

ROLL NUMBER				
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SET	1
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QP.Code:037/01/1



**INDIAN SCHOOL MUSCAT
FIRST PREBOARD EXAMINATION 2023
PSYCHOLOGY (037)**



CLASS : XII
DATE: 15-01-2023

TIME ALLOTTED : 3 HRS.
MAXIMUM MARKS:70

GENERAL INSTRUCTIONS:

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. 1 -18 in Section A carry 1 mark each.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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. _____ constructed the first intelligence test in India in Hindi language. (Choose the correct alternative) 1
 A. Pareek
 B. SM.Mohsin
 C. Bhatia
 D. Mahalnobis
2. Pavitra thinks she has some degree of influence over the things that happen in her daily life. It's pointing to. (Choose the correct alternative) 1
 A. Self -control
 B. Self -regulation
 C. Self -esteem
 D. Self-efficacy
3. Vignesh began criticizing the question paper format after failing the physics exam. Determine Vignesh's method of defense. (Choose the correct alternative) 1
 A. Rationalization
 B. Reaction formation
 C. Projection
 D. Denial



- 4 _____ is a source of a person's instinctual energy – deals with immediate gratification of primitive needs, sexual desires and aggressive impulses. (Choose the correct alternative) 1
- A. Ego
 - B. Id
 - C. Super Ego
 - D. Libido
- 5 Which of the following are the dimensions of stress. (Choose the correct alternative) 1
- A. Intensity, duration, predictability, vulnerability
 - B. Intensity, duration, predictability
 - C. Intensity, extremeness, complexity
 - D. Intensity, duration, centrality
- 6 _____ is a procedure to monitor and reduce the physiological aspects of stress by providing feedback about current physiological activity and is often accompanied by relaxation training. (Choose the correct alternative) 1
- A. Creative visualization
 - B. Exercise
 - C. Meditation
 - D. Biofeedback
- 7 _____ strategies will attack the problem itself, with behaviors designed to gain information, to alter the event, and to alter belief and commitments. (Choose the correct alternative) 1
- A. Task oriented coping
 - B. Avoidance oriented coping
 - C. Problem focused coping
 - D. Emotion oriented coping
- 8 Michael is experiencing diffuse, vague, very unpleasant feeling of fear and apprehension along with rapid heart rate, shortness of breath. 1
- Identify the disorder experienced by Michael. (Choose the correct alternative)
- A. Obsessive compulsive disorder
 - B. Anxiety
 - C. Attention deficit and hyperactivity disorder
 - D. Depression
- 9 _____ is defined as a period of depressed mood and or loss of interest or pleasure in most activities together with other symptoms which may include change in body weight, constant sleep problems, tiredness, inability to think clearly, agitation, greatly slowed behavior, and thoughts of death and suicide. (Choose the correct alternative) 1
- A. Major depressive disorder
 - B. Bipolar - I
 - C. Cyclothymia
 - D. Bipolar - II

- 10 Mr. Peter due to a head injury partially lost his memory and he is not able to recognize his friends and parents. Determine the condition that Mr. Peter has. (Choose the correct alternative) 1
- A. Dissociative amnesia
 - B. Dissociative identity
 - C. Dissociative fugue
 - D. Depersonalization
- 11 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
- Assertion (A):** The principle of reciprocal inhibition states that the presence of two mutually opposing forces at the same time will lead to the stronger force inhibiting the weaker one.
- Reason (R):** The principle of reciprocal inhibition is a procedure wherein the client learns to behave in a certain way by observing the behaviour of the therapist.
- A. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
 - B. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A)
 - C. Assertion (A) is true, but Reason (R) is false.
 - D. Assertion (A) is false, but Reason (R) is true.
- 12 According to psychodynamic therapy _____ is the reason behind psychological disorder. 1
- (Choose the correct alternative)
- A. Intrapsychic conflict
 - B. Faulty behavior
 - C. Irrational thoughts
 - D. Lack of self –awareness
- 13 What is the chief benefit to the client in Logo therapy? (Choose the correct alternative) 1
- A. Emotional insight
 - B. Replacement of irrational thoughts with the rational ones.
 - C. Finding the meaning in one's own life
 - D. Change of maladaptive behavior to adaptive ones.
- 14 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
- Assertion (A):** Scape goating is a phenomenon where the majority group will try to blame the minority for their own mistakes and failures.
- Reason (R):** It is one of the important sources of prejudice learning in the modern world.
- A. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
 - B. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A)
 - C. Assertion (A) is true, but Reason (R) is false.
 - D. Assertion (A) is false, but Reason (R) is true.

- 15 _____ refers to helping the poor or the needy people without expecting anything in return. 1
(Choose the correct alternative)
- A. Impression formation
 - B. Social facilitation
 - C. Attribution
 - D. Pro-social behavior
- 16 Increase in the level of performance of an individual in the presence of others is known as _____. 1
(Choose the correct alternative)
- A. Social loafing
 - B. Social facilitation
 - C. Social inhibition
 - D. Pro-social behavior
- 17 Which stage of group formation is characterized by the conflicts? (Choose the correct alternative) 1
- A. Forming
 - B. Norming
 - C. Storming
 - D. Performing
- 18 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). 1
Mark the correct choice.
- Assertion (A):** Cohesiveness refers to the love, attraction and mutual understanding among the members of a group.
- Reason (R):** Cohesiveness depends upon continuous and constant interactions among the group members.
- A. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
 - B. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A)
 - C. Assertion (A) is true, but Reason (R) is false.
 - D. Assertion (A) is false, but Reason (R) is true.

SECTION - B

- 19 What are the two main characteristics of bipolar disorder and describe them. 2
- OR**
- What is Autism and mention the two important features associated with it.
- 20 What is assertiveness and how it will be helpful in protecting us from stresses of day to day life. 2
- 21 Define the two important concepts empathy and unconditional positive regard in the process of building therapeutic alliance. 2
- 22 Briefly explain cognitive dissonance theory of attitude change with an example. 2
- 23 Define and differentiate the terms team and group. 2

SECTION - C

- 24 Explain hierarchical model of intelligence proposed by Arthur Jensen. 3
- 25 Mary, a 40-year-old woman, who constantly compares herself to well-known actresses, believes that her body weight is increasing, and she refuses to eat. 3
- Name the disorder Mary had, and explain other related disorders.
- 26 Explain various factors contributing the attitude change process. 3
- OR**
- Critically evaluate the relationship between attitude and behavior.
- 27 Mention any three points behind people joining in groups. 3

SECTION -D

- 28 "Intellectual activity involves the three interdependent functioning of neurological systems which are called as functional units of brain". Justify the statement with the support of PASS model theory. 4
- OR**
- Explain the views of JP. Guilford on intelligence.
- 29 Mr. Vignesh is a 70-year-old man who is the father of two daughters named Anamika and Asmika. These two girls are often at odds with one another, which causes issues in the father's personal life. 4
- Using Fritz Heider's concept of balance law, describe how the attitude change in the current case study will occur.
- 30 Explain the view of Sigmund Freud on structure of personality. 4
- 31 Mr. Raj, a 20-year-old boy, feels that no one likes him because he is ugly and stupid and this kind of thinking came about as a result of his often having unpleasant experiences at home and at school. Which therapy will be most suitable to deal with Raj and explain it? 4
- OR**
- Explain any four factors contributing to healing process in psychotherapy.

SECTION - E

- 32 What are the self-report measures and how will they be useful in determining personality? 6
- OR**
- Explain any three projective techniques to assess the personality.

SECTION - F

Read the case and answer the questions that follow.

Shyam, a class 10 high school student who excels in the class room, was unable to perform well in the most recent final term exams because of a high temperature and other illnesses. His

performance and grade suffered as a result of his illness, which greatly increased his level of stress. His parents are deeply concerned about his health, and they have been helping him and supporting him morally while he attempts to feel at ease and get through the circumstance. He was inspired by his parents to study for the approaching pre-board exams, and they also watched out for his health.

33 In the present case study, what form of help did Shyam receive? Please describe the other two categories of social support. 2

34 What type of stress did physical disease cause in Mr. Shyam's life? List a number of factors that contribute to psychological stress in daily living. 2

Read the case and answer the questions that follow.

Mr. Ram (40) is working in a company as sales executive, He is very much afraid of viral diseases. For his safety he started using the sanitizers as he is terribly afraid of being contaminated by germs. He avoids shaking hands with others. He won't eat in the cafeteria. He has trouble leaving the bathroom because he isn't sure he has washed his hands well enough.

35 Based on the symptoms being exhibited, identify the disorder and explain it. 2

36 Mention and explain any two related disorders to the disorder experienced by Mr. Ram. 2

End of the Question Paper

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SET	2
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QP.Code:037/01/2



**INDIAN SCHOOL MUSCAT
FIRST PREBOARD EXAMINATION 2023
PSYCHOLOGY (037)**



CLASS : XII
DATE: 15-01-2023

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6. 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.
7. 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 Vignesh began criticizing the question paper format after failing the physics exam. Determine Vignesh's method of defense. (Choose the correct alternative) 1
 - A. Rationalization
 - B. Reaction formation
 - C. Projection
 - D. Denial
- 2 _____ is a source of a person's instinctual energy – deals with immediate gratification of primitive needs, sexual desires and aggressive impulses. (Choose the correct alternative) 1
 - A. Ego
 - B. Id
 - C. Super Ego
 - D. Libido
- 3 _____ constructed the first intelligence test in India in Hindi language. (Choose the correct alternative) 1
 - A. Pareek
 - B. SM.Mohsin

- C. Bhatia
D. Mahalnobis
- 4 _____ refers to the way how people will interpret the events in day to day life in terms of luck, fate or hard work. (Choose the correct alternative) 1
- A. Self-control
B. Self-regulation
C. Self-esteem
D. Self-efficacy
- 5 Which are the following are the dimensions of stress. (Choose the correct alternative) 1
- A. Intensity, duration, predictability, vulnerability
B. Intensity, duration, predictability
C. Intensity, extremeness, complexity
D. Intensity, duration, centrality
- 6 _____ is a procedure to monitor and reduce the physiological aspects of stress by providing feedback about current physiological activity and is often accompanied by relaxation training. (Choose the correct alternative) 1
- A. Creative visualization
B. Exercise
C. Meditation
D. Biofeedback
- 7 _____ strategies will attack the problem itself, with behaviors designed to gain information, to alter the event, and to alter belief and commitments. (Choose the correct alternative) 1
- A. Task oriented coping
B. Avoidance oriented coping
C. Problem focused coping
D. Emotion oriented coping
- 8 Michael is experiencing diffuse, vague, very unpleasant feeling of fear and apprehension along with rapid heart rate, shortness of breath. Identify the disorder experienced by Michael. (Choose the correct alternative) 1
- A. Obsessive compulsive disorder
B. Anxiety
C. Attention deficit and hyperactivity disorder
D. Depression
- 9 _____ is defined as a period of depressed mood and or loss of interest or pleasure in most activities together with other symptoms which may include change in body weight, constant sleep problems, tiredness, inability to think clearly, agitation, greatly slowed behavior, and thoughts of death and suicide. (Choose the correct alternative) 1
- A. Major depressive disorder
B. Bipolar - I

- C. Cyclothymia
D. Bipolar - II
- 10 Mr. Peter due to a head injury partially lost his memory and he is not able to recognize his friends and parents. determine the condition that Mr. Peter has. (Choose the correct alternative) 1
A. Dissociative amnesia
B. Dissociative identity
C. Dissociative fugue
D. Depersonalization
- 11 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
Assertion (A): Gestalt therapy main goal is to increase an individual's self-awareness and self-acceptance.
Reason (R): Enabling the client to act out of fantasies and day dreaming we can make him to achieve the goals in Gestalt therapy.
A. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
B. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A)
C. Assertion (A) is true, but Reason (R) is false.
D. Assertion (A) is false, but Reason (R) is true.
- 12 According to psychodynamic therapy _____ is the reason behind psychological disorder. 1
(Choose the correct alternative)
A. Intrapsychic conflict
B. Faulty behavior
C. Irrational thoughts
D. Lack of self-awareness
- 13 The process of emotional unburdening is known as _____ (Choose the correct alternative) 1
A. Emotional insight
B. Catharsis
C. Cognitive retraining
D. Self-actualization
- 14 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
Assertion (A): Scape goating is a phenomenon where the majority group will try to blame the minority for their own mistakes and failures.
Reason (R): It is one of the important sources of prejudice learning in the modern world.
A. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
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- 15 _____ refers to helping the poor or the needy people without expecting anything in return. 1
(Choose the correct alternative)
- A. Impression formation
 - B. Social facilitation
 - C. Attribution
 - D. Pro-social behavior
- 16 Increase in the level of performance of an individual in the presence of others is known as _____. 1
(Choose the correct alternative)
- A. Social loafing
 - B. Social facilitation
 - C. Social inhibition
 - D. Pro-social behavior
- 17 The individuals in a group not able to make their own decisions will look into the majority and goes along with them this condition is known as _____. (Choose the correct alternative) 1
- A. Forming
 - B. Group polarization
 - C. Bandwagon effect
 - D. Performing
- 18 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). 1
Mark the correct choice.
- Assertion (A):** Cohesiveness refers to the love, attraction and mutual understanding among the members of a group.
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 - C. Assertion (A) is true, but Reason (R) is false.
 - D. Assertion (A) is false, but Reason (R) is true.

SECTION - B

- 19 Briefly explain cognitive dissonance theory of attitude change with an example. 2
- 20 Differentiate the terms primary and secondary groups. 2
- 21 What are the two main characteristics of bipolar disorder and describe them. 2
- OR**
- What is Autism and mention the two important features associated with it.
- 22 Explain cognitive theory of stress appraisal. 2
- 23 Define the two important concepts empathy and unconditional positive regard in the process of building therapeutic alliance. 2

SECTION - C

- 24 Explain various factors contributing the attitude change process. 3
- OR**
- Critically evaluate the relationship between attitude and behavior.
- 25 Define the term group and explain the various stages of group formation proposed by Tuckman. 3
- 26 Explain the two factor theory of intelligence by Charles Spearman. 3
- 27 Mary, a 40-year-old woman, who constantly compares herself to well-known actresses, believes that her body weight is increasing, and she refuses to eat. 3
- Name the disorder Mary had, and explain other related disorders.

SECTION -D

- 28 "Intellectual activity involves the three interdependent functioning of neurological systems which are called as functional units of brain". Justify the statement with the support of PASS model theory. 4
- OR**
- Explain the views of JP. Guilford on intelligence.
- 29 Mr. Vignesh is a 70-year-old man who is the father of two daughters named Anamika and Asmika. These two girls are often at odds with one another, which causes issues in the father's personal life. 4
- Using Fritz Heider's concept of balance law, describe how the attitude change in the current case study will occur.
- 30 Explain the view of Sigmund Freud on structure of personality. 4
- 31 Mr. Raj, a 20-year-old boy, feels that no one likes him because he is ugly and stupid and this kind of thinking came about as a result of his often having unpleasant experiences at home and at school. Which therapy will be most suitable to deal with Raj and explain it? 4
- OR**
- Explain any four factors contributing to healing process in psychotherapy.

SECTION - E

- 32 What are the self-report measures and how will they be useful in determining personality? 6
- OR**
- Explain any three projective techniques to assess the personality.

SECTION - F

Read the case and answer the questions that follow.

Shyam, a class 10 high school student who excels in the classroom, was unable to perform well in the most recent half-yearly exams because of a high temperature and other illnesses. His

performance and grade suffered as a result of his illness, which greatly increased his level of stress. His parents are deeply concerned about his health, and they have been helping him and supporting him morally while he attempts to feel at ease and get through the circumstance. He was inspired by his parents to study for the approaching pre-board exams, and they also watched out for his health.

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35 Based on the symptoms being exhibited, identify the disorder and explain it. 2

36 Mention and explain any two related disorders to the disorder experienced by Mr. Ram. 2

End of the Question Paper

ROLL NUMBER				
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SET	3
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QP.Code:037/01/3



**INDIAN SCHOOL MUSCAT
FIRST PREBOARD EXAMINATION 2023
PSYCHOLOGY (037)**



CLASS : XII
DATE: 15-01-2023

TIME ALLOTTED : 3 HRS.
MAXIMUM MARKS:70

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SECTION –A

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 - C. Projection
 - D. Denial
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 - A. Ego
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- 3 _____ constructed the first intelligence test in India in Hindi language. (Choose the correct alternative) 1
 - A. Pareek
 - B. SM.Mohsin
 - C. Bhatia

D. Mahalnobis

- 4 The ability to put the efforts and energy in the right direction is indicating one's _____ 1
(Choose the correct alternative)
A. Self-control
B. Self-regulation
C. Self-esteem
D. Self-efficacy
- 5 Future possible damage is known as _____ (Choose the correct alternative) 1
A. Primary appraisal
B. Secondary appraisal
C. Harm
D. Threat
- 6 _____ is a procedure to monitor and reduce the physiological aspects of stress by 1
providing feedback about current physiological activity and is often accompanied by relaxation
training. (Choose the correct alternative)
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B. Exercise
C. Meditation
D. Biofeedback
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information, to alter the event, and to alter belief and commitments. (Choose the correct
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- 9 _____ is defined as a period of depressed mood and or loss of interest or pleasure in most 1
activities together with other symptoms which may include change in body weight, constant sleep
problems, tiredness, inability to think clearly, agitation, greatly slowed behavior, and thoughts of
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A. Major depressive disorder
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B. Dissociative identity
C. Dissociative fugue
D. Depersonalization
- 11 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
Assertion (A): Aversive conditioning refers to associating the unwanted behavior with painful or aversive stimuli to change the behavior.
Reason (R): Aversive conditioning is a part of Negative reinforcement.
A. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
B. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A)
C. Assertion (A) is true, but Reason (R) is false.
D. Assertion (A) is false, but Reason (R) is true.
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(Choose the correct alternative)
A. Intrapsychic conflict
B. Faulty behavior
C. Irrational thoughts
D. Lack of self-awareness
- 13 What is the chief benefit to the client in Gestalt therapy? (Choose the correct alternative) 1
A. Emotional insight
B. Self-awareness and self-acceptance.
C. Finding the meaning in one's own life
D. Change of maladaptive behavior to adaptive ones.
- 14 In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice. 1
Assertion (A): Scape goating is a phenomenon where the majority group will try to blame the minority for their own mistakes and failures.
Reason (R): It is one of the important sources of prejudice learning in the modern world.
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- A. Impression formation
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 - C. Assertion (A) is true, but Reason (R) is false.
 - D. Assertion (A) is false, but Reason (R) is true.

SECTION - B

- 19 Briefly explain cognitive dissonance theory of attitude change with an example. 2
- 20 Differentiate the two terms group and team? 2
- 21 What are the two main characteristics of bipolar disorder and describe them. 2
- OR**
- What is Autism and mention the two important features associated with it.
- 22 Explain cognitive theory of stress appraisal. 2

- 23 Define the two important concepts empathy and unconditional positive regard in the process of building therapeutic alliance. 2

SECTION - C

- 24 Explain various factors contributing the attitude change process. 3

OR

Critically evaluate the relationship between attitude and behavior.

- 25 Explain any three important reasons behind people joining in groups. 3

- 26 Explain the two factor theory of intelligence by Charles Spearman. 3

- 27 Mary, a 40-year-old woman, constantly compares herself to well-known actresses, believes that her body weight is increasing, and she refuses to eat. 3

Name the disorder Mary had, and explain other related disorders.

SECTION -D

- 28 “Intellectual activity involves the three interdependent functioning of neurological systems which are called as functional units of brain”. Justify the statement with the support of PASS model theory. 4

OR

Explain the views of JP. Guilford on intelligence.

- 29 Mr. Vignesh is a 70-year-old man who is the father of two daughters named Anamika and Asmika. These two girls are often at odds with one another, which causes issues in the father's personal life. 4

Using Fritz Heider's concept of balance law, describe how the attitude change in the current case study will occur.

- 30 Define the term defense mechanism and explain any three defense mechanisms proposed by Freud with relevant examples. 4

- 31 Mr. Raj, a 20-year-old boy, feels that no one likes him because he is ugly and stupid and this kind of thinking came about as a result of his often having unpleasant experiences at home and at school. Which therapy will be most suitable to deal with Raj and explain it? 4

OR

Explain any four factors contributing to healing process in psychotherapy.

SECTION - E

- 32 What are the self-report measures and how will they be useful in determining personality? 6

OR

Explain any three projective techniques to assess the personality.

SECTION - F

Read the case and answer the questions that follow.

Shyam a class 10 high school student who excels in the class room, was unable to perform well in the most recently final term exams because of a high temperature and other illnesses. His

performance and grade suffered as a result of his illness, which greatly increased his level of stress. His parents are deeply concerned about his health, and they have been helping him and supporting him morally while he attempts to feel at ease and get through the circumstance. He was inspired by his parents to study for the approaching pre-board exams, and they also watched out for his health.

33 In the present case study, what form of help did Shyam receive? Please describe the other two categories of social support. 2

34 What type of stress did physical disease cause in Mr. Shyam's life? List a number of factors that contribute to psychological stress in daily living. 2

Read the case and answer the questions that follow.

Mr. Ram (40) is working in a company as sales executive, He is very much afraid of viral diseases. For his safety he started using the sanitizers as he is terribly afraid of being contaminated by germs. He avoids shaking hands with others. He won't eat in the cafeteria. He has trouble leaving the bathroom because he isn't sure he has washed his hands well enough.

35 Based on the symptoms being exhibited, identify the disorder and explain it. 2

36 Mention and explain any two related disorders to the disorder experienced by Mr. Ram. 2

End of the Question Paper