



ANGEL'S PUBLIC SCHOOL

HALF YEARLY EXAMINATION

(SAMPLE PAPER)

SESSION 2026 – 27

SUBJECT : PSYCHOLOGY

GRADE – XII

TIME : 03 HRS

M.M:70

General Instructions:

- (a) All questions are mandatory unless specified otherwise.
- (b) Section – A (Q1–14): Objective Type / Multiple Choice Questions (1 mark each).
- (c) Section – B (Q15–19): Very Short Answer Type-I questions (2 marks each; word limit: 30 words).
- (d) Section – C (Q20–23): Short Answer Type-II questions (3 marks each; word limit: 60 words).
- (e) Section – D (Q24–27): Long Answer Type-I questions (4 marks each; word limit: 120 words).
- (f) Section – E (Q28–29): Long Answer Type-II questions (6 marks each; word limit: 200 words).
- (g) Section – F (Q30–33): Case-based questions (Q30 and Q32 carry 1 mark; Q31 and Q33 carry 2 marks).

SECTION – A

1. According to Robert Sternberg's Triarchic Theory of Intelligence, the ability to judge, evaluate, compare, and contrast is associated with which type of intelligence?
(a) Contextual Intelligence (b) Componential Intelligence
(c) Experiential Intelligence (d) Emotional Intelligence
2. An individual who is high on the trait of 'Neuroticism' in the Big Five Factor model is likely to be_____.
(a) Imaginative and curious (b) Anxious, irritable, and emotionally unstable
(c) Warm, cooperative, and trusting (d) Organized, reliable, and hardworking
3. When stress serves to focus our energy, enhance performance, and motivate us to accomplish goals, it is referred to as_____.
(a) Distress (b) Hyperstress (c) Eustress (d) Hypostress
4. A persistent, irrational, and highly disproportionate fear of a specific object, activity, or situation that presents little or no actual danger is called a/an_____.
(a) Obsession (b) Phobia (c) Delusion (d) Compulsion
5. The structural element of personality that operates strictly on the "Reality Principle" according to psychoanalytic theory is the_____.
(a) Id (b) Ego (c) Superego (d) Libido
6. Which of the following is a cognitive symptom of stress?
(a) Increased heart rate (b) Loss of concentration and poor memory
(c) Outbursts of anger (d) Weakened immune system
7. A person who shows an extreme lack of empathy, violates social norms, and displays a chronic pattern of irresponsible or criminal behavior without guilt is likely suffering from:

- (a) Borderline Personality Disorder
 - (b) Schizoid Personality Disorder
 - (c) Antisocial Personality Disorder
 - (d) Histrionic Personality Disorder
8. The concept of "Mental Age" was introduced by which of the following psychologists?
- (a) Alfred Binet
 - (b) Lewis Terman
 - (c) David Wechsler
 - (d) Charles Spearman
9. **Assertion (A):** The PASS model argues that intellectual activity involves interdependent functioning of three neurological systems.
- Reason (R):** Arousal/Attention, Simultaneous-Successive processing, and Planning occur completely independently in different parts of the brain without communication.
- (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.
10. A clinical psychologist notes that a patient frequently attributes their own unacceptable angry feelings toward their boss by claiming, "My boss hates me and wants to fire me." Which defense mechanism is this patient utilizing?
- (a) Displacement
 - (b) Projection
 - (c) Reaction Formation
 - (d) Rationalization
11. Experiencing daily irritations such as traffic jams, misplaced keys, or annoying arguments are classified as which source of stress? (Chapter 3)
- (a) Traumatic Events
 - (b) Life Changes
 - (c) Environmental Stress
 - (d) Daily Hassles
12. A patient reports experiencing severe physical symptoms, such as the complete loss of use of their right arm, but medical examinations reveal no underlying neurological or organic pathology. Furthermore, the patient shows a surprising lack of anxiety about the paralysis. This presentation matches:
- (a) Somatic Symptom Disorder
 - (b) Illness Anxiety Disorder
 - (c) Conversion Disorder
 - (d) Depersonalization Disorder
13. Which of the following is NOT a feature of a culture-fair intelligence test?
- (a) Heavily reliant on language and specific vocabulary.
 - (b) Uses non-verbal items like patterns or matrices.
 - (c) Minimizes educational bias.
 - (d) Can be administered across diverse ethnic backgrounds.
14. In the context of the General Adaptation Syndrome (GAS), during which stage does the body activate the adrenal-medullary system to prepare for fight-or-flight? (Chapter 3)
- (a) Resistance Stage
 - (b) Exhaustion Stage
 - (c) Alarm Reaction Stage
 - (d) Burnout Stage

SECTION – B

(5x2=10)

15. Differentiate between Talent and Giftedness from a psychological standpoint.
16. What is meant by Self-efficacy? How does it influence human behavior?
17. Define Hardiness. State its three core components (the 3 Cs).
18. Distinguish clearly between delusions and hallucinations using brief examples.
19. Briefly explain the concept of Unconditional Positive Regard proposed by Carl Rogers.

SECTION – C

(4x3=12)

20. Explain the core assumptions of the Information-Processing Approach to understanding intelligence. Name one theory based on this approach.
21. Discuss the Projective Techniques of personality assessment. What is their primary advantage over self-report measures?
22. Analyze how Richard Lazarus defines the role of Cognitive Appraisal (Primary and Secondary Appraisal) in interpreting stress.
23. Describe the negative symptoms of Schizophrenia, ensuring you mention alogia, avolition, and flat affect.

SECTION – D

(4x4=16)

24. Define Emotional Intelligence. Explain its major characteristics and discuss why it can be a better predictor of life success than traditional IQ.
25. Elaborate on the structural model of the mind proposed by Sigmund Freud, explaining the dynamic interactions between the Id, Ego, and Superego.
26. Discuss the impact of prolonged stress on the Immune System. How does chronic stress leave the body vulnerable to physical illnesses?
27. Contrast Somatic Symptom Disorder with Illness Anxiety Disorder. Highlight the main diagnostic features that differentiate the two conditions.

SECTION – E

(6x2=12)

28. Discuss Howard Gardner's Theory of Multiple Intelligences. Explain any six types of intelligence proposed by him with appropriate real-world examples.

OR

What is a Self-Report Measure? Discuss the MMPI, Eysenck Personality Questionnaire (EPQ), and 16 PF, along with the major limitations of self-report inventories.

29. Detail the General Adaptation Syndrome (GAS) model of stress proposed by Hans Selye. Provide a well-labeled diagram/graph illustrating the physical responses across all three stages.

OR

Provide a detailed clinical overview of Anxiety Disorders. Discuss the symptoms of Generalized Anxiety Disorder (GAD), Panic Disorder, and Agoraphobia.

SECTION – F

(CASE-BASED QUESTIONS)

Case Study 1: Read the text and answer Q30 and Q31.

Rohan is an exceptionally bright 17-year-old student who scores near-perfect marks in academics. However, over the last six months, he has developed a rigid routine. He is terrified of contamination and believes that if he does not wash his hands exactly 15 times before starting his homework, something terrible will happen to his family. The washing ritual takes hours, causing him significant distress and making him fall behind in school.

- 30.** Identify the specific psychological disorder Rohan is displaying. (1)
- 31.** In the context of this disorder, identify the obsession and the compulsion driving Rohan's behavior. (2)

Case Study 2: Read the text and answer Q32 and Q33.

Meera works as a senior software developer. Her company recently shifted to an aggressive milestone model. Initially, Meera took it as a challenge, working late hours. However, after months without a break, she began experiencing chronic fatigue, persistent headaches, cynicism towards her team members, and a feeling that her professional competence has entirely vanished.

- 32.** Name the state of physical, emotional, and mental exhaustion that Meera is experiencing. (1)
- 33.** Suggest one problem-focused and one emotion-focused coping strategy Meera could adopt to handle this life challenge effectively. (2)