

Pre Board Examination (15 December 2025)

Class - XII

M.M. - 70

Time - 3 hrs.

Subject – Psychology (Set - A)

General Instructions-

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- All questions are compulsory except where internal choice has been given.
 - Answers should be brief and to the point.
 - Question, No. 1-14 in Section A are objective type questions carrying 1 mark each. You are expected to answer them as directed.
 - Question No. 15-19 in Section B are very short answer type-I questions carrying 2 marks each. Answers to each question should not exceed 30 words.
 - Question No. 20-23 in Section C are very short answer type-II questions carrying 3 marks each. Answers to each question should not exceed 60 words.
 - Question No. 24-27 in Section D are long answer type-I questions carrying 4 marks each. Answer to each question should not exceed 120 words.
 - Question No. 28-29 in Section E are long answer type-II questions carrying 6 marks each. Answer to each question should not exceed 200 words.
 - Question No. 30-33 in Section F are based on two cases given. Answer to each 1 mark question should not exceed 20 words. Answer to each 2 marks question should not exceed 30 words.

Section - A

Section - A

1. While preparing for a creative writing competition, Anika was asked to come up with as many unique story ideas as possible. Her teacher praised her for her originality and flexibility of thought. Which type of thinking is being used by Anika?

- a) Convergent thinking
b) Divergent thinking
c) Both convergent and divergent thinking
d) Memory and logical thinking.

2. Formal assessment is objective, standardised and organised. Based on this information, choose the statements which are true for formal assessment.

- I. Formal assessment uses systematic testing procedures.
II. It is always open to subjective interpretations.
III. Based on the assessment, predictions about behaviour can be made.
IV. It varies from case to case and from one assessor to another.
- a) i and iii b) i and ii c) i and iii d) ii and iv

3. When Arohi's college application was rejected, she told everyone she didn't really want to go there anyway. Which defence mechanism is she showing?

- a) Repression b) Reaction formation c) Denial d) Rationalisation

4. Dev faces stress during exams but uses problem-solving strategies to cope effectively. This process of dealing with stress is known as:

- a) Positive reaction b) Coping c) Conflict resolution d) Meditation

5. Mehul often close his eyes and imagines himself relaxing on a calm beach to reduce stress. Which technique is he using?

- a) Relaxed visualization b) Meditation c) Creative visualization d) Imagination and relaxation

6. Assertion (A): Psychological stress is the stress that we generate for ourselves in our minds.
Reason (R): The perception of a stressor is the psychological stress.

Reason (R): These psychological stresses do not have any impact on our physiological being.

Choose the correct option.

- a) Both A and R are true and R is the correct explanation of A.
b) Both A and R are true and R is not the correct explanation of A
c) A is true but R is false.
d) A is false but R is true

A-1

7. Lina believes the people in her building are secretly following her and plotting against her. Which type of delusion is she having?
a) Persecution b) Control c) Reference d) Grandeur
8. Mood disorders in which both mania and depression are alternatively present is known as ____
a) major Depressive disorder b) manic Disorder c) Bipolar mood disorder d) Mania
9. According to the diathesis-stress model, Maya developed depression only after losing her job, even though she was biologically vulnerable. Which statement supports this model?
I. A vulnerability factor and the presence of a pathogenic stressor results in psychological disorder.
II. The presence of biological aberration is enough to develop a psychological disorder.
III. The presence of only pathogenic stressors may lead to psychopathology.
IV. The diathesis and the stressor lead to the development of a psychological disorder.
a) i and ii b) ii and iii c) iii and iv d) i and iv
10. When Nupur throws tantrums, her mother ignores her. But when she tidies up, her mother praises her. What technique is this?
a) Positive reinforcement b) Negative reinforcement c) Differential reinforcement d) Modelling
11. The centrality of an attitude reflects
a) A person's degree of negative or positive feelings about an object.
b) Whether an attitude is positive or negative towards an attitude object.
c) The extent to which an attitude would influence the other attitudes in the system.
d) The attitude's resistance to change.
12. Farhan believes "One must always speak the truth." What is this an example of?
a) Belief b) Cognition c) Value d) Stereotype
13. Assertion (A): In balance theory, attitude elements must be in the same direction. Reason (R): Logical consistency prevents mental discomfort.
Choose the correct option
a) Both A and R are true and R is the correct explanation of A
b) Both A and R are true and R is not the correct explanation of A.
c) A is true but R is false.
d) A is false but R is true
14. A large group of shoppers gathered at a mall during a celebrity visit by chance. This group is called a:
a) Team b) Audience c) Mob d) Crowd

Section - B

15. Discuss Gestalt therapy.
16. Ira believes that intelligence has both a general factor and specific abilities. How did Charles Spearman explain this?
17. Psychologists observed teacher-student interactions in a classroom to study participation and engagement. What assessment method would best suit this and why?
18. Kabir believes he's good at academics and performs confidently in tests. How does this show the link between self-esteem and everyday behaviour?
19. Arun undergoing treatment for alcohol addiction is given a mild electric shock when he smells alcohol. Identify and describe the therapy used.

A-2

Section - C

20. Explain why the relationship between therapist and client is vital in psychotherapy.
21. Rohan ignored his mother's advice to exercise but began after his favourite cricketer promoted it. Which source characteristics influenced his attitude change?

OR

Zarin is high in the ability to think analytically and performs well in academics. With respect to Robert Sternberg's theory, which type of intelligence does Zarin possess? Explain this type of intelligence.

22. Swami Karan guides followers and inspires inner peace and connection with humanity. According to Gardner, what type of intelligence does he have?
23. Reetu is constantly under stress from her new job. Initially, she works hard (alarm), later adjusts (resistance), but finally feels exhausted (exhaustion). Name and explain the model that fits this.

Section - D

24. Why is classification of disorders important? Name and explain two major classification systems.
25. Identical twins Rhea and Diya were separated in childhood but show similar reasoning and memory skills. Will they show intellectual similarities? Why?
26. Aditya is on a diet and resists eating sweets during festivals. Which aspect of self is he showing? Suggest three techniques to help him reach his goal.
27. Four friends working on a project resolved conflicts and became productive as a team. Which stage of group formation is this? Describe all stages.

OR

A group of 20 students was asked to complete the task of decorating the classroom board. However, it was brought to the notice of the teacher that not everyone was participating and putting in effort. Identify and explain the phenomenon being described above and give reasons why this occurs.

Section - E

28. Everyone feels anxious before exams, but Aisha's fear has become constant and irrational. When does anxiety become a disorder? Explain its types.

OR

A psychologist team is discussing why Rohan, who experiences anxiety and social withdrawal, might have developed these symptoms. One member attributes it to his childhood learning patterns, another to chemical imbalances, while another focuses on his thought distortions and family conflicts. Analyse Rohan's condition using different psychological models of abnormal behaviour. Highlight how each model explains the same symptoms differently.

29. Tanvi wonders why people behave differently – some are calm, some aggressive. Differentiate between type and trait approaches, and explain four type theories.

OR

Ritika, a school counsellor, believes that every student has the potential to grow and achieve their best if given acceptance and a supportive environment. She often quotes that people strive to become the best versions of themselves when their basic needs are fulfilled.

Section - F

Read the case and answer the questions that follow.

'My story about Work-related Stress' 4 6 6 Looking back on my life, I recognise that I have always struggled with anxiety in relationships, friendships or at work. However, I misunderstood those feelings for a long time, thinking that my hyper vigilance was a positive thing which made me more productive and in tune with others. I remember a badge I bought for myself in my early 20s which I

A - 3

had on my desk at work. It said "I thrive on stress. Please hassle me." I was always on the go, feeling like I had an edge that motivated me. The truth was that I felt anxious almost all the time. I worked in the same organisation for over 20 years. I loved managing my small team of staff and felt that I thrived on the stress of work. I was in a job which I perceived to be rewarding and stressful in equal measure. I was the problem solver, the one to volunteer for any task. I worked extra hours and felt a great sense of responsibility in my role. However, in early 2012, I began to struggle to manage the stress of my job. Thoughts and worries about work seeped into every part of my life. I would wake up at night with palpitations, worrying about a task I had not completed, or trying to remember if I had sent an urgent email. I found that my mind wandered to work whilst I was spending time with my family. I withdrew from friends as I didn't have the headspace to switch off and relax.

30. "I thrive on stress. Please hassle me." Explain the type of stress being referred to here.

31. "Thoughts and worries about work seeped into every part of my life. I would wake up at night with palpitations, worrying about a task I had not completed, or trying to remember if I had sent an urgent email. I found that my mind wandered to work whilst I was spending time with my family." Suggest and explain any two stress management techniques that the writer could use.

Read the case and answer the questions that follow .

Because of social influences, people form views, opinions or attitudes about people, and about different issues in life, that exist in the form of behavioural tendencies. How important are these opinions to you? The topics of some of these opinions may be only moderately important to you; they are simply ways of thinking, and it does not matter much to you that others agree or disagree with your views. On the other hand, you may find that some other topics are extremely important to you. If someone opposes or challenges your views about these topics, you get emotional. You may have made some of these views part of your behaviour. In other words, if your views are not merely thoughts, but also have emotional and action components, then these views are more than 'opinions'; they are examples of attitudes. Attitudes have to be distinguished from beliefs and values.

32. Define beliefs.

33. Describe the ABC components of attitude.