



**FACULTY HIGHER SECONDARY SCHOOL**

**SAMPLE PAPER**

**CLASS: XII ARTS**

**SUBJECT: PSYCHOLOGY**

Total Marks: 70

**PART A (1 x 17=17)**

- 1) \_\_\_\_\_ refers to remarkable ability in a specific field.
- 2) Type A personality are more susceptible to coronary heart disease.(True/False)
- 3) What is primary appraisal?
- 4) Continued exposure to the same stressor drains the body of its resources and leads to \_\_\_\_\_
  - I. Alarm reaction
  - II. Resistance
  - III. Avoidance oriented strategy
  - IV. Exhaustion
- 5) Client-centred therapy is a form of \_\_\_\_\_ therapy.
  - I. Behaviour therapy
  - II. Psychodynamic therapy
  - III. Biomedical therapy
  - IV. Humanistic-existential therapy
- 6) What is transference?
- 7) A disorder which consists of prolonged, vague and intense fears that are not attached to any particular object is known as
  - I. phobia
  - II. SAD
  - III. Generalised Anxiety Disorder
  - IV. Panic disorder
- 8) \_\_\_\_\_ is characterised by extensive but selective memory loss that has no known organic cause.
  - I. Dementia
  - II. Dissociative amnesia
  - III. Conversion
  - IV. Hallucination
- 9) \_\_\_\_\_ is a technique for treating phobias or irrational fears
  - I. Insight
  - II. Token economy
  - III. Systematic desensitisation
  - IV. Transference
- 10) Mention any one of the techniques used for managing stress.
- 11) \_\_\_\_\_ refers to the totality of an individual's conscious experiences, ideas, thoughts and feelings with regard to herself/himself.
  - I. Personal identity
  - II. Self
  - III. Self concept
  - IV. Self instruction

12) \_\_\_\_\_ approach holds that situational characteristics play an important role in determining our behaviour.

- I. Type approach
- II. Trait approach
- III. Interactional approach
- IV. Cultural approach

13) \_\_\_\_\_ is defined as the existence and availability of people on whom we can rely upon.

- I. Tangible support
- II. Social support
- III. Informational support
- IV. Life skills

**OR**

\_\_\_\_\_ appraisals are associated with more confident expectations of the ability to cope with the stressful event.

- I. Threat
- II. Harm
- III. Challenge
- IV. Secondary appraisal

14) The central thesis of RET is that \_\_\_\_\_ mediate between the antecedent events and their consequences.

- I. Irrational beliefs
- II. Dysfunctional cognitive structure
- III. Core schema
- IV. Consequent operations

15) \_\_\_\_\_ evaluates the patient on five axes or dimensions rather than one broad aspect of mental disorder.

- I. DSM-V
- II. ICD 10
- III. Cognitive model
- IV. Diathesis stress model

16) \_\_\_\_\_ is the need to perform certain behaviour again and again.

- I. Obsessive behaviour
- II. Compulsive behaviour
- III. Maladaptive behaviour
- IV. Dysfunctional behaviour

17) \_\_\_\_\_ is a subjective experience that uses imagery and imagination.

- I. Creative visualisation
- II. Relaxation technique
- III. Biofeedback
- IV. Cognitive behavioural technique

**PART B (2 X 4 =8)**

- 12) What is resistance?
- 13) How does socio-cultural model explain psychological disorders?
- 14) What is the basic assumption of individual psychology?

**OR**

What do you mean by unconditional positive regard?

- 15) What do you mean by positive symptom of schizophrenia?

**PART C (3 X 3=9)**

- 16) What is autism spectrum disorder?
- 17) What is psychotherapy?
- 18) What are the behavioural effects of stress?

**PART D (4 X 6=24)**

- 19) What is Carl Jung's view regarding human personality?
- 20) Explain mental disorders from a behavioural perspective.
- 21) Briefly explain the psychodynamic psychotherapy.

**OR**

What is modelling?

- 22) What are the elements needed for effective communication?
- 23) What are the types of intelligence tests?
- 24) How does stress affect the immune system?

**OR**

Explain the types of stress.

**PART E (6 X 2=12)**

- 25) What are the characteristics of psychotherapy? What are the techniques used in the rehabilitation of the mentally ill persons?

**OR**

What are the factors that contribute to healing in psychotherapy? Enumerate some of the alternative therapies.

- 26) What is schizophrenia? Explain its symptoms.

**OR**

Explain any three neurodevelopmental disorders.