



COMMON PRE-BOARD EXAMINATION
PSYCHOLOGY-Code No. 037
Class-XII-(2025-26)



SET: 3

Time allowed: 3 Hrs.

Maximum Marks: 80

General Instructions:

Read the following instructions very carefully and follow them:

- 1 All questions are compulsory.
- 2 Answers should be brief and to the point.
- 3 Marks for each question are indicated against it.
- 4 Questions No.1-14 in Part – A, are learning check type question carrying 1 mark each. You are required to answer them as directed.
- 5 Question No. 15-19 in Part—B are very short answer type questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- 6 Questions No. 20 -23 in Part— C are short answer Type I questions carrying 3 marks each. Answer to each question should not exceed 60 words.
- 7 Questions No.24-27 in Part—D are Short answer Type II questions carrying 4 marks each. Answer to each question should not exceed 100 words.
- 8 Questions No. 28 & 29 in Part-E are long type questions carrying 6 marks each. Answer to each question should not exceed 200 words.
- 9 Question Nos 30-33 are given on based of two case studies. Answer to each 1 mark question should not exceed 20 words and Answer to each 2 mark question should not exceed 30 words.

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Q. No.	Questions	Marks
1	A person frequently visits doctors with multiple physical complaints, but medical tests show no clear cause. This best describes: A. Bipolar disorder B. Panic disorder C. Somatic symptom disorder D. Obsessive-compulsive disorder	1
2	Which of the following is a key feature of bipolar disorder? A. Recurrent panic attacks without warning	1

- B. Alternating episodes of mania and depression
 - C. Persistent physical symptoms with psychological origin
 - D. Excessive anxiety in social situations
- 3 A 45-year-old woman who lost her job and husband in the same year feels her life has no meaning. Her therapist helps her find purpose by volunteering at a shelter and focusing on values of compassion and service. What principle of logotherapy does this best demonstrate? 1
- A. Free association
 - B. Finding the meaning
 - C. Resistance analysis
 - D. Self-actualization
- 4 What is the main aim of Gestalt therapy? 1
- A. To live in the present moment and become self-aware
 - B. To find meaning through suffering
 - C. To modify behavior through reinforcement
 - D. To analyze dreams and symbols
- 5 What is the core belief of client-centered therapy? 1
- A. The therapist interprets the client's unconscious conflicts
 - B. Self-actualization
 - C. Behavior is shaped by reinforcement
 - D. The client has the inner capacity for growth and self-healing.
- 6 **Assertion (A):** Aarav is very good at solving logical puzzles and analyzing complex data, but he finds it difficult to handle real-life situations like negotiating with peers. 1
Reason (R): Analytical intelligence allows a person to solve problems and think critically in structured situations.
- 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, R is false
 - D. A is false, R is true

- 7 According to Rosenman and Friedman's concept of **Type-A Personality**, which of the following characteristics best describe such individuals? 1
- A. Easy-going, relaxed, patient, and non-competitive
 - B. Competitive, time-urgent, aggressive, and achievement-oriented
 - C. Creative, imaginative, flexible, and open to experiences
 - D. Reserved, shy, socially withdrawn, and anxious.
- 8 According to Indian philosophy, Sattva Guna is characterized by qualities that promote balance, purity, and knowledge. Which of the following best reflects Sattva Guna? 1
- A. Restlessness, desire, and attachment
 - B. Ignorance, laziness, and delusion
 - C. Purity, wisdom and discipline and detachment
 - D. Aggression, pride, and competition
- 9 During the local elections, Ramya was initially undecided about which candidate to support. However, after seeing most of her friends and social media posts favoring one candidate, she also decided to vote for the same person. Which social influence phenomenon does this scenario best illustrate? 1
- A. Social loafing
 - B. Group polarization
 - C. Bandwagon effect
 - D. Cognitive dissonance
- 10 Which of the following is a characteristic feature of panic disorder? 1
- A. Persistent low mood for at least two weeks
 - B. Sudden, intense episodes of fear accompanied by physical symptoms like palpitations and shortness of breath

C. Chronic physical complaints with no medical explanation

D. Alternating periods of excessive happiness and sadness

11 Sana believes “Smoking is harmful,” yet she smokes socially at parties. The inconsistency between her thoughts and behavior reflects a weak link between which two attitude components? 1

A. Affective and Cognitive

B. Cognitive and Behavioral

C. Behavioral and Valence

D. Affective and Multiplexity

12 Supriya was born into a family of doctors, so people automatically expected her to pursue medicine. Later, she worked hard and became a professional athlete, gaining recognition for her sports achievements. Which of the following statements is correct regarding her social status? 1

A. Her family background represents an ascribed status, and her sports career is an achieved status.

B. Her family background represents an ascribed status, and her sports career is an achieved status.

C. Both her family background and sports career are ascribed status.

D. Both her family background and sports career are achieved status.

13 A software development team consistently meets deadlines, supports each other during challenges, and enjoys working together. Their manager notices that team members are highly committed to the team’s goals and values. What is the best explanation for this behavior? 1

A. The team has high cohesiveness, which strengthens collaboration and commitment.

B. The team is experiencing role conflict, causing stress and tension.

C. The team shows low interdependence, so members work independently.

D. The team is facing groupthink, leading to poor decision-making

14 During a student council meeting, members initially had moderate opinions about increasing the campus event budget. After a long discussion, most members strongly 1

supported a much larger budget than they originally considered. Which social phenomenon does this scenario illustrate?

- A. Bandwagon effect
- B. Group polarization
- C. Social loafing
- D. Role conflict

PART - B

15 Avantika has just been informed that she has to give a surprise presentation in front of the school principal and teachers. The moment she hears this, her heart starts racing. She immediately thinks, “What if I mess up and everyone laughs?” but then recalls that she had prepared a similar topic last week and tells herself, “I can handle this if I stay calm and organized.” Based on Lazarus’ Cognitive Appraisal Theory, identify and explain Avantika’s primary and secondary appraisals in this situation. 2

16 Differentiate the terms group and team in detail. 2

17 Riya is participating in a school quiz competition. She quickly understands the meaning of difficult words asked in the language round and later recalls the exact definitions when explaining to her team. According to Thurston’s Primary Mental Abilities theory, which two abilities is she applying here? 2

18 Explain the two different demerits associated with the administration of self-report measures. 2

(OR)

Differentiate the two terms personal identity and social identity with relevant examples.

19 Define the term self-control and what the best psychological ways to practice it are. 2

PART – C

20 Rose is well-known in her community for her generosity and profound compassion. She spends the most of her weekends volunteering at orphanages and managing a tiny sanctuary for stray animals. She is characterized by her friends as trustworthy, honest, and caring. She often becomes nervous while speaking in front of an audience, though, and would rather remain in the background. 3

Determine and describe Rose's three different trait types in the narrative using Allport's Trait Theory.

21 Explain various factors contributing to the healing process in Psychotherapy in detail. 3

(OR)

Briefly explain about Gestalt therapy and its importance in psychotherapy.

22 Sujit is a 17-year-old student, has a strong fear of speaking in front of others and often 3
refuses to participate in class. His therapist gradually helps him relax while imagining
speaking to small groups, then rewards him with points for every successful classroom
attempt. These points can later be exchanged for his favorite activity. Identify the three
different behavior therapy techniques used by the therapist to treat Sujit in the current
case study.

23 Rohit always believed that “fast food is unhealthy.” However, during a stressful week at 3
work, he found himself eating burgers and fries almost every day. Later, he justified it by
saying, “It’s okay, I deserve a treat after hard work.” Identify the psychological concept
illustrating the scenario and how the attitude change takes place in this situation explain
in detail.

PART – D

24 During an exam, Albert carefully plans which questions to attempt first, stays focused 4
despite classroom noise, interprets a complex diagram showing relationships between
different concepts, and finally recalls a sequence of historical events in their correct order.
Based on the PASS model theory, identify and explain which four cognitive processes
Albert is demonstrating.

25 Using credible examples from actual situations, describe any four of Freud's defense 4
mechanisms that people employ on a daily basis.

26 Hans Selye proposed the General Adaptation Syndrome (GAS) to explain how the human 4
body responds to prolonged stress. Describe the three stages of GAS with suitable
examples, and explain how this model was criticized by the psychologist.

(OR)

Define the term Life skill and explain any four important life skills and their role in
preventing stress in daily life.

27 After losing their jobs during an economic slowdown, several factory workers began 4
blaming migrant laborers for “taking away local opportunities.” Over time, people in the
community started avoiding migrants, who in turn felt unwelcome and withdrew socially
— which further strengthened the locals’ negative views. Using this example, explain
four major sources of prejudice involved in the situation.

PART – E

- 28 Angel frequently feels anxious in social situations, avoids interacting with others, and constantly worries that people are judging her. Using six different models of abnormal behavior—biological, psychodynamic, behavioral, cognitive, humanistic, and sociocultural—explain why Angel might be experiencing these difficulties. Provide clear examples for each model. 6

(OR)

Explain in detail the different types of Dissociative Disorders, along with the two major Mood Disorders — Depression and Major Depressive Disorder. Describe their main symptoms and possible causes.

- 29 During an annual school fest, Ananya writes and narrates a powerful poem about nature, plays the piano beautifully for the audience, choreographs a group dance, solves a mathematical puzzle for the quiz round, comforts a nervous teammate with kind words, and also reflects on her own strengths and weaknesses during the day. Identify the six different types of intelligences demonstrated by Ananya according to Gardner’s theory, and briefly explain each. 6

(OR)

Shreya and Adam, two psychology students, are debating how intelligence should be understood. Shreya believes it can be measured through standardized tests showing overall mental capacity, while Adam says intelligence lies in how people process information and solve problems in real-life situations. Their teacher adds Sternberg’s view that intelligence involves adapting to, shaping, and selecting one’s environment to achieve goals within one’s culture.

Based on this case, differentiate between the psychometric and information-processing approaches to intelligence. Also, explain how Sternberg’s Triarchic Theory describes intelligence.

PART - F

Case study:

Karunya, a 21-year-old university student, moved from her hometown to a bustling metropolitan city for higher education. The transition was exciting yet stressful. She struggled to adjust to the competitive academic environment, tight schedules, and

loneliness from being away from her family. During her first semester, Karunya often felt anxious, found it difficult to concentrate, and even questioned her decision to move.

Instead of giving up, Karunya decided to actively manage her stress. She began practicing deep breathing and mindfulness meditation every morning to calm her mind. She also maintained a gratitude journal, writing three positive things each day to shift her focus from stress to appreciation. To build social connections, she joined a dance club, which allowed her to express herself creatively and make supportive friends. Additionally, she sought academic guidance from her professors, which helped her plan her studies better.

Over time, Karunya noticed a significant improvement in her confidence and emotional balance. She learned that using Planning, seeking help and practicing mindfulness, journaling helped her deal with stress effectively.

- 30 Identify the coping strategies used by Karunya in the current case study. 1
- 31 Explain the difference between task oriented coping and problem focused coping. 2

Case study:

Arjun, a 25-year-old graphic design student, had always been creative and quiet. Over the past year, his family noticed strange changes in his behavior. He began talking to himself, claiming that unseen people were whispering about him. He stopped attending college, isolated himself in his room, and often appeared frightened or confused. He sometimes insisted that his classmates were plotting against him and that the television was sending him secret messages. Concerned, his parents took him to a psychiatrist, who diagnosed him with **Schizophrenia** — a severe mental disorder characterized by disturbances in thought, perception, and emotion.

Arjun was prescribed antipsychotic medication and began cognitive-behavioral therapy. With family support and consistent treatment, his symptoms gradually reduced. Over several months, he learned to differentiate between real and imagined experiences. Though he still faces challenges, Arjun is learning coping techniques to manage stress and rebuild his social life.

- 32 What type of hallucination did Arjun experience in this case? 1
- 33 Explain how therapy and family support contributed to Arjun's improvement. 2