personality) can change every day. If you are "trained" right, you can become a person with any sort of personality trait. It certainly gives hope to people who may aspire to be more driven, punctual, or have any other traditionally "good" or "successful" trait.

Think about some of your daily habits. Why do you do them? Do they reflect who you are overall as a person, or do they reflect values and patterns of thought that you have established over the years? What does your commitment to these values say about your personality?

35. Justify how the line 'lessons from your parents and teachers' explains personality development through observational learning. 2
36. How does behavioural ratings work as a method of personality assessment? 2

