



# COMMON PRE-BOARD EXAMINATION

## PSYCHOLOGY-Code No. 037

Class-XII-(2025-26)



Time allowed: 3 Hrs

Maximum Marks: 70

### General Instructions:

- All questions are mandatory unless specified otherwise.
- Section A (Q1-14): Each question carries 1 mark. Answer as directed.
- Section B (Q15-19): Very Short Answer Type-I questions, 2 marks each. Word limit for each question is 30 words.
- Section C (Q20-23): Short Answer Type-II questions, 3 marks each. Word limit for each question is 60 words.
- Section D (Q24-27): Long Answer Type-I questions, 4 marks each. Word limit for each question is 120 words.
- Section E (Q28-29): Long Answer Type-II questions, 6 marks each. Word limit for each question is 200 words.
- Section F (Q30-33): Case-based questions. One-mark questions: Word limit for each question is 20 words; Two-mark questions: Word limit for each question is 30 words.
- There is no overall choice. However, internal choices have been provided in some questions. A student has to attempt only one of the alternatives in such questions.

S. NO	Section A	Marks
Q1	A person's resolution of problems at any stage of development that is less than adequate demonstrates _____. a. Fixation b. Regression c. Repression d. Reaction Formation	1
Q2	The self is described as a/an _____ when it gets affected. a. Subject b. Both (a) & (b) c. Object d. None of the above	1
Q3	Which of the following skills is not typically associated with a person high on Componential intelligence? a. Analytical skills b. Planning c. Critical thinking d. Creativity	1

<p><b>Q4</b></p>	<p>Which of the following best describes the nature of the therapeutic relationship between a client and a therapist?</p> <p>a. It is a permanent emotional bond that continues after therapy ends.  b. It is a brief interaction with no contractual commitment.  c. It is a trusting, time-limited partnership based on empathy and unconditional positive regard.  d. It is a formal relationship based only on intellectual understanding of the client's problems.</p>	<p>1</p>
<p><b>Q5</b></p>	<p>Learning by observing others and rewarding small changes is a process of _____ learning.</p> <p>a. Vicarious  b. Insight  c. Latent  d. None of the above</p>	<p>1</p>
<p><b>Q6</b></p>	<p>As per the Humanistic Existential therapy why does society tend to curb emotional expression?</p> <p>a. Because it encourages creativity and independence  b. Because emotions are not important in self-growth  c. Because it fears that free emotional expression could unleash destructive forces  d. Because emotional expression is irrelevant in therapy</p>	<p>1</p>
<p><b>Q7</b></p>	<p>'I can control the amount of rainfall in the city if I decide to'. This is a statement made by a person suffering from delusion of _____.</p> <p>a. Persecution  b. Grandeur  c. Control  d. Reference</p>	<p>1</p>
<p><b>Q8</b></p>	<p>There are several psychological models which provide a psychological explanation of mental disorders. Which of these is not a Psychological model?</p> <p>a. Humanistic  b. Diathesis  c. Psychodynamic  d. Behavioural</p>	<p>1</p>

Q9	<p><b>Assertion (A):</b> Major depressive disorder is different from normal sadness or low mood.</p> <p><b>Reason (R):</b> Major depressive disorder includes persistent symptoms such as fatigue, sleep problems, loss of interest, and suicidal thoughts.</p> <p><b>Options:</b></p> <p>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</p>	1
Q10	<p><b>Assertion (A):</b> Many groups may not continue beyond the Performing stage.</p> <p><b>Reason (R):</b> The adjourning stage is the final step in every group's life cycle.</p> <p><b>Options:</b></p> <p>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.</p>	1
Q11	<p>After a long discussion, the initial position of a group becomes much stronger, thus demonstrating the effect of_____.</p> <p>a. Group think  b. Group Polarization  c. Group Conformity  d. Group Cohesiveness</p>	1
Q12	<p>Which of these features would not be found in informal groups?</p> <p>a. Close affectionate bonds  b. Lack of definite roles  c. Specific order or hierarchy  d. Flexible structure</p>	1
Q13	<p><b>Assertion (A):</b> Attitudes can be influenced by experiences and association.</p> <p><b>Reason (R):</b> Association-based learning of attitudes is not supported by psychological theories.</p> <p><b>Options:</b></p> <p>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.</p>	1

<b>Q14</b>	Which one of the following best describes a crowd? a. Collection of people b. Collection of people by chance c. Feeling of interdependence amongst members. d. Positive synergy amongst the members.	1
<b>Section B</b>		
<b>Q 15</b>	Distinguish between the different styles of Coping proposed by Lazarus & Folkman.	2
<b>Q16</b>	State the 2 assumptions of human nature given by Carl Rogers.	2
<b>Q17</b>	The dominant features of people's personality in Agricultural societies are different from those from the Hunting gathering societies. Give reasons for these differences.	2
<b>Q18</b>	How can Interviews be more beneficial than Observation as a method of enquiry in some studies?	2
<b>Q19 A)</b>	State 2 ways to reduce Groupthink.	2
OR		
<b>Q19 B)</b>	What are the reasons for which people join groups?	2

<b>Section C</b>		
<b>Q20</b>	Mili was 8 years old. She always displayed a very favourable attitude towards helping stray animals. Which factors would have influenced this attitude in her?	3
<b>Q21</b>	Elaborate on the Ethical principles which must be followed in the process of therapy.	3
<b>Q22</b>	Gauri was terribly afraid of elevators. It started becoming so severe that she almost never wanted to leave home. Which behavioural techniques can help her overcome her distress?	3
<b>Q23 A)</b>	Piya often blamed others as having attitude issues. Somehow her friends agreed that she needed to understand her own behaviour as well. Which defence mechanism explains Piya's behaviour? Briefly elaborate any 3 defence mechanisms.	3

	<b>OR</b>	
<b>Q23 B)</b>	Define Personality. What are some of the common features that characterizes personality?	3
	<b>Section D</b>	
<b>Q24</b>	Shilpa had a very strong opinion against drivers who would drive cars with a high speed in the residential society. Which feature of Attitude is reflected here? Which are the other significant features?	4
<b>Q25</b>	Discuss any 4 life skills that help a person to combat stress.	4
<b>Q26 A)</b>	Jayesh was born and has spent his entire lifetime in India. While Phil is an American. How do you think their concepts about 'Self' differ from each other's? Does that impact the way they relate to others around them?	4
	<b>OR</b>	
<b>Q26 B)</b>	Varied types of projective techniques have been developed for personality testing but still they are similar in many ways". Elaborate on the statement given.	4
<b>Q27</b>	Individuals often display different capacities to process diverse type of information. Which approach of intelligence describes this well? Elaborate on any one theory based on this approach.	4
	<b>Section E</b>	
<b>Q28A)</b>	Classify the various Neurodevelopmental disorders with a detailed explanation.	6
	<b>OR</b>	
<b>Q28 B)</b>	What are the Positive symptoms of Schizophrenia?	6
<b>Q29A)</b>	Academic success may not determine life satisfaction. Which aspect of intelligence helps a person to have a balanced and harmonious life?	6
	<b>OR</b>	
<b>Q29B)</b>	What does the Psychometric approach to intelligence state? Elaborate on any 3 Psychometric theories of Intelligence.	6

<b>Section F</b>		
	<p>Read the following passage and answer questions number 30 and 31.</p> <p>Nazia, was a nineteen-year-old girl who was brought to the local hospital in psychiatric ward in mute condition where she was admitted immediately for treatment. A night before her mute condition she was busy in the household chores till late at night. The next morning, she developed the mute condition and for three days she did not talk nor did she have any food. When she was brought to the psychiatric ward, the doctors suggested ECT because the client had the same problem since last three years and almost after every fourth or fifth month she became mute and only after receiving ECT she could open her mouth to talk and eat.</p> <p>Nazia was the eldest in the family and had three step sisters and three step brothers. Her real mother was died when she was just two years old. Her father got married again. She has the responsibility of all the household chores. Nazia wanted to study after class 5 but her mother did not allow her to do so.</p>	
<b>Q30</b>	Name the disorder which Nazia seems to be suffering from.	1
<b>Q31</b>	Describe the common symptoms of the multiple disorders in this category.	2

	<p>Read the following passage and answer question number 32 and 33.</p> <p>Mahesh is a 17-year-old high school student. He is a high-level swimmer outside of school. He trains three mornings a week at 6:30am and then goes to school for the day. About twice a month, Mahesh has a swim meet. Recently, he has been training for the provincial championship. He is ranked in the top 10 in the province, and knows that finishing in the top 5 could land him a spot in the national team training program. The Olympics would not be far after that. Mahesh has become so hyper focused on swimming that his grades at school have begun to suffer. He rarely has time to study, because he is either in the pool, meal prepping, or sleeping. He does not care about school because he believes his ticket to fame and fortune is swimming. Michael Phelps is his idol. Because his grades have begun to decline, his parents have threatened him with being removed from swimming. Whenever he gets into arguments with them, he often retreats to his room and begins punching and hitting soft objects at his disposal. He is also finding that he is quick to anger, and has difficulty controlling his emotions.</p>	
<b>Q32</b>	What are the sources of stress relevant to Mahesh?	1
<b>Q33</b>	Which effects of stress are visible in Mahesh's behaviour? What will happen if the stress persists?	2