

Class XII Session 2025-26
Subject - Psychology
Sample Question Paper - 7

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. MMPI-2 consists of how many statements? [1]
a) 568
b) 10
c) 564
d) 567
2. Which type of **self** relates to cooperation, unity, affiliation, sacrifice, support or sharing? [1]
a) Self as subject
b) Self as object
c) Personal self
d) Relational self
3. **Assertion (A):** Research literature suggests that children begin to develop their imagination during the early years of childhood but they express creativity mostly through physical activities and in non-verbal ways. [1]
Reason (R): Most creative talent if not given proper education and opportunities results in motivation.
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.
4. Name the process in which the client acts out his/her frustration, anger, fear and depression that he/she had harboured towards that person in the past but could not express at that time. The therapist becomes a substitute for that person in the present. [1]

- a) Transference Neurosis
b) Positive transference
c) Confrontation
d) Negative transference

5. Who propounded the Logotherapy? [1]
a) Carl Rogers
b) Fritz
c) Laura Perls
d) Victor Frankl

6. Cognitive therapy for the treatment of depression is given by: [1]
a) Sigmund Freud
b) Aaron Beck
c) Albert Ellis
d) Albert Ellis

7. **Assertion (A):** In client-centered therapy, unconditional positive regard indicates that the positive warmth of the therapist is not dependent on what the client reveals. [1]
Reason (R): Empathy sets up an emotional resonance between the therapist and the client which helps the client to feel secure.
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.

8. Multiple Personality disorder is also known as _____. [1]
a) Derealisation disorder
b) Dissociative identity disorder
c) Depersonalisation disorder
d) Somatic symptom disorder

9. As per the American Psychiatric Association, the manual which describes and classifies mental disorders is called _____. [1]
a) International Classification of Diseases-11
b) International Classification of Disorders-11
c) Diagnostic and Statistical Manual-V
d) Diagnostic and Statistical Manuscript-V

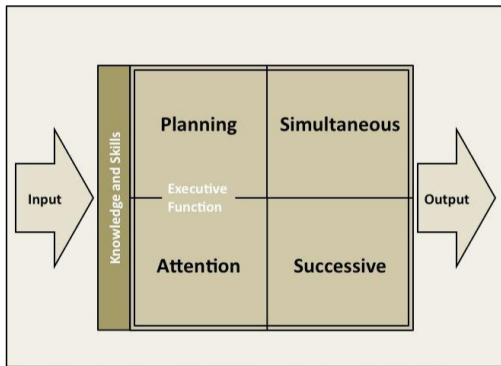
10. Why does group polarisation occur? [1]
a) Validation of the view happens when others also favour a viewpoint.
b) All of these
c) Like minded people give newer arguments favouring a particular viewpoint.
d) Ingroup support becomes natural.

11. _____ occurs most readily for strong responses in situations where the presence of others is motivating. [1]
a) Social Relationship
b) Social facilitation
c) Culturalisation
d) Socialization

12. Which one of the following can reduce social loafing? [1]
a) Decreasing the value of task
b) Decreasing group cohesiveness
c) Making each person's effort identifiable
d) Decreasing the pressure of hard work

13. State in which a person feels he has lost something valuable and is not getting what he deserves is known as [1]
a) Deprivation
b) Poverty
c) Discrimination
d) Disadvantage

three units are responsible for planning, arousal/attention and simultaneous/Successive processing These PASS processes are interactive in nature yet each has its own distinctive functions.



30. What is the full form of the pass model? Who developed this model? (1)

31. What is simultaneous processing? When does it take place? (2)

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

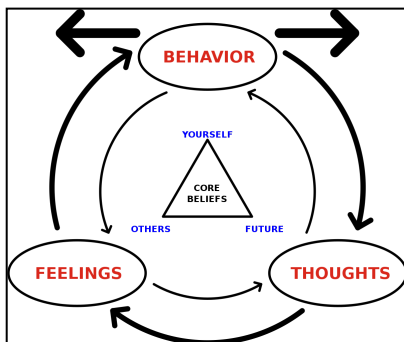
[3]

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.



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

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

Solution

Section A

1.
(d) 567
Explanation:
MMPI-2 is the revised version of the Minnesota Multiphasic Personality Inventory (MMPI). It consists of 567 statements
2.
(d) Relational self
Explanation:
The social self emerges in relation to others and emphasises such aspects of life as cooperation, unity, sacrifice. This self values family and social relationships and is called relational self.
3.
(c) A is true but R is false.
Explanation:
Research literature suggests that children begin to develop their imagination during the early years of childhood but they express creativity mostly through physical activities and in non-verbal ways. Most of the creative talent if not given proper education and opportunities results in wastage.
4. (a) Transference Neurosis
Explanation:
In psychoanalysis, the redirection to a substitute, usually a therapist, of emotions that were originally felt in childhood is called transference neurosis.
5.
(d) Victor Frankl
Explanation:
Logotherapy means treatment for the soul. Victor Frankl, a psychiatrist and neurologist propounded Logotherapy.
6.
(b) Aaron beck
Explanation:
Aaronoeck
7. (a) Both A and R are true and R is the correct explanation of A.
Explanation:
Both A and R are true, and R is the correct explanation of A.
8.
(b) Dissociative identity disorder
Explanation:
Dissociative identity disorder (DID) also **known** as **multiple personality disorder** (MPD), is a mental **disorder** characterized by the maintenance of at least two distinct and relatively enduring **personality** states.
9.
(c) Diagnostic and Statistical Manual-V
Explanation:
Diagnostic and Statistical Manual-V



10. (b) All of these
Explanation:
 Group polarization occurs due to (i) In the company of like-minded people, people are likely to hear newer arguments favouring their view-points. (ii) When people find others also favouring their view-point, they feel that their view is validated by the public (iii) in group support is perceived
11. (b) Social facilitation
Explanation:
 Social facilitation
12. (c) Making each person's effort identifiable
Explanation:
 In a group performance, members feel less responsible for the overall task being performed so if their efforts are identified, social loafing can be decreased.
13. (a) Deprivation
Explanation:
 Deprivation
14. (c) Formal
Explanation:
 Formal groups are the ones that are created as per official authority, so as to fulfill the desired objective and hence the roles of members are predefined.

Section B

15. Stress and the immune system have a complex relationship. Short-term stress can boost immunity, but chronic stress suppresses it. This imbalance can lead to increased susceptibility to infections and autoimmune disorders.
16. Projective techniques are often referred to as indirect methods of assessing personality because they involve presenting individuals with ambiguous stimuli. The idea is that people will project their unconscious thoughts, feelings, and desires onto these ambiguous stimuli, revealing aspects of their personality that might not be accessible through direct questioning.
Ambiguity of Stimuli: This ambiguity encourages individuals to project their own interpretations, which can reveal underlying thoughts and feelings. Examples include the Rorschach Inkblot Test and the Thematic Apperception Test.
Free-Response Format: Projective techniques typically allow for a wide range of responses. There are no right or wrong answers, and individuals are free to respond in any way they choose.
Unstructured Administration: These techniques are often administered in an unstructured manner, meaning there are few standardized instructions or scoring methods. This flexibility allows for a more personalized assessment of each individual.
Revealing Unconscious Processes: The primary goal of projective techniques is to uncover unconscious processes. By analyzing the responses to ambiguous stimuli, psychologists can gain insights into an individual's unconscious motives, desires, and conflicts.
Interpretation Requires Expertise: Interpreting the results of projective techniques requires specialized training and expertise. Psychologists must be skilled in understanding the nuances of the responses and what they might indicate about the individual's personality.
17. Sheldon an American psychologist divided Personality on the basis of three physical structures.
- Endomorph:** Endomorphs have a round body, characterized by wide hips, narrow shoulders, small legs, arms and round delicate body. They have a tendency to put on extra body fat on their body parts such as arms and thigh. They are relaxed, easy going, fun loving and sociable in nature.
 - Mesomorph:** Mesomorphs are likely to have an athletic and attractive physique. Their shoulders are broad, narrow waist, arms and legs strong. They have more muscles than fat. They are courageous, energetic, adventurous, assertive and



competitive in nature.

- iii. **Ectomorph:** Ectomorphs have narrow shoulder, thin arms and legs, a narrow face and a flat chest. They are slim and tall. They are generally thoughtful, quite, self-conscious and pessimistic and are not fond of physical activity.

18. i. Individual differences make the world beautiful, purposeful and goal directed.
ii. Different people have different needs and to satisfy the different needs, different types of skills are required. That is why **variability is a fact of nature that helps in adaptation.**
19. A **Superordinate goal** is a goal to which personal goals were subordinated. It refers to a higher and more important goal that is normally pursued by individuals within a group which is beneficial for both parties. Superordinate goals could be achieved only through cooperation between the groups. It is mutually beneficial to both parties, hence both groups work cooperatively. Research often shows that prejudice and hostility between groups can be reduced, at least temporarily, if both groups are involved in pursuing such a common goal. For example, in times of war, many social prejudices would be put aside as people join forces against a common enemy.

OR

Social facilitation refers to positive influence due to the presence of others. It is a psychological concept relating to the tendency for the presence of others to improve a person's performance on a task rather than alone. In general, social facilitation stems from concerns over being judged by others which are often arousing. It suggests that the presence of others leads to arousal and can motivate individuals to enhance their performance if they are already good at solving something. This enhancement occurs when a person's efforts are individually evaluated.

Section C

20. An attitude is a state of mind, a set of views thoughts or ideas regarding some topic, which have an evaluative feature (positive, negative or neutral quality). These are relatively stable predispositions.

Various components of an attitude are as follows:

1. The thought component is referred to as the cognitive aspect of attitude.
2. The emotional component is known as the affective aspect.
3. The tendency to act is called the behavioural (conative) aspect.

These three aspects have been referred to as the A-B-C components (Affective-behavioral-cognitive) of attitude.

21. Akram's therapist is likely using a Humanistic or Existential therapy approach, both of which emphasize personal growth and potential. Here's a breakdown of two such therapies:

Humanistic Therapy (e.g., Client-Centered Therapy):

- **Focus:** This therapy focuses on creating a safe and supportive space for the client (Akram) to explore his thoughts, feelings, and experiences.
- **Goal:** Through self-exploration, Akram can gain self-awareness, develop a sense of self-worth, and ultimately reach his full potential. The therapist acts as a guide.

Existential Therapy:

- **Focus:** This therapy delves into deeper questions about life's meaning, purpose, and freedom.
- **Goal:** By exploring these themes, Akram can grapple with his anxieties and make choices that align with his values and aspirations. The therapist helps him find his own meaning and direction in life, leading to personal growth and fulfillment.

Both therapies emphasize Akram's autonomy and responsibility for his own growth. He is encouraged to take the lead in self-discovery and his potential.

22. 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.

23. **Self** is an organized cognitive structure. It can be understood in terms of subject and object or I and Me. It refers to the totality of one's conscious thoughts, and feelings which pertain to one's own self.

Indian Concept of Self

- i. Self is characterized by the shifting nature of the boundaries.
- ii. The Indian view does not make rigid dichotomies.
- iii. It is based on collectivistic Indian society.

Western Concept of Self

- i. The boundaries between self and the group are rigid.
- ii. It holds clear dichotomies between self and group.
- iii. It is based on individualistic society of the West.

OR

- i. Observation refers to systematic, organised and objective gathering and recording relevant information by a trained observer from a natural setting.
- ii. It is a careful perception.
- iii. It is a sophisticated method and cannot be carried out by untrained people. It requires the careful training of the observer.

Limitations of Observational Method:

- i. Professional training is required for the collection of useful data though these methods are quite demanding and time-consuming.
- ii. Maturity of the psychologist is a precondition for obtaining valid data through these techniques.
- iii. Mere presence of the observer may contaminate the results.

Section D

24. People getting themselves photographed while helping others have the attitude of getting recognition or attention. It is possible to establish logical cause-and-effect relationships that explain social behaviour through systematic and objective observations and the use of scientific methods. People, often in need of social recognition, take photos while assisting others. Their attitude can be identified through their behaviour. We usually expect behaviour to follow logically from attitudes. However, an individual's attitudes may not always be exhibited through behaviour. Consistency between attitudes and behaviour exists when:

- i. The attitude is strong and occupies a central place in the attitude system.
 - ii. The person is aware of her/his attitude.
 - iii. There is very little or no external pressure for the person to behave in a particular way. For example, when there is no group pressure to follow a particular norm.
 - iv. The person's behaviour is not being watched or evaluated by others.
 - v. The person thinks that the behaviour would have a positive consequence, and therefore, intends to engage in that behaviour.
25.
 - i. Losing a long-term job is a life event which is likely to be a cause of stress to an individual.
 - ii. A person's response to stress largely depends on how the events are appraised or interpreted.
 - iii. This was explained by Lazarus in his Cognitive theory of stress.
 - iv. According to this theory, stress depends on his primary or secondary appraisal. A new or changing event is positive, negative or neutral.
 - v. A negative event, such as losing a long-term job, can be appraisal for its harm, instead of a challenge.
 - vi. If it is appraised as a threat, which may result in future damage, it will result in high levels of stress.
 - vii. If it appraised as a challenge, then the individual, who lost the job, will have more confident expectations of the ability to cope with the stressful event, overcome it.

26. **Maslow** proposed the concept of self-actualization. He proposed that human needs exist in a hierarchy, ascending from the basic biological and safety needs to the more complex psychological motivations to the final highest need at the top self-actualization.

By self-actualization he meant:

- i. The **development of full individuality**, with all parts of the personality in harmony.
- ii. It is a state in which individuals have attained their **fullest true potential**.



- iii. It is the **basic motivating force**.
- iv. It is a tendency towards fulfilment, **towards actualization, towards the maintenance and enhancement** of the organism. As the organism grows it seeks to fulfil its potential within the limits of its heredity.

OR

DAPT—Draw-A-Person-Test. It is a simple test based on the psychodynamic approach, where the subject is asked to draw a person on a sheet of paper. After that, he/she is asked to draw a person of the opposite sex. Finally, the subject is asked to make a story about the person assuming that he/she is one of them.

Some examples of interpretation are as follows:

- i. Missing facial features suggest that person tries to evade a highly conflict-ridden interpersonal relationship.
 - ii. If there is a graphic emphasis on the neck that suggests a lack of control over impulses.
 - iii. Disproportionally large head suggests organic brain disease and a pre-occupation with headaches.
27. 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. Individual's 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.

Section E

28. While speaking in public, the patient changes topics frequently. This is a symptom of derailment. This is one of the positive symptoms of schizophrenia. Schizophrenia is the descriptive term to a **group of psychotic disorders** in which personal, social and occupational functioning deteriorate as a result of disturbed thought processes, strong perceptions, unusual emotional states, and motor abnormalities. The social and psychological causes of schizophrenia are tremendous, both to patients as well as to their families and society.

Symptoms of schizophrenia:

i. Positive Symptoms of Pathological Excesses :

a. Disorganized Thinking and Speech:

- i. People with schizophrenia may not be able to think logically, and may speak in peculiar ways.
- ii. **Formal thought disorders** can make communication extremely difficult.

b. Delusion: It is a false belief that is firmly held on inadequate grounds. It is not affected by emotional argument, and has no basis in reality.

- i. **Delusion of Persecution:** belief that they are being plotted against, spied on, slandered, threatened, attacked or deliberately victimized.
- ii. **Delusions of Reference:** in which they attach special and personal meaning to the actions of others or to objects and event. They believe that they can read others mind.

ii. Negative symptoms are 'pathological deficits'

- i. Alogia—poverty of speech, i.e., a reduction in speech and speech content.
- ii. Blunted effect—reduced expression of emotions.

iii. Psychomotor Symptoms:

- i. Schizophrenics move less spontaneously or make odd gestures. These symptoms may take extreme forms known as **catatonia**.
- ii. Catatonic stupor: motionless and silent for long stretches of time.

OR

Abnormal behavior is any behavior that deviates from what is considered normal. Abnormal behaviour, thoughts and emotions are those that differ markedly from a society's ideas of proper functioning. Each society has norms, which are stated or unstated rules for proper conduct. Behaviours, thoughts and emotions that break societal norms are called abnormal.

There are four general criteria that psychologists use to identify abnormal behavior: violation of social norms, statistical rarity, personal distress, and maladaptive behavior.



Abnormal behavior is not necessarily indicative of a psychological disorder. However, abnormal behavior can be an indicator of a possible mental or psychological disorder. The primary difference between a behavior disorder and another type of psychiatric disorder is the presence of choice. Psychiatric conditions are considered to be involuntary while in behavior disorders, choices are essential.

Mental health is about how your psychological state affects your well-being, while behavioral health is about how actions affect your well-being.

29. **Most of the psychologists agree upon the following major factors that influence attitudinal change:**

i. **Characteristics of the Existing Attitude:**

- a. Positive attitudes are easier to change than negative attitudes.
- b. Extreme attitudes and central attitudes are more difficult to change than the less, extreme and peripheral attitudes. Simple attitudes are easier to change than multiple attitudes are.

ii. **Source Characteristics:** Source credibility and **attractiveness** are two features that affect attitude change. Attitudes are more likely to change when the message comes from a highly credible source rather than from a low **credible source**, e.g., car sales may increase if they are publicized by automobile experts.

iii. **Message Characteristics:** The message is the information that is presented in order to bring about an attitude change. Whether the message contains a rational or an emotional appeal, for example, makes a difference. The **motive of the message** also determines the possibility of change, e.g., drinking milk may be said to make the person healthy.

iv. **Target Characteristics:**

- a. Qualities of the target, such as persuasibility, strong prejudices, self-esteem, and intelligence influence the likelihood of attitude change.
- b. Open and flexible personalities change more easily.
- c. People with strong prejudices are less prone to any attitude change.
- d. Persons having low self-esteem do not have sufficient confidence in themselves, change their attitudes more easily than those who are high on self-esteem.

Section F

30. The full form of PASS is the Planning, Attention, Simultaneous, and Successive. The PASS model was developed by J. P. Das and is based on the work of A. R. Luria.

31. Simultaneous processing is the process of combining discrete and unconnected stimuli into a single group or whole to assist in comprehension and interpretation. It involves the comprehension of the relationships of and between separate entities and their relation or position to the whole. Simultaneous processing takes place when you perceive the relations among various concepts and integrate them into a meaningful pattern for comprehension.

32. Phases of the cognitive behavioral technique:

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

33. 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.

