

**Budha Dal Public School, Patiala**  
**Second Term Examination (18 December 2024)**  
**Class - XII**

**Time - 3 hrs.**

**Subject – Psychology ( Set - A )**

**M.M. – 70**

**General instructions**

- All questions are compulsory except where internal choice has been given.
- Question Nos. 1 -14 in Section A carry 1 mark each. You are expected to answer them as directed.
- Question Nos. 15-19 in Section B are very short answer type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question Nos. 20-23 in Section C are short answer type-II questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- Question Nos. 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 Nos. 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 Nos. 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. What is the chief benefit to the client in cognitive therapy?
  - a. Emotional insight is gained and the client is able to change his emotions towards the conflict.
  - b. The client is able to change maladaptive behaviour to adaptive ones.
  - c. The client is able to replace irrational thoughts with rational ones.
  - d. The client is able to achieve personal growth which leads to understanding oneself.
2. Which of the following is/are true about psychological disorders in the middle ages?
  - i. Demonology and superstition were used as explanations of psychological disorders.
  - ii. Mental anguish and conflict were considered as reasons for psychological disorders.
  - iii. Disturbed interpersonal relationships were emphasised to explain mental disorders.
  - iv. There was emphasis on deinstitutionalisation for people with psychological disorders.

a. Only i is true.                      b. i and ii are true.                      c. Only iii is true.                      d. ii and iv are true
3. Ashish's roommate at college, who belonged to a particular State, was always rude and selfish towards him. Ashish now does not befriend or employ people from this State as he feels that they are all impolite. This is an example of \_\_\_\_\_.

a. Self fulfilling prophecy    b. Kernal of truth                      c. Scapegoating                      d. Social cognition

4. Kashish has been feeling stressed for a long time due to the competition in the office to acquire the position of senior manager. Her therapist started a procedure to control her stress where her stress related physiological functions are monitored and reduced. Identify the technique.

- a. Meditation      b. CBT      c. Creative visualization      d. Biofeedback

5. Which of the following is true about the socio-cultural model of psychopathology?

- i. Factors such as social network, conditions, labels shape the behavior.
- ii. Making over-generalization, negative conclusions to the problems.
- iii. Strong and fulfilling internal relationships develop less stress.
- iv. Internal forces interacting with each other to develop behavior.

- a. i and ii      b. i and iii      c. iii and iv      d. ii and iii

6. Lokesh lost his job and his wife from two years left him. He woke up one day and was not able to remember his identity or anything from his previous life, doctors suggested the memory loss to be due to psychological cause and not biological cause. Lokesh's symptoms are indicative of \_\_\_\_.

- a. Dissociative amnesia      b. Dissociative identity disorder  
c. Dissociative fugue      d. Depersonalization/derealisation

7. Assertion (A): Behavioural analysis is conducted to find malfunctioning behaviours, the antecedents of faulty learning, and the factors that maintain or continue faulty learning.

Reason (R): The aim of the treatment in behavioural therapy is to extinguish or eliminate the faulty behaviours and substitute them with adaptive behaviour patterns.

- 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 false, R is true.
- d. A is true, R is false.

8. Charu suffers from depression and substance abuse. She does not want to go for conventional drug treatment or psychotherapy. Which of the following alternative yoga therapy will best suit her problem, as researched by NIMHANS?

- a. Vipasana      b. Kundalini yoga      c. Pranayam      d. Sudarshan Kriya Yoga

9. Assertion (A): Belief refers to the cognitive component of attitude and forms the ground on which attitude stands.

Reason (R): Beliefs contain a 'should' or 'ought' component such as moral or ethical values.

- 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 false, R is true.
- d. A is true, R is false.

10. Sheeba has somewhat positive attitude towards women empowerment. Reading about a successful woman made this attitude more positive. This is an example of \_\_\_\_ attitude change.

- a. Incongruent      b. Congruent      c. Dissonant      d. Cognitive

11. Hardik like playing football and another person in his class also loves playing football; there is a matching of their interests. There are higher chances that they may become friends. When we meet similar people, they reinforce and validate our opinions and values, we feel we are right and thus we start liking them. This is an example of:

- a. Proximity      b. Similarity      c. Common goals      d. Cohesiveness

12. Arrange the following in the correct order:

- A. Conflict    B. Formation    C. Stabilisation    D. Dismissal    E. Performance

- a. A→B→C→D→E    b. C→D→B→A→E    c. D→E→C→A→B    d. B→A→C→E→D

13. From 1964 to 1967, President Lyndon Johnson and his advisors in the U.S. escalated the Vietnam War thinking that this would bring North Vietnam to the peace table. The escalation decisions were made despite warnings. The grossly miscalculated move resulted in the loss of 56,000 American and more than one million Vietnamese lives and created huge budget deficits. This problem can be termed as:

- a. Group Cohesiveness    b. Group Polarisation    c. Group Think    d. Group Loafing

14. Four important elements of group structure are :

- a. Compliance, Identification, internalisation, goal  
b. Roles, security, status, cooperation  
c. Security, status, self-esteem, goal  
d. Roles, norms, status, cohesiveness

## SECTION B

15. Aslam is a manager in an organisation. To conduct a team build activity, he assigned work to selected members randomly. He observed that while executing the task, there came a stage where there was conflict among the members. At what stage of group formation would this have taken place and explain the stage that is likely to follow?

16. Are there any alternate therapeutic approaches that can be effective in treating mental health conditions?

17. What is the central concept of the cognitive triad in Beck's theory?

18. Rasika is just 9 years old girl but became more stubborn and disobedient. Being an only child raised in a pampered way and therefore she rarely obeys or respect the elders. Identify and define the disorder Rasika has.

19. What are the main differences between teams and groups?



### SECTION C

20. Many societies are prejudiced on the basis of religion and colour. Suggest some strategies to handle such prejudices.
21. Psychotherapies aim at changing the abnormal behaviors and decreasing the sense of personal distress. Discuss the characteristics of psychotherapies in detail.
22. How can a leader actively prevent groupthink from occurring within their team?
23. State any two differences between somatic symptom and illness anxiety disorder.

### SECTION D

24. Rahul grew up in a religious family, he was inclined to become a religious preacher. Explain all the factors that may have helped Rahul form attitude.

OR

Bringing about a change in people's attitudes is of interest to community leaders, politicians, producers of consumer goods, advertisers, and others. Explain factors to bring that change.

25. Nandini is new graduate student, in the first semester, she was put in a group to firm the assignment as part of their internal assessment. While working on the project she noticed that non of the group members were doing any work, only she was putting all her efforts. Explain the phenomena. How can this problem be reduced?

26. What are the different types of psychotherapies? Explain the principles on which humanistic existential therapy is based.

OR

Discuss the various techniques used in behaviour therapy.

27. Discuss the risk factors associated with suicides. What are the symptoms that help in identifying students in distress? Examine some ways to foster positive self esteem in students.

### SECTION E

28. Are attitude learnt? Explain how?

OR

What strategies can be used to promote long-lasting attitude change? Explain any two strategies in detail.

29. What are the characteristics of neurodevelopmental disorders? Discribe any three neurodevelopmental disorders.

OR

While speaking in public the patient changes topics frequently, is this a positive or a negative symptom of schizophrenia? describe the other symptoms and sub types of schizophrenia.

## SECTION F

### I. Read the following case and answer question numbers and 31

Sarah's therapist reinforces her for using deep breathing when feeling anxious, but ignores her when she engages in nervous fidgeting. Over time, Sarah uses deep breathing more often, reducing her fidgeting.

30. Identify the therapeutic technique used here. (1)
31. Sarah uses deep breathing more often and reduced her fidgeting. Explain her behaviour with reference to reinforcement. (2)

### II. Read the case and answer the questions that follow:

A 28-year-old woman was walking through her local shopping mall when she began to feel intensely anxious. The anxiety was accompanied by sensations of choking, smothering, and a sudden sense that the people and stores around her were unreal. She began to fear that she was going crazy and the more she worried about this the more anxious she became. A guard, seeing that she was in distress, brought her to the mall office where she was able to lie down. A few minutes later the symptoms began to subside. She went home after leaving the mall but she did not tell her husband what happened. A week later she had a similar attack while she was walking down the street. She was able to reach her house where she lay down until the attack ended. In the following three weeks she had two or more attacks. Between attacks she was constantly worried about having another attack. The patient was finally forced to tell her husband about the problem because she was so fearful of not being able to get help if an attack occurred that she would not leave her house alone or travel on public transportation.

32. What are the other disorders that come under the same category as the one mentioned in the case above? (1)
33. Describe the development of this woman's disorder on the basis of diathesis stress model. (2)

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**SECTION A**

1. Arsh suffers from depression and substance abuse. She does not want to go for conventional drug treatment or psychotherapy. Which of the following alternative yoga therapy will best suit her problem, as researched by NIMHANS?

- a. Vipasana      b. Kundalini yoga      c. Pranayam      d. Sudarshan Kriya Yoga

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Reason (R): Beliefs contain a 'should' or 'ought' component such as moral or ethical values.

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3. Sheeba has somewhat positive attitude towards women empowerment. Reading about a successful woman made this attitude more positive. This is an example of \_\_\_\_ attitude change.

- a. Incongruent      b. Congruent      c. Dissonant      d. Cognitive

4. Sahil like playing football and another person in his class also loves playing football; there is a matching of their interests. There are higher chances that they may become friends. When we meet similar people, they reinforce and validate our opinions and values, we feel we are right and thus we start liking them. This is an example of:

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8. What is the chief benefit to the client in cognitive therapy?

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iv. There was emphasis on deinstitutionalisation for people with psychological disorders.

a. Only i is true.    b. i and ii are true.    c. Only iii is true.    d. ii and iv are true

10. Rishit's roommate at college, who belonged to a particular State, was always rude and selfish towards him. Rishit now does not befriend or employ people from this State as he feels that they are all impolite. This is an example of \_\_\_\_\_.

a. Self fulfilling prophecy    b. Kernal of truth    c. Scapegoating    d. Social cognition

11. Simran has been feeling stressed for a long time due to the competition in the office to acquire the position of senior manager. Her therapist started a procedure to control her stress where her stress related physiological functions are monitored and reduced. Identify the technique.

a. Meditation    b. CBT    c. Creative visualization    d. Biofeedback

12. Which of the following is true about the socio-cultural model of psychopathology?

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13. Punit lost his job and his wife from two years left him. He woke up one day and was not able to remember his identity or anything from his previous life, doctors suggested the memory loss to be due to psychological cause and not biological cause. Punit's symptoms are indicative of \_\_\_\_.

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14. Assertion (A): Behavioural analysis is conducted to find malfunctioning behaviours, the antecedents of faulty learning, and the factors that maintain or continue faulty learning.

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### SECTION C

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26. Bringing about a change in people's attitudes is of interest to community leaders, politicians, producers of consumer goods, advertisers, and others. Explain factors to bring that change.

OR

Sameer grew up in a religious family, he was inclined to become a religious preacher. Explain all the factors that may have helped Sameer form attitude.

27. Gayatri is new graduate student, in the first semester, she was put in a group to firm the assignment as part of their internal assessment. While working on the project she noticed that non of the group members were doing any work, only she was putting all her efforts. Explain the phenomena. How can this problem be reduced?

### SECTION E

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## SECTION F

**Read the case and answer the questions that follow:**

A 28-year-old woman was walking through her local shopping mall when she began to feel intensely anxious. The anxiety was accompanied by sensations of choking, smothering, and a sudden sense that the people and stores around her were unreal. She began to fear that she was going crazy and the more she worried about this the more anxious she became. A guard, seeing that she was in distress, brought her to the mall office where she was able to lie down. A few minutes later the symptoms began to subside. She went home after leaving the mall but she did not tell her husband what happened. A week later she had a similar attack while she was walking down the street. She was able to reach her house where she lay down until the attack ended. In the following three weeks she had two or more attacks. Between attacks she was constantly worried about having another attack. The patient was finally forced to tell her husband about the problem because she was so fearful of not being able to get help if an attack occurred that she would not leave her house alone or travel on public transportation.

30. What are the other disorders that come under the same category as the one mentioned in the case above? (1)

31. Describe the development of this woman's disorder on the basis of diathesis stress model. (2)

### **II. Read the following case and answer question numbers 32 and 33**

Kriti's therapist reinforces her for using deep breathing when feeling anxious, but ignores her when she engages in nervous fidgeting. Over time, Kriti uses deep breathing more often, reducing her fidgeting.

32. Identify the therapeutic technique used here. (1)

33. Kriti uses deep breathing more often and reduced her fidgeting. Explain her behaviour with reference to reinforcement. (2)