

## **SAMPLE QUESTION PAPER - 4**

**Psychology (037)**

**Class XII (2024-25)**

**Time Allowed: 3 hours**

**Maximum Marks: 70**

### **General Instructions:**

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. 1-14 in Section A carry 1 mark each. You are expected to answer them as directed.
3. Question Nos. 15-19 in Section B are very short answer type-I questions carrying 2 marks each. The answer to each question should not exceed 30 words.
4. Question Nos. 20-23 in Section C are short answer type-II questions carrying 3 marks each. The answer to each question should not exceed 60 words.
5. Question Nos. 24 - 27 in Section D are long answer type-I questions carrying 4 marks each. The answer to each question should not exceed 120 words.
6. Question Nos. 28-29 in Section E are long answer type-II questions carrying 6 marks each. The answer to each question should not exceed 200 words.
7. Question Nos. 30–33 in Section F are based on two cases given. The answer to each onemark question should not exceed 20 words. The answer to each two-mark question should not exceed 30 words.

### **Section A**

1. When people believe that their feelings, thoughts and actions are controlled by others is called Delusion of \_\_\_\_\_. [1]  

a) Perception	b) Reference
c) Grandeur	d) Control
2. Name the treatment that combines Pranayam with chanting of mantras. [1]  

a) Kundalini Yoga	b) Vipasana
c) Ashtanga Yoga	d) Sudarshana Kriya Yoga
3. Who among the following psychologists divided all personalities into introverts and extraverts? [1]  

a) Erikson	b) Adler
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c) Carl Jung

d) Freud

4. Assessment of possible future damage that may be brought by an event is called \_\_\_\_\_. [1]

a) Harm

b) Experience

c) Challenge

d) Threat

5. Which type of effect of stress is poor concentration and reduced short term memory capacity? [1]

a) Emotional effect

b) Physiological effect

c) Behavioural effect

d) Cognitive effect

6. **Assertion (A):** Social discrimination, interpersonal hurt, low grades in school, are causes of frustration. [1]

**Reason (R):** Frustration occurs where a party fails to perform his/her contractual obligations due to an event that is beyond the control of either party.

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. GAS theory was propounded by \_\_\_\_\_. [1]

a) Selye

b) Lazarus

c) Kobasa

d) Folkman

8. ICD-10 Classification of Behavioural and Mental Disorders is prepared by \_\_\_\_\_. [1]

a) APS

b) WHO

c) APA

d) British Psychological Association

9. **I can control things in the world according to my moods.** This is a statement made by a person suffering from a delusion of \_\_\_\_\_. [1]

a) Persecution

b) Control

c) Grandeur

d) Reference

10. \_\_\_\_\_ are those factors which lead to the persistence of the faulty behaviour. [1]
- a) Psychological factors                      b) Maintaining factors
- c) Antecedent operations                      d) Establishing operations
11. During the COVID-19 pandemic, our society has witnessed many deplorable instances of discrimination, with prejudice. If you devise a plan to handle prejudice, it will include \_\_\_\_\_. [1]
- a) Minimising opportunities for learning prejudices                      b) All of these
- c) De-emphasising a narrow social identity based on the in-group                      d) Changing such attitudes
12. In many cases, the group that is the target of prejudice is itself responsible for continuing the prejudice, this phenomenon is called \_\_\_\_\_. [1]
- a) Kernel of truth                      b) Scapegoating
- c) Ingroup bias                      d) Self fulfilling prophecy
13. **Assertion (A):** According to Carl Jung, for achieving unity and wholeness, a person must become increasingly aware of the wisdom available. [1]  
**Reason (R):** Personality consists of competing forces and structures within the individual rather than between the individual and the demands of the society.
- 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.
14. In which stage of group formation, there is conflict among members about how the target of the group is to be achieved? [1]
- a) Storming                      b) Norming
- c) Performing                      d) Forming

### Section B

15. What is social loafing? [2]
16. What is CAS? [2]

OR

Why does the behaviour of an individual vary from situation to situation?

17. How does Erich Fromm differ from Freud's approach to personality? [2]
18. Latika worked for a multinational company. She was shifting houses due to frequent transfers. During this time, she also lost her father to a major heart ailment. This caused a lot of stress. Explain this particular source of stress that Latika faced. [2]
19. What is a mob? [2]

### Section C

20. Explain why therapeutic alliance is an important aspect of psychotherapy. [3]
21. What are the ways of preventing suicide? [3]
22. What is self-esteem? [3]

OR

What is an interview? Explain its limitations.

23. What is a group? Explain why do people join groups. [3]

### Section D

24. How existential and humanistic therapies are different from psychodynamic and behaviour therapies? [4]

OR

Explain the main characteristics and unique properties of a therapeutic relationship.

25. What is creativity? [4]
26. What is the **Two Step Concept** in the process of Attitude change? [4]
27. How psychometric approach of intelligence is different from information processing approach? [4]

## Section E

28. Evaluate psycho-analytical theory of personality critically. [6]

OR

Discuss various projective techniques to assess personality.

29. What are psychological disorders? Explain any three psychological disorders with examples. [6]

OR

Identify the symptoms associated with depression and mania.

## Section F

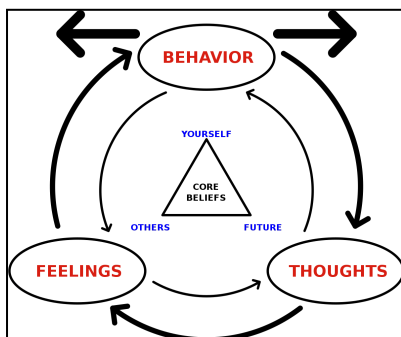
**Question No. 30 to 31 are based on the given text. Read the text carefully and answer [3] the questions:**

Cognitive behavioral therapy (CBT) is a type of psychological treatment that involves changing thinking patterns. CBT is based on the theory that thoughts, emotions, body sensations, and behavior are all connected.

CBT techniques can include:

- Learning to recognize distortions in thinking that are creating problems
- Gaining a better understanding of the behavior and motivation of others
- Imagining anxiety-provoking social situations
- Practicing conversations with friends, family, and acquaintances
- Exposing yourself to situations that cause anxiety, like going into a crowded public space
- Journaling about your thoughts throughout the day and recording your feelings about your thoughts

CBT is a structured, goal-oriented type of talk therapy. During CBT, your therapist will encourage you to talk about your thoughts and feelings and what's troubling you.



30. What are the phases of the cognitive behavioral technique? (1)

31. How does the cognitive behavioral technique work? (2)

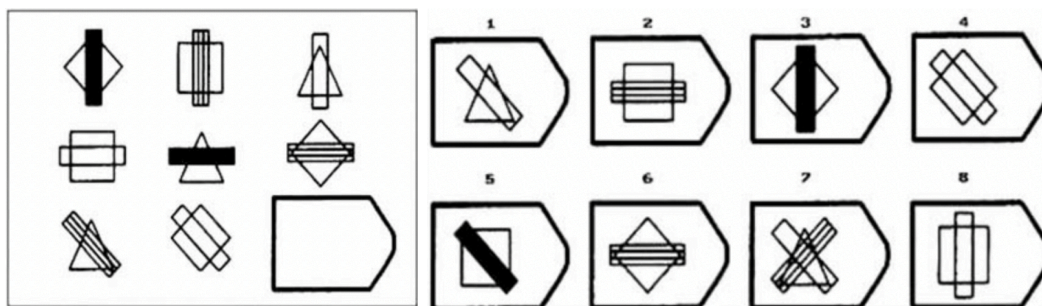
**Question No. 32 to 33 are based on the given text. Read the text carefully and answer [3] the questions:**

Raven's Progressive Matrices (RPM) is a **multiple-choice test that measures abstract reasoning, spatial awareness, and cognitive thinking**. The test is administered as a nonverbal group test. The most common version of the test consists of 60 questions.

The test is typically used to measure general human intelligence and is regarded as a non-verbal estimate of fluid intelligence. It is one of the most common tests administered to both groups and individuals ranging from 5-year-olds to the elderly.

The test was originally developed by Dr. John C. Raven in 1936. In each test item, the subject is asked to identify the missing item that completes a pattern.

The test is considered a very effective and accurate tool for assessing cognitive thinking and intellectual capacity. A larger number of correct answers than average indicates above-average intelligence, and vice versa.



32. Which type of test is represented in the picture? Is it an IQ test? (1)

33. What are the Raven's progressive matrices? What is the use of this test? (2)

**Solution**  
**SAMPLE QUESTION PAPER - 4**  
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**Section A**

1.  
**(d) Control**  
**Explanation:**  
Delusion of control: False belief that another person, group of people, or external force controls one's general thoughts, feelings, impulses, or behavior. It is a kind of psychotic disorder.
2. **(a) Kundalini Yoga**  
**Explanation:**  
Kundalini yoga incorporates chanting mantras and breathing exercises with physical poses. It is an effective alternate treatment of psychological stress.
3.  
**(c) Carl Jung**  
**Explanation:**  
Carl Jung
4.  
**(d) Threat**  
**Explanation:**  
Threat is determining the credibility and seriousness of potential danger as well as the probability it will become a reality.
5.  
**(d) Cognitive effect**  
**Explanation:**  
If pressure due to stress continue one may suffer from mental overload resulting in cognitive effects of stress such as reduced concentration and short term memory.
6. **(a) Both A and R are true and R is the correct explanation of A.**  
**Explanation:**  
Social discrimination, interpersonal hurt, low grades in school, are causes of frustration. Frustration occurs where a party fails to perform its contractual obligations due to an event that is beyond the control of either party.
7. **(a) Selye**  
**Explanation:**  
Selye studied the issue of how a body responds to stress if prolonged by subjecting animals to a variety of stressors such a high-temperature X-rays and injection in the

laboratory over a long period of time. He observed a similar pattern in the body responses of all of them and he called it GAS.

8.

**(b) WHO**

**Explanation:**

ICD-10 is the 10th revision of the psychological disorders list maintained and developed by WHO. It contains codes for diseases, signs and symptoms, abnormal findings, complaints and diagnostic guidelines.

9.

**(c) Grandeur**

**Explanation:**

Delusion of grandeur is a person's belief that they are someone other than who they are, such as a supernatural figure or a celebrity. A delusion of grandeur may also be a belief that they have special abilities, possessions, or powers.

10.

**(b) Maintaining factors**

**Explanation:**

Maintaining factors

11.

**(b) All of these**

**Explanation:**

All of these

12.

**(d) Self fulfilling prophecy**

**Explanation:**

In a self-fulfilling prophecy, an individual's expectations about another person finally result in the other person or entity acting in ways that confirm the expectations.

13.

**(b) Both A and R are true but R is not the correct explanation of A.**

**Explanation:**

According to Carl Jung, for achieving unity and wholeness, a person must become increasingly aware of the wisdom available in one's personal and collective unconscious and must learn to live in harmony with it. Jung held that self strives for unity and oneness. It is an archetype that is expressed in many ways.

14. **(a) Storming**

**Explanation:**



There is a stage of intragroup conflict which is referred to as storming. In this stage, there is conflict among members about how the target of the group is to be achieved, who is to control the group and its resources, and who is to perform what task.

### Section B

15. Social loafing can be defined as reductions in motivation and effort when individuals work collectively in a group, compared to when they work individually. An example of such a task is the game of tug-of-war. It is not possible for you to identify how much force each member of the team has been exerting. Such situations give opportunities to group members to relax and become free riders.
16. **J.P. Das** and **Naglieri** have developed a battery of tests, known as Cognitive Assessment System (CAS).
- i. It consists of verbal as well as non-verbal tasks that measure basic cognitive functions.
  - ii. These are independent of schooling.
  - iii. The battery of tests is meant for individuals between 5 and 18 years of age.
  - iv. It measures the intelligence of normal as well as of retarded children.

OR

An individual's behaviour varies from situation to situation because although our behaviours are influenced by our personal traits, it is also influenced by situational factors. Situations and circumstances in which one is placed influence a person's behaviour.

17. i. According to Freud, approachable personality is biologically oriented whereas **Erich Fromm's** theory of personality has a social orientation.
- ii. He viewed human beings basically as social beings.
  - iii. For him, personality traits develop due to social interaction whereas, according to **Freud**, the roots of personality development lies in innate tendencies and unconscious desires.
18. Latika faced multiple sources of stress, including frequent transfers in her job, which disrupted her stability and required constant adjustment. Additionally, the loss of her father added significant emotional and psychological strain to her life.
19. When audiences go into a frenzy it becomes a **mob** that has a definite sense of purpose. There is a polarization in attention, and the actions of persons are in a common direction. The behaviour of a mob is characterized by the homogeneity of thought and behaviour as well as impulsivity.

### Section C

20. The therapeutic alliance, also known as the therapeutic relationship, is a crucial aspect of psychotherapy. It refers to the collaborative and trusting relationship between the therapist and the client.

Key Aspects of Therapeutic Alliance:

1. **Trust and Safety:** A strong therapeutic alliance creates a safe and trusting environment where clients feel comfortable sharing their thoughts and feelings without fear of judgment. This sense of safety is essential for clients to open up about their vulnerabilities and work through their issues effectively.

2. **Collaboration and Partnership:** The therapeutic alliance is built on a partnership where both the therapist and the client actively collaborate towards achieving the client's goals. Establishing shared goals and working together to achieve them enhances the effectiveness of the therapy.

3. **Empathy and Understanding:** Therapists who demonstrate empathy and understanding can better connect with their clients, making the clients feel heard and validated. This empathetic connection provides emotional support, which is crucial for the client's healing process.

4. **Motivation and Engagement:** A strong therapeutic alliance can increase the client's motivation to engage in the therapeutic process and work towards their goals. Clients are more likely to actively participate in therapy when they feel supported and understood by their therapist.

5. **Therapeutic Outcomes:** Research has consistently shown that a strong therapeutic alliance is associated with better therapeutic outcomes, regardless of the specific type of therapy being used. Clients who experience a strong therapeutic alliance are generally more satisfied with their therapy and more likely to continue attending sessions.

In summary, the therapeutic alliance is a fundamental component of effective psychotherapy. It provides the foundation for trust, collaboration, and emotional support, all of which are essential for achieving positive therapeutic outcomes.

21. **Suicide can be prevented by being alert to some of the symptoms which include:**

- i. changes in eating and sleeping habits.
- ii. withdrawal from friends, family and regular activities.
- iii. violent actions, rebellious behaviour, running away.
- iv. drug and alcohol abuse.
- v. marked personality change.
- vi. persistent boredom.

However, seeking timely help from a professional counsellor/psychologist can help to prevent the likelihood of suicide.

22. i. Self-esteem is a cognitive component of self.

- ii. The value judgment of a person about herself/himself is called self-esteem.
- iii. It can be high or low. To assess it, we present a variety of statements to a person and ask him to indicate the extent to which they are true for him. e.g., we may ask a child to what extent the statement “I am good at homework” or “I am highly liked by my peers”

is true. If he responds as them to be true, he will have high self-esteem than someone who says “no”.

OR

**Interview** refers to a purposeful conversation between two or more two people in a face-to-face situation.

Interviews involve interacting with the person being assessed and asking questions. It is of two types. **Unstructured** and **Structured**.

**Limitations of Interviews:**

- a. Time-consuming and demanding.
- b. Maturity of psychologists is a precondition for getting valid data.

23. In the context of social psychology, a group is defined as two or more individuals who interact with one another, share common goals, common motives, role relationship, norms that regulate behaviour and perceive themselves as a distinct social entity. Groups can vary in size, structure, and purpose, ranging from small, informal gatherings to large, formal organizations.

People join groups for various reasons, which can be explained by several psychological theories, such as:

- Security, Status, Self esteem, Satisfaction of psycho social needs, Goal achievement
- One can gain knowledge, and Provide knowledge to others.

**Section D**

24. The existential therapies emphasise that the therapist merely provides:

- i. A warm, empathic relationship.
- ii. In such relationship client feels secure to explore the nature and causes of his problems himself because the client requires a facilitator not a problem-solver.

The psychodynamic and behavioural therapies assume that the therapist being a trained professional is capable of arriving at solutions to the client’s problems.

OR

The special relationship between the client and the therapist is known as the therapeutic relationship or alliance.

It has following features:

- It is trusting and confiding relationship. The high level of trust enables the client to unburden herself/himself to the therapist and confide her/his psychological and personal problems.
- The therapist provides unconditional positive regard to the client. The therapist conveys by her/his words and behaviors that she/he is not judging the client and will continue to show the same positive feeling towards the client even if the client is rude or confides all the wrong things that she/he may have done or thought about.

- This relationship develops in a permissive environment.
- The relationship is based on empathy. The therapist encourages the client by being accepting, empathic, genuine, and warm to the client.
- The relationship maintains strict confidentiality of the disclosures, feelings and thoughts of the client.
- The relationship maintains warmth, trust and confidence towards each other.
- It is purely a professional relationship. The therapeutic alliance is the limited duration of therapy. This alliance lasts until the client becomes able to deal with her/his problems and take control of her/his life.

25. i. Creativity refers to the ability to think in novel and unusual ways and to come up with unique solutions to problems.
- ii. Creativity is reality-oriented, appropriate, constructive and socially desirable.
- iii. Individuals vary in terms of the level and the areas in which they exhibit creativity.
- iv. It may be related to simple occupations and may be higher levels i.e., related to the artists, the scientists, the inventors, etc., however, they are not working at the same level.
- v. Creativity may be doing things differently. It is working on what has already been done earlier by way of modifications, by putting things in new perspectives or to new use.
- vi. It is determined by both heredity and environment. Limits of creative potential are set by heredity. Environmental factors stimulate the development, e.g., Motivations, commitment, family support, peer influences, opportunities, etc.

26. The theory was proposed by **S.M. Mohsin**.

- i. According to him, attitude change takes place in two steps. In the first step, the target of change identifies with the source. It involves two people, i.e., target and the source.
- ii. Target is the person whose attitude is to be changed.
- iii. Source is the person who assists the target for attitudinal change.

**Step-1: Identification:** Source must have +ve attitude and love towards the target and target must have trust and respect for the source.

**Step-2:** Source first of all himself/herself shows an attitudinal change by changing his/ her own attitude towards the issue.

27. i. The psychometric approach of intelligence is also known as the **structural approach**.
- ii. It considers intelligence as an **aggregate of abilities**. It explains an individual's performance in terms of a single index of cognitive abilities.
- iii. It focuses on the structure of intelligence, i.e., **what** is intelligence, e.g., the benefactor theory, the two-factor theory, the theory of primary mental abilities, etc.
- iv. **Information processing** approach describes the processes people use in intellectual reasoning and problem-solving.

- v. The major focus of this approach is on **how** an intelligent person acts. It emphasizes studying cognitive functions underlying intelligent behaviour.  
e.g., theory of multiple intelligences, PASS model and triarchic theory of intelligence.

### Section E

28. i. Many psycho-analytical concepts are vague and not operationally defined and the hypotheses derived from them can not be tested. Thus, much of the theory is difficult to evaluate scientifically.
- ii. Several of Freud's postulates are not consistent with the findings of modern research—for instance, his ideas about the meaning of dreams.
- iii. The theory is based on a small number of clinical case studies especially of upper-class women, which cannot be considered as representative of human beings generally.
- iv. This theory is criticized for having a male-centred perspective and it views women as more sensitive and dependent on men.
- v. The theory has been criticized for over-emphasis on the sexual desires of the Id because social and cultural factors also influence personality development.

However some aspects of Freud's theory continue to gain acceptance as they are modified and improved through empirical scrutiny, e.g., the role of childhood experience in personality development is being recognized.

OR

The projective techniques were developed to assess personality based on the psychoanalytic theory of personality. Some of the projective techniques are:

- i. **The Rorschach Inkblot Test:**
  - i. A German psychiatrist, **Herman Rorschach** developed this technique.
  - ii. This test consists of 10 symmetrical unstructured Inkblots. Five of them are black and white and five are coloured.
- ii. **The Thematic Apperception Test (TAT):**
  - i. The test was developed by **Morgan and Murray** in 1935.
  - ii. It consists of a series of 30 unstructured picture cards and one blank card. Some cards are for males (M), some for females (F), and some for boys (B) and girls or combination.
- iii. **Rosenzweig Picture Frustration Study (The P-F Study):**
  - i. This test was developed by Rosenzweig.
  - ii. This test uses frustration and aggression as the main focus.
  - iii. It presents a series of cartoons in which one cartoon frustrates another.
  - iv. Its Indian adaptation developed by Pareek is also available.
- v. **Sentence Completion Test:** In this test, a number of stems consisting of a few words are presented. The task is to complete the sentence, e.g. my father.... It is expected

that the type of ending used reflects the motivation, conflicts and attitudes of the person.

vi. **Draw-A-Person Test:** The examinee in this test is asked to draw a person, and then he/she is asked to draw the figure of another person of the opposite sex.

29. Psychological disorders are conditions that affect your thinking, feeling, mood, and behavior. Some examples of psychological disorders include: Anxiety disorders, Depression, Bipolar disorder, Post-traumatic stress disorder (PTSD), Schizophrenia, Eating disorders, Dementia.

(1) Anxiety disorder: Anxiety disorder due to a medical condition includes symptoms of intense anxiety or panic that are directly caused by a physical health problem. Generalized anxiety disorder includes persistent and excessive anxiety and worry about activities or events — even ordinary, routine issues.

(2) Obsessive-compulsive disorder (OCD) is a long-lasting disorder in which a person experiences uncontrollable and recurring thoughts (obsessions), engages in repetitive behaviors (compulsions), or both. People with OCD have time-consuming symptoms that can cause significant distress or interfere with daily life.

(3) Depressive disorder, also known as depression, is a common mental disorder that can cause a persistent feeling of sadness and loss of interest. It can affect how you feel, think, and behave, and can lead to a variety of emotional and physical problems.

OR

Depression and Mania are mood disorders. These are characterized by disturbances in mood or prolonged maladaptive emotional state.

The main types of mood disorders include:

i. Major depressive disorders are defined as a period of depressed mood and/or loss of interest or pleasure in most activities, together with other symptoms which may include.

**Symptoms of Depression:**

- a. Loss of energy, great fatigue.
- b. Constant sleep problems.
- c. Inability to think clearly.
- d. Greatly slowed behaviour.

ii. **Factors Predisposing towards Depression:**

**a. Genetic make-up**

Heredity is an important risk factor for major depression and bipolar disorders.

b. **Age** is also a risk factor. For instance, women are particularly at risk during young adulthood, while for men the risk is highest in early middle age.

c. **Gender** also plays a great role in this differential risk addition. For example, women in comparison to men are more likely to report a depressive disorder.

### iii. **Bipolar Disorders:**

Mood disorder, in which both mania and depression are alternately present, is sometimes interrupted by periods of normal mood. This is known **as a bipolar mood disorder**. (Bipolar mood disorders were earlier referred to as **manic-depressive disorders**.)

- a. It is cyclic in nature.
- b. Speech is often rapid as if she has to say as many words as possible in the time allotted.
- c. The risk of a suicide attempt is highest in case of bipolar mood disorders

### **Section F**

30. Phases of the cognitive behavioral technique:

1. Assessment
2. Stress reduction
3. Application and follow-through

31. CBT theory suggests that our thoughts, emotions, body sensations, and behavior are all connected and that what we think and do affects the way we feel. CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts.

32. It is a non-verbal test. Raven's Progressive Matrices (RPM) is an IQ test, which contains multiple-choice questions pertaining to abstract reasoning.

33. Raven's Progressive Matrices (often referred to simply as Raven's Matrices) or RPM is a non-verbal test typically used to measure general human intelligence and abstract reasoning and is regarded as a non-verbal estimate of fluid intelligence. It is widely used to measure general cognitive ability.