



Delhi Public School, Howrah

PERIODIC TEST II (2025-2026)

Class-XII

Care must be taken not to write anything on the question paper. All the questions must be attempted in the correct sequence.

SUBJECT: PSYCHOLOGY (037)

Time Allowed: - 3 Hours

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.

SECTION A

1. Subhash has the ability to recall historical dates accurately and can derive general rules from the presented facts. Which of the following abilities do you think he possess in accordance to Thurstone? 1
(A) Memory and spatial relations
(B) Memory, spatial relations and verbal comprehension
(C) Inductive reasoning and spatial relations
(D) Inductive reasoning and memory
2. Amir tried hard to get a job in Google, but somehow, he failed to achieve that. Post his last unsuccessful interview, he went around telling his friends and relatives that he never really intended to apply there. He is using a defense mechanism called _____. 1
(A) Repression
(B) Projection
(C) Reaction formation
(D) Denial
3. Renu tends to avoid jealousy and sulking behaviour. She is usually attentive to what others say and, accepts the other person's opinions even though they are quite different from her own opinions. This will help her in _____. 1
(A) Being assertive
(B) Time management
(C) Overcoming unhelpful habits
(D) Improving relationships
4. Mrs. Pandit is unable to stop thinking about locking her house. At work, she is preoccupied with this unreasonable and repetitive thought. This is predominantly a symptom of _____. 1
(A) Obsessive behaviour
(B) Anxiety disorder

- (C) Panic disorder
(D) Compulsive behaviour

5. Enhancement of people's self-concept is possible by creating an atmosphere of _____. 1
(A) Conditional positive regard
(B) Unconditional positive regard
(C) Unconditional and biased regard
(D) Identity crisis
6. Khushi can think analytically and critically. She performs well in her academics and often engages in debate competitions. Based on these traits choose the correct option which Khushi is most likely to possess. 1
(i) Contextual intelligence, i.e., the analysis of information to solve problems.
(ii) Componential intelligence, which has three components, each serving a different function.
(iii) Experiential intelligence, which is the knowledge acquisition component.
(iv) Meta or a higher order component, which involves planning about 'what to do?' and 'how to do?'.
(v) Performance component, which involves actually doing things.
(A) (i), (ii), (iv) and (v)
(B) (i), (iii), (iv) and (v)
(C) (ii), (iii) and (iv)
(D) (ii), (iv) and (v)
7. Kartik puts his work-related issues under the carpet and refuses to accept or face them. This explains that he is _____. 1
(A) Procrastinating
(B) Avoiding
(C) Managing
(D) Approaching
8. Match the disorders in Column - I with the symptoms in Column – II and choose the correct option. 1
- | Column - I | Column – II |
|-----------------------------|---|
| a. PTSD | i. Impaired concentration |
| b. OCD | ii. Skin picking |
| c. Illness Anxiety Disorder | iii. Overly concerned about negative diagnostic results |
| d. Conversion Disorder | iv. Paralysis |
- (A) (a) - (ii), (b) - (iii), (c) - (i), (d) - (iv)
(B) (a) - (ii), (b) - (iv), (c) - (iii), (d) - (i)
(C) (a) - (iv), (b) - (ii), (c) - (i), (d) - (iii)
(D) (a) - (i), (b) - (ii), (c) - (iii), (d) - (iv)
9. In the question given below, there are two statements marked as Assertion(A) and Reason (R). Read the statements and choose the correct option. 1
Assertion (A) - Karen Horney argued that psychological disorders were caused by disturbed interpersonal relationships during childhood.
Reason(R) - The goals that provide us the security and help us in overcoming the feelings of inadequacy are important in our personality development.
(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
10. In the question given below, there are two statements marked as Assertion(A) and Reason (R). Read the statements and choose the correct option. 1

Assertion (A) – People are hesitant to consult a psychologist for the distress and disorders they are suffering from.

Reason(R) – A disorder indicates failure in adapting to environment and should be viewed as any other illness.

- (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

11. _____ stresses change the state of our body. For example, we feel strained when we overexert ourselves physically, lack a nutritious diet or suffer an injury. 1
- (A) Environmental
 - (B) Physical
 - (C) Bodily
 - (D) Health-related
12. Yogesh believes that the television news anchor is talking to him. He is exhibiting _____. 1
- (A) Formal thought disorder
 - (B) Delusion of control
 - (C) Auditory hallucination
 - (D) Delusion of reference
13. Susmita lost her husband in a car accident. This life event is traumatic. Which of the following is NOT TRUE about the effects this stress can have on her? 1
- (i) Stress can affect her behaviour in the form of eating less nutritional food, disrupted sleep patterns, increased absenteeism and reduced work performance.
 - (ii) The cognitive effects of stress will be both, enhanced concentration and increased short-term memory capacity.
 - (iii) In her case, the stress can start a vicious circle of decreasing confidence, leading to more serious emotional problems.
 - (iv) The effects of this stress will mostly be physiological in nature.
- (A) (i) and (ii)
 - (B) (ii) and (iv)
 - (C) (ii) and (iii)
 - (D) (i), (ii) and (iv)
14. Which of the following is NOT a characteristic of ADHD? 1
- (A) Difficulty sustaining attention
 - (B) Excessive talking
 - (C) Intense focus on preferred activities
 - (D) Impulsivity

SECTION B

15. (a) Sayantani is admitted to a rehabilitation centre for alcohol addiction. Her treatment includes giving her mild shocks every time she is made to smell alcohol. Name and describe the therapy being used. 2
- OR
- (b) Rishi was given therapy that encouraged him to seek personal growth and actualize his potentials. Based on these principles, explain the therapy that is being implemented here.
16. Individuals have a tendency to appraise stressful situations at two levels. Elaborate the levels put forth by Lazarus. 2
17. Discuss Erikson's notion of identity crisis. 2

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| 18. | Farhan has been diagnosed with GAD. Explain the development of this disorder with the help of the diathesis stress model. | 2 |
| 19. | A special educator was working with children having mild disabilities. She noticed that Suraj, a child in class 5 was able to learn languages very easily, he loved new subjects and was very sensitive to changes in the classroom. Comment on the intellectual abilities of Suraj. | 2 |

SECTION C

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| 20. | Harish, a sculptor, is happy, self-satisfied and fully functioning person. He holds exhibitions for his sculptures and is always appreciated by all his visitors. How would Carl Rogers explain Harish's personality? | 3 |
| 21. | (a) Explain how the Age of Reason and Enlightenment influenced the treatment and perception of psychological disorders in the seventeenth and eighteenth century. | 3 |
| | OR | |
| | (b) Leena has an intense fear of canines. She often experiences sudden bouts of breathlessness and sometimes feels as if she is going to faint and die. Identify the two types of anxiety disorders she might be suffering from. | |
| 22. | Komal is a therapist who is presently working with a client who seems to tackle high levels of stress and remain healthy at the same time. How would Komal manage stress effectively? | 3 |
| 23. | Lakshmi is experiencing stress due to a change in her job. Explain the strategies to cope with stress in accordance to Endler and Parker. Give an example of stress from your day-to-day life and which strategy suits you the best? | 3 |

SECTION D

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| 24. | Kunal and Kartik are working in the same IT company as senior managers. According to your understanding state four reasons as to how Kunal's emotional intelligence contributes to his popularity with colleagues as compared to Kartik, who seems to lack these qualities. | 4 |
| 25. | The father of modern stress research defined stress as, "the non-specific response of the body to any demand". According to him what happens to the body when stress is prolonged? Name the person and explain the theory. | 4 |
| 26. | The theory of Multiple intelligence has influenced educators from all over the world, encouraging them to envision more effective ways of teaching. This theory was developed over thirty years ago by a world-renowned psychologist. Name the psychologist and elaborate all the multiple intelligences in details. | 4 |
| 27. | (a) Ankur is a 7-year-old, who has marked difficulty in relating to other people. Often, he is found to be unresponsive to other people's feelings and exhibits stereotypical patterns of behaviours like hand flipping. Identify this disorder and describe its features. | 4 |
| | OR | |
| | (b) Nilima has disregarded the norms of her village by pursuing higher level course in military training. She deviated from the social rules of her village where higher education for girls as well as moving out of the village without marriage is neither acceptable nor motivated. Is her behaviour abnormal? Explain with reference to four Ds. | |

SECTION E

28. (a) Jill, a 32-year-old Afghanistan war veteran, had been experiencing certain symptoms for more than five years. She consistently avoided thoughts and images related to witnessing her fellow service members being hit by an improvised explosive device (IED) while driving a combat supply truck. Over the years, Jill became increasingly depressed and began using alcohol on a daily basis to help her with the symptoms. She had difficulties in her employment, missing many days of work, and she reported feeling disconnected and numb around her husband and children. Jill had a recurring nightmare of the event in which she was the leader of a convoy and her lead truck broke down. She waved the second truck forward, the truck that hit the IED, while she and her fellow service members on the first truck worked feverishly to repair it. Identify the disorder she is suffering from and discuss the symptoms. Elucidate any three disorders that belong to the same category of disorders. 6

OR

- (b) A 14-year-old girl was brought to a clinic by her parents and they complained that she had been dieting for seven months prior to the clinic visit which had caused her to lose weight. She frequently missed breakfast and lunch. During dinner, she would secretly put the food in a plastic bag and threw it into the dustbin. She avoided food that was high in fat. However, she denied inducing vomiting, purging or doing excessive exercise. She perceived herself as 'fat'. Prior to this problem, her elder brother used to tease her that she was 'fat' and this had initiated her to start dieting. She also experienced low self-esteem as she believed that she was less pretty and was unhappy with her self-image. What do you think she is suffering from? Explain in details the eating disorders that adolescents mostly suffer from.
29. (a) Discuss the role of core schemas, negative automatic thoughts, cognitive distortions and irrational beliefs in cognitive therapies. 6

OR

- (b) Discuss six key ethical standards that professional psychotherapists must adhere to. Explain how each standard contributes to the effectiveness of psychotherapy and ensures the well-being of clients.

SECTION F

Case 1

Read the following passage and answer questions number 30 and 31.

An adult male who was seen at a psychiatric unit complained of hearing voices for the past 10 months and loss of appetite. He also complained that he roamed around town, and even though he returned home, he was sometimes physically abusive towards his mother and sister. The patient further added that he felt unsafe and believed that people wanted to harm him.

The patient explained that he had taken a leave from work because he was feeling feverish and asked someone to replace him, but he never returned to the workplace. A month after commencing leave, he received his salary for work already done but subsequently was not paid by his company. He decided to move from one bank branch to another, trying to make withdrawals. On his third attempt at a branch, he was arrested and put in cells for four days, without being given any reason. He said he had also received death threats, one of which was a call from an unfamiliar number. Although no words were spoken, he perceived it as a signal indicating his life was in danger.

30. Identify the disorder. 1
31. State the positive and negative symptoms of this disorder. 2

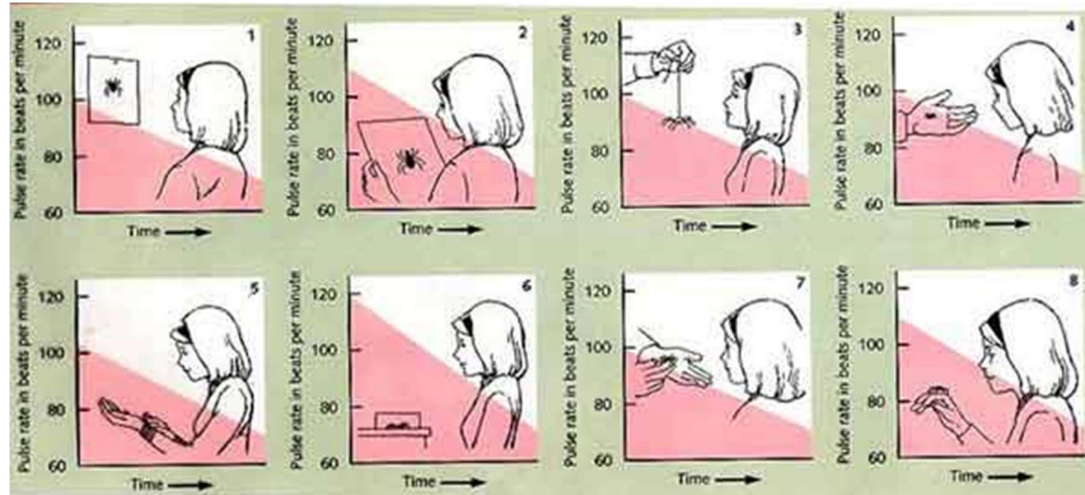
Case 2

Read the following passage and answer question number 32 and 33.

As per the therapist's instructions the client reaches a state of deep relaxation and is then asked to

imagine the least threatening situation in the anxiety hierarchy. For example, in a relaxed state, the individual first thinks about a spider. The focus here is on maintaining relaxation despite the thought. Once they can think about spiders without anxiety, they move to the next level, like looking at a picture of a spider while staying relaxed. The process continues, with the individual gradually exposed to more direct interactions with spiders while maintaining their calm, until they can eventually handle a spider without significant fear.

Throughout the process, the goal is for the individual to associate spiders with feelings of relaxation rather than fear, eventually diminishing the phobic response.



32. Which therapeutic technique is being applied here?

1

33. Discuss any two behavioural techniques apart from the one mentioned above.

2