

Budha Dal Public School, Patiala

First Term Examination (23 August 2025)

Class - XII

Time - 3 hrs.

Subject – Psychology (Set - B)

M.M. – 70

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

- Q1. ____ is showing compassion and pity towards the client.
(a) Sympathy (b) Empathy (c) Catharsis (d) Intellectual understanding
- Q2. Reena is able to recall information accurately and derives general rules from the presented facts. According to Thurstone, the Primary abilities she possesses most are-
(a) Memory and spatial relations
(b) Memory, spatial relations and verbal comprehension
(c) Inductive reasoning and spatial relations
(d) Inductive reasoning and memory
- Q3. When behaviour cannot be modified according to the needs of the situation, it is said to be-
(a) Well adaptive (b) Maladaptive (c) Adaptive (d) None of these
- Q4. Emotional competence refers to self-competence to handle behaviour. (True / False)
- Q5. The emotional component of attitude is also called ____ component.
(a) Cognitive (b) Intellectual (c) Affective (d) All of these
- Q6. People with low self-esteem and intelligence change their attitudes easily. (True/False)
- Q7. Read the statement and choose the appropriate options.
Assertion (A) : Pass model explains that state of arousal is basic to any behaviour as it helps in attending to stimuli. Arousal and attention enable a person to process information.
Reasoning (B) : An optimal level of arousal focuses our attention to the relevant aspects of a problem. Too much or too little arousal would interfere with attention.
(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.
- Q8. _____ and performance tests help reduce the culture bias usually associated with intelligence tests.
(a) Non-verbal (b) Group (c) Individual (d) Verbal

Q9. Neeraj feels very strongly that everyone should love him and he should be selected to represent the school for all competitions. When this does not happen, he feels miserable and is unable to concentrate. Which form of therapy would be the most suitable for him to overcome this problem?
(a) Cognitive therapy (b) Psychodynamic therapy
(c) Behaviour therapy (d) Biomedical therapy

Q10. ____ is the ability to complete any course of action.
(a) Avolition (b) Neologism (c) Alogia (d) Delusion

Q11. Rational Emotive Therapy (RET) has been proposed by ____.

Q12. Which one of the following is a feature of an attitude?
(a) Affective (b) Valence (c) Cognitive (d) Behavioural

Q13. Meenal took a ____ test which indicated that she should excel in typing and highlighted it in her resume while looking for jobs.

(a) multiple aptitude (b) specialized aptitude
(c) interest (d) achievement

Q14. Read the statement and choose the appropriate options.

Assertion (A) : The stigma attached to mental illness means that people are open to consult a psychologist or doctor.

Reasoning (R) : It is commonly believed that psychological disorder is something to be ashamed of.

(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.

Section - B

Q15. What is Post-Traumatic Stress Disorder?

Q16. What is the difference between Positive and Negative reinforcement?

Q17. What is stigma attached to mental illness?

Q18. Explain the term giftedness.

Q19. Why are values difficult to change?

Section - C

Q20. Write the ethical standards that need to be practiced by professional psychotherapies.

Q21. Are attitudes learnt? Explain how?

Q22. Sheena a 16 years old teenager has enrolled herself in a pre exam counselling and meditation courses as she thinks this will help her in increasing her emotional intelligence. How do you think emotional intelligence is useful to her?

Q23. What are causes of Suicide?

Section - D

Q24. Explain the process of Systematic desensitization.

Q25. Explain briefly the multiple intelligence identified by Gardener.

Q26. State the factors that influence attitude formation.

Q27. Describe the various factors underlying abnormal behaviour.

Section - E

Q28. Describe the nature and goals of psychotherapy. Highlight the importance of therapeutic relationship in psychotherapy.

OR

What are the factors that contribute to healing in psychotherapy? Enumerate some of the alternative therapies.

Q29. How are prejudices formed? How can we reduce them.

OR

Explain the nature and components of attitude.

Section - F

Read the case and answer the questions that follow.

Neha is an average 16 years old student who scores around 70-80% in most of the subjects. She is not particularly an outstanding student in any of the particular fields yet has an average performance in most of them. She is not a high scorer but she is involved in most of the planning for various events in school as well as family as she always comes out with ideas which are her own and out of the box. There is another girl Anita who is regarded as excellent student by her teachers, does her work on time, scores the highest grades in her class and listens to instructions with care, grasps quickly, reproduces accurately but she rarely comes out with ideas which are her own.

Q30. What do you understand by creativity? (1)

Q31. Write the characteristics of creativity test. (2)

Read the case and answer the questions that follow .

Malang, a student of class IX, was referred to a mental health clinic with complaints of stealing money, excessive lying, setting fire to household items, teasing young girls of the locality and passing lewd remarks and making obscene gestures. The onset was about 3 years ago and has increased over the past 8 months. Of late, he has started using alcohol and spending more time outdoors with friends of similar interest. School reports suggested gradual development of inappropriate behaviours such as openly defying rules in school, playing truant, instigating fellow students to pass silly remarks in class, disrespectful attitude towards elders ultimately resulting in frequent school absenteeism, mixing with local goons and excessive aggression. Further investigation revealed that family history is disturbed, relationship with father was extremely hostile and there were frequent conflicts amongst the family members. Birth and developmental milestones are normal.

Q32. Identify the disorder Malang is exhibiting. (1)

Q33. Distinguish it with ADHD. (2)