

Budha Dal Public School, Patiala
Pre Board Examination (15 December 2025)

Class - XII

M.M. – 70

Subject – Psychology (Set - B)

Time - 3 hrs.

General Instructions-

- 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

1. Asha has been recently diagnosed with hypertension. She insists the doctor must have made a mistake and refuses to take any medication. Identify the defence mechanism she is using.
a) Repression b) Rationalization c) Denial d) Displacement
2. During a psychology internship, Sanya observes how her classmates react differently in the same classroom setting. She notes that personality is better understood by observing people in various situations. Which statement correctly represents the method of personality assessment?
a) Direct techniques assess unconscious behaviour
b) Psychological testing requires great skill and training
c) Behaviour in various situations gives meaningful information about personality
d) Indirect techniques are scored objectively
3. During an aptitude test, Aarav planned his study schedule, monitored his progress, and modified his strategy before the final exam. Which theory of intelligence emphasizes this stage of planning?
a) Hierarchical Model of Intelligence
b) PASS Model
c) Theory of Multiple Intelligences
d) Structure of Intellect Model of Intelligence
4. Reema attends a workshop where she practices controlled breathing along with rhythmic chanting to achieve mental calmness. The method followed is known as—
a) It combines pranayam with chanting
b) It consists of mindfulness-based meditation
c) It involves rapid breathing technique to induce hyperventilation
d) It refers to asanas or only bodily postures
5. Aniket experiences an intense fear of travelling in lifts. He avoids offices or malls that require elevator use, affecting his daily life. Which behavioural technique would best help him overcome this fear?
a) Systematic desensitization
b) Positive reinforcement
c) Differential reinforcement
d) Token economy
6. Assertion (A): Logotherapy discourages transference between therapist and client.
Reason (R): It focuses on helping clients find meaning in life regardless of circumstances.

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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, but R is not the correct explanation of A
 - c) A is true but R is false.
 - d) A is false but R is true.
7. Rohan believes that a popular radio jockey is secretly sending him personal messages through the songs being played. What symptom is he displaying?
- a) Delusion of reference b) Delusion of control
 - c) Formal thought disorder d) Auditory hallucination
8. For the past month, Nisha has been experiencing constant anxiety, rapid heartbeat, and breathlessness, affecting her daily work. Which criterion of abnormality best describes her condition?
- a) Deviance and danger b) Distress and dysfunction
 - c) Duration and distress d) Danger and depression
9. Identify the feature that is not associated with Autism Spectrum Disorder:
- a) Social interaction difficulties b) Repetitive behaviours
 - c) Breathing problems d) Impairment in non-verbal communication
10. Identify the statements that are not true to group polarisation:
- i. It is a consequence of extreme cohesiveness.
 - ii. Groups are more likely to take extreme decisions than individuals alone.
 - iii. When you find people having similar views you perceive them as an ingroup.
 - iv. As the group becomes one unit you begin to think, feel and act like them.
- Options:
- a) i and iv b) iii and iv c) ii and iv d) ii and iii
11. A group of volunteers form a team to help flood victims. They coordinate their efforts and share responsibilities for a common goal. Identify the type of group described.
- a) Collection of people who may be present at a place by chance.
 - b) The members have complimentary skills and are committed to a common goal.
 - c) Only the leader is responsible for the work.
 - d) Polarisation in attention and actions of persons are in common direction.
12. Shweta has joined the National Cadet Corps. Identify the type of group she is now a member of:
- i. Primary ii. Secondary iii. Informal iv. Formal
- Options:
- a) i and iv b) iii and iv c) ii and iv d) ii and iii
13. According to Heider's Balance Theory, when Reeta likes her teacher and also likes psychology (which her teacher teaches), the relationship is in a state of—
- a) All three sides of the P-O-X triangle are negative.
 - b) Two sides of the P-O-X triangle are positive, and one side is negative.
 - c) Two sides of the P-O-X triangle are negative, and one side is positive.
 - d) There is a state of cognitive dissonance.
14. Identify the statement that can help in reducing social loafing.
- a) Making the group effort identifiable, instead of individual effort.
 - b) Decreasing the pressure to work hard towards the achievement of group goals.
 - c) Making people feel that their individual contribution is important.
 - d) Weakening group cohesiveness and increasing motivation to increase productivity.

Section - B

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15. During exam season, Kiran and Megha both face high academic pressure. Kiran views it as a challenge to perform better, while Megha sees it as an unbearable burden. How does Lazarus' theory of stress appraisal explain their differing responses?
16. During a peer evaluation project, Ritika observed that some raters gave consistently high scores, while others gave extreme or biased ones. Identify two limitations of using rating scales for personality assessment.

OR

- During a corporate workshop, Mr. Varun was described as ambitious, competitive, and impatient. Identify and explain the main characteristics of Type A personality shown by him
17. Describe any two factors from the 5 Factor Model of Personality.
18. While Anjali inherited high logical ability from her parents, her enriched schooling and exposure to puzzles further improved her intelligence. Explain with reference to the nature-nurture debate in intelligence.
19. While conducting a team task, Manager Raghav noticed that initial enthusiasm turned into disagreements before the group became cohesive and focused. Identify the stage of group formation when the conflict occurred and the stage that follows it.

Section - C

20. At work, Sohini manages her tasks efficiently, speaks up for herself politely, and avoids procrastination. Her peers admire her discipline and confidence. Identify and explain the life skills that Sohini is demonstrating.
21. Manav, a 27-year-old diagnosed with schizophrenia, struggles to live independently and work productively. As a mental health professional, suggest three rehabilitation techniques that can help him reintegrate into society.
22. Priya, a sculptor, feels fulfilled and creative, often describing her work as an expression of her true self. She accepts her flaws and constantly grows from experiences. Explain Priya's personality using Carl Rogers' Humanistic Theory.

OR

- The Bhil tribal children grow up in forest-based communities, participating in collective hunting and sharing resources equally. How may this lifestyle influence their personality development?
23. Ritika often checks the locks repeatedly, fearing she might have left them open. Even after confirming, she feels anxious until she checks again. Differentiate between obsessive and compulsive behaviour with reference to her condition.

Section - D

24. Despite believing that eating healthy is important, Kavya often eats junk food and skips breakfast due to her busy schedule. She feels slightly guilty but continues the same behaviour. With reference to attitude and behaviour relationship, explain why there is inconsistency between her beliefs and actions.

OR

- Rohan, a team leader, tends to ignore opinions of older colleagues, assuming they are outdated or irrelevant. Discuss the likely sources of his prejudice against senior citizens.
25. During a career assessment, Dr. Nandini asked her client to narrate stories around ambiguous pictures and complete unfinished sentences. Identify and describe the techniques of personality assessment used here.
26. Shreya, a 16-year-old, has an IQ of 145 and recently received a national award for her scientific innovation project. Would she be considered gifted or talented? Explain with reference to characteristics of giftedness.
27. After losing his job, Ritesh experienced constant headaches, sleeplessness, irritability, and indecisiveness. Explain the effects of stress on psychological functioning with reference to his symptoms.

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Section - E

Aarav, a 7-year-old student, often struggles with reading and writing in class. His teacher notices that he has difficulty paying attention and following instructions. Another student, Meera, shows repetitive behaviors, prefers strict routines, and finds social interactions challenging. Based on the case, identify the features of neurodevelopmental disorders. Discuss which disorders Aarav and Meera might be showing and explain any two neurodevelopmental disorders.

OR

Riya feels constantly worried about everyday activities, even when there is no apparent reason. Her brother, Aditya, has an intense fear of dogs and avoids going to parks. Using the case, explain how psychodynamic, behavioral, and cognitive models would interpret Riya's and Aditya's conditions.

29. Saanvi is curious about how people solve problems. She wants to understand why her friend Aarush excels in school exams, while her cousin Rohan is very creative but struggles in academics. She reads about different approaches to intelligence. Differentiate between the information processing approach and psychometric approach to intelligence. Explain any four theories under the psychometric approach.

OR

Aarav excels in logical reasoning and problem-solving tests, while his friend Meera often comes up with unique ideas in class projects. Their teacher wants to understand how creativity relates to intelligence and how it is measured. Explain the relationship between creativity and intelligence based on the case. Differentiate between creativity tests and intelligence tests.

Section - F

Read the case and answer the questions that follow.

Rahul, a 28-year-old software engineer, has been referred to a psychologist due to persistent anxiety and stress at work. He reports constant worry about his performance and fears that even minor mistakes might lead to catastrophic consequences. Rahul also experiences difficulty sleeping, irritability, and trouble concentrating. Rahul's childhood was marked by high parental expectations and frequent criticism. He internalized beliefs such as, "I must always be perfect," "If I fail, everyone will judge me," and "I cannot handle stress." These thoughts often lead him to avoid challenging tasks at work and social interactions where he fears being evaluated. Over time, these thought patterns reinforced his anxiety and low self-confidence.

30. Identify the core beliefs Rahul developed during his childhood.

31. Which therapy would be most suitable to help Rahul reduce his anxiety? Give reasoning for your answer.

Read the case and answer the questions that follow .

Dr. Meera Krishnan, a retired biology professor, devoted her retirement to environmental conservation. She initiated programs encouraging students to reduce plastic use, organize clean-up drives, and plant saplings in urban areas. Over ten years, her efforts transformed barren plots in the city into gardens and parks. Dr. Krishnan also conducted awareness campaigns, encouraging local authorities to adopt eco-friendly policies. She frequently motivated young volunteers to participate in tree plantation drives and recycling initiatives. Members of the Green Kerala Society praised her dedication and noted how her actions inspired widespread community participation.

32. Dr. Krishnan's active participation in planting saplings reflects which Component of attitude? Explain.

33. How might observational learning contribute to the formation of pro-environmental attitudes in students inspired by Dr. Krishnan?

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