



REVISION SHEET

SUBJECT: PSYCHOLOGY

CLASS-XII

TERM 1, 2026

1 MARK QUESTIONS

1. Kiran nowadays suffer from stress including mood swings, and shows erratic behaviour with family and friends. In career path, she has decreasing confidence and self-esteem. These effects are called as _____.
(a) psychological effects (b) workload burden effects
(c) emotional effects (d) medical disorder effects
2. Which of the following statements is true for the methods used in intelligence testing?
i. Standardized tests can measure cognitive abilities reliably and validly.
ii. Cultural differences do not influence the outcomes of intelligence tests.
iii. Non-verbal tests are designed to assess intelligence without the influence of language.
iv. Intelligence tests should be administered and interpreted by trained professionals.
Options:
(a) i and iii (b) i and iv
(c) ii and iii (d) ii and iv
3. Rama and Garima are sisters and are equally good at studies in school. Their behaviour, likes and dislikes are also quite similar. It becomes at times difficult for their people to distinguish between the two. How do psychologists determine individual personalities and traits?
(a) Trait Approach (b) Type Approach
(c) Personality Approach (d) Post-Freudian Approach
4. Which psychologist believed that there is a common structure on which people differ from each other?
(a) Gordon Allport (b) Raymond Cattell
(c) Sigmund Freud (d) HJ Eysenck
5. A person may smoke to decrease anxiety, may indulge in other activities such as eating, or be unable to concentrate for long hours on her/his study because of the anxiety. Name the procedure by which a person can get rid of anxiety.
(a) Meditative procedure (b) Psychoanalytical procedure
(c) Relaxation procedure (d) Rehabilitation procedure
6. **Assertion (A):** An individual intelligence test is one which can be administered to one person at a time. A group intelligence test can be administered to several persons simultaneously.
Reason (R): Individual tests allow people to answer orally or in a written form or manipulate objects as per the tester's instructions. Group tests generally seek written answers usually in a multiple-choice format.
(a) Both Assertion (A) and, Reason (R) are true and Reason (R) is the correct explanation of Assertion (A)
(b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A)
(c) Assertion (A) is true, but Reason (R) is false
(d) Assertion (A) is false, but Reason (R) is true
7. According to _____ method, unwanted behaviour can be reduced and wanted behaviour can be increased simultaneously.
(a) Differential Reinforcement (b) Differential Enforcement
(c) Reciprocal Inhibition (d) Positive Modelling
8. Tendency of respondent to endorse items in a social desirable manner is known as
(a) Acquiescence (b) Self-report
(c) Social desirability (d) Halo effect

9. According to the psychological studies, which among the following factors influences attitude formation?

- I. Family and school environment
- II. Reference groups
- III. Social experiences
- IV. Clinical related influences

Choose the correct option.

- (a) I and II (b) II and III
- (c) I, II and III (d) II and IV

10. Which umbrella term is used to describe the physical environmental and social cause of stress?

- (a) Triggers (b) Stressors
- (c) Distress (d) None of these

11. Despite of the fact Renuka couldn't clear MEET exam this time, she doesn't seems shaken. Instead, she has started preparing hurriedly for the upcoming exams with same amount of motivation and spirit.

Name the trait she possess.

- (a) Type-A Personality (b) Type-B Personality
- (c) Type-C Personality (d) Type A-B Personality

12. Which of the following statements is true regarding intelligence assessment?

- i. Standardized intelligence tests provide reliable and valid measures of cognitive abilities.
- ii. Cultural differences do not influence the outcomes of intelligence tests.
- iii. Non-verbal intelligence tests minimize language barriers and cultural bias.
- iv. Administering and interpreting intelligence tests requires professional expertise.

Options:

- (a) i and iii (b) i and iv
- (c) ii and iii (d) ii and iv

13. Pooja a class 2 student in Delhi faces problems in basic skills in reading, writing and mathematics, but her teachers says that she do better with additional efforts. The disorder she is facing called as_____.

- (a) specific mental disorder (b) specific learning disorder
- (c) common learning disorder (d) cognitive disorder

14. The general adaptation syndrome consists of three stages which include

- (a) the alarm reaction (b) the stage of resistance
- (c) the stage of exhausting (d) All of the above

15. Saima, an illustrator in newspaper agency is known for her ability to draw satire cartoon on various issues. Her cartoon strikes into the minds of reader with great message.

Which type of intelligence she has?

- (a) Logical Intelligence (b) Spatial Intelligence
- (c) Imaginative Intelligence (d) Linguistic Intelligence

16. Karan, who was suffering from depression and mental health issues, suggested to visit psychotherapist, who suggested Karan to adopt logotherapy, which helped him in finding meaning in every aspect of life. It also encouraged him to deal positively with good and bad experiences.

Who propounded the logotherapy concept?

- (a) Sigmund Freud
- (b) Victor Frankl
- (c) Ivan Pavlov
- (d) BF Skinner

17. Which among the following doesn't comes under the Big Five Factor Model?

- (a) Neuroticism
- (b) Unconscientiousness
- (c) Agreeableness
- (d) Openness to Experience

18. Which among the following is not one of the attributes that are categorised on the basis of varieties of tests used in psychological literature?

- (a) Intelligence (b) Aptitude
- (c) Observation (d) Values

19. The effects of traumatic events may occur after some lapse of time and sometimes persist as

symptoms of anxiety, flashbacks, etc. Find out the stressful event in the following given options.

- | | |
|-------------------|----------------------------|
| I. Fire | II. Train or road accident |
| III. Robbery | IV. Political changes |
| (a) I and II | (b) II and III |
| (c) I, II and III | (d) I and IV |

20. Mehak, a famous stand-up comedian has cancelled her several programme due to mental health issues. Her therapist has treated with live examples and method of certain cognitive-behavioural techniques of psychotherapy. Which among is that procedure?

- | | |
|---------------|--------------|
| (a) Modelling | (b) Learning |
| (c) Scaling | (d) Focusing |

VERY SHORT ANSWER TYPE QUESTIONS (2 Marks)

1. Vaani is not just smartest girl but also requires less command by her teachers and parents to accomplish any given tasks. She analyse problems and arrives at solutions quickly. Identify the type of intelligence Vaani has.
2. Babita is an NGO worker who works for the street children like their education, food and uplifting their social status. Identify the type of intelligence of Babita has.
3. Raman is known for his ability to solve and sort out various problems using his past experiences creatively. It is also reflected in creative performance. Name the skills persons like him, high on this aspect and how quickly they find out solution in a given situation.
4. Gautam is very sensitive about his feelings and emotions. He also controls his emotions and expressions while dealing with self and others. Name the other two traits of Emotionally Intelligent Person.
5. Is intelligence an interplay of nurture and nature? Support your answer with one evidence for each
6. What are the characteristics of the information processing approach to understanding intelligence?
7. State the features of a normal curve with respect to intelligence quotient.
8. There are individual differences in the level of creativity. How can we explain this variation in the potential for creativity?
9. Find out the IQ of a 14 year old child with a mental age of 16.
10. Differentiate between verbal and non verbal test.
11. Identify two differences between psychometric theories and information processing theories of intelligence.
12. What do you understand by Eysenck Personality Questionnaire (EPQ)
13. What do you know about centrality?
14. In which stage a male child experiences the Oedipus complex?
15. Urmila has enrolled into a new skill development course for further enhancement in her career. She never hesitates to new learning modes and to enhance her knowledge. What Rogers has mentioned about person like Urmila?
16. Parents of Sonam are really proud of her daughter as she is the youngest Youtuber with million strong followers. She is just 7 but has memorised various facts and figures. Explain the two characteristics of her personality.
17. Swarnalipi is an organised girl who does everything according to her own schedule and planning. She also motivates others to do the same. Identify and define the type of her intelligence.
18. Explain any two features of Self-Report Measures Test.
19. Neeru is such a smart girl, who requires very few commands to fulfil her daily tasks, whether it is home or office. What are the characteristics of her personality?
20. State any two features of Rorschach Inkblot Test.
21. Tanmay Sharma is promising Agricultural Scientist who primarily works in remote village. He belongs to a wealthy business class family but still prefers to work for the poor. Identify the personality.
22. Give the two points of interactional approach.
23. How several aspects of self, linked to the characteristic features of the culture?
24. Riya learns about archetypes and the unconscious mind during therapy based on Carl Jung's Analytical Psychology. What is the major feature of analytical psychology given by Carl Jung?
25. Define the term Buddhi.
26. Omvati is considered as most obedient and traditionally well-mannered girl in remote village of Bihar. She cares about her parents and grandparents. She is the one who does every house hold work along with her mother. Why agricultural societies preserved tradition so well?

27. Sanam since her childhood is very kind towards animals, she particularly cares about her neighbourhood street dogs and cats. Identify the psychological approach she interstates.
28. Jaqueline is very open-minded teenage girl. She loves party, outing and enjoys being at the centre of attention among her peer group. Which personality characteristics associated with her?
29. Rupam's term-end exams are about to start. Being a studious person he has well prepared and attended regular classes with good internal exams. However he is not able to properly sleep or take food on time due to examination stress. How examination stress can be characterised?
30. What are the common signs of stress?
31. What are life skills?
32. What do you understand by Bipolar mood disorders or Manic-depressive disorders?
33. Abraham was a football champion in the Rajput Schools, who consecutively won Inter-School Championship for the school. However after failing to win this year Championship, he took the extreme step and committed suicide. Identify the disorder in him.
34. Define panic disorder.
35. Name the few symptoms of Anxiety Disorder.
36. Shilpi is considered as an average girl in her class. Although she tries her level best but could not perform well. She remains silent and sobbing inside the room when she is alone. Name the psychological disorder she is suffering.
37. Abraham was a football champion in the Rajput Schools, who consecutively won Inter-School Championship for the school. However after failing to win this year Championship, he took the extreme step and committed suicide. Identify the disorder in him
38. What are the various approaches used to distinguish between normal and abnormal behaviour
39. Samarth is considered as an average boy in his class. Though he managed to pass with fair marks but this year he ranked in the bottom. His mother found him locked inside the room and crying. Name the psychological disorder he is suffering.
40. Kamal's wife has passed away in the road mishap. He became addicted to alcoholism and drugs as he perceived it would reduce the pain and stress in life. Identify and define the disorder Kamal is going through.
41. Name psychological disorder where an individual behaves temporarily in two different or opposite ways at the same time
42. What is well-being?
43. Differentiate between obsession and compulsion.
44. Adil, a young man, shows aggressive actions that threaten or cause harm to people or animals and indulges in serious rule violations. What are these symptoms indicative of ? Mention two other types of aggressive behaviour
45. Explain cognitive distortions. Give an example of cognitive distortion that a client might be experiencing
46. Somatic symptom disorder and illness anxiety disorder are concerned with medical illness, yet they are different. Explain using relevant example
47. What is occupational therapy?
48. The therapy a person as a whole entity consisting of body, mind and emotions, Carl Rogers explains the alleviation of the client's problems. Identify the therapy and state any two key features of this therapy.

SHORT ANSWER TYPE QUESTIONS (3 Marks)

1. Rohit has always been fascinated by words and language. He excels in writing stories, learning new languages, and expressing his thoughts clearly. His teachers often praise his ability to use language effectively in debates and essays. What is linguistic intelligence?
2. Sandra, a 20-year-old medical student is described as kind, caring and loyal and prefers watching movies and reading rather than going out to a party. Sandra works hard, studying Medicine at university and volunteers to help children with autism. What types of characteristics and features she adhere?
3. Technologically advanced societies adopt child rearing practices that foster skills of generalisation and abstraction, speed, minimal moves and mental manipulation among children. What type of behaviour, these societies promotes?
4. Shanta has an IQ of 140. She has recently won an award for the 'Best Author' as well. Will she be gifted or talented? Elaborate on giftedness and its characteristics

5. Akram loved his job but he was unhappy with his team leader. When Akram was approached with a better job offer, he recommended the name of his team leader who willingly accepted it. According to Stern-berg, explain the type of intelligence Akram used to modify the environment.
6. Dia wants to choose subjects in Grade XI in order to pursue a successful career later in life. Which psychological attributes will be assessed by the counsellor in order to help Dia make an informed choice? Give reasons for your answer
7. Analyze the relationship between intelligence and creativity, based on Jon Terman's research findings.
8. Evaluate how Gardner's view of intelligence as an independent and interactive type challenges the traditional notions of a singular, unified intelligence
9. Mohit understands the motives, feelings and behaviours of other people and can develop a comfortable relationship with them. He also likes to travel as he recognises the beauty of different species of flora and fauna Identify the types of intelligence that Mohit possesses in accordance with Gardner's theory. From the information provided about Mohit, explain any two other types of intelligence that Mohit may not be possessing
10. Rohan a 10-year-old diagnosed with intellectual deficiency as per AAMD guidelines, is supported with a special education plan Based on his diagnosis identify two common features he might display in his daily functioning.
11. Kenneth has decided to visit Serengeti National Park during her summer vacation. He is someone who doesn't like to experience natural beauty through TV. Which type of personality he has according to the Five-Factor Model of Personality? Describe it.
12. Mandy is an upcoming promising Radio Jockey (RJ) who runs a Q&A Session every Saturday 9 to 10 PM. He raises the questions related to common problems as well as difficult marriage life over the phone. Do you think he has certain trait personality?
13. 'Individuals possess a number of traits, which are dynamic in nature.' Explain.
14. Raman shows variation in his behaviour. At times he is friendly and other times he becomes very shy and introvert. Give reasons why his behaviour is not constant.
15. Mother Teresa believed that she had a mission to fulfil and did what came natural to her, loving others and serving them. Identify the trait being referred to here by Gordon Allport and how it affects a person's behaviour Distinguish it from other traits given by him.
16. Ramit, a painter, is a happy, self-fulfilled and fully functioning person. He holds exhibitions of his artwork which is always appreciated by all the visitors. How will Carl Rogers explain Ramit's personality?
17. The Birhors, a tribal community largely lead a nomadic life depending on hunting and gathering. How will this lifestyle influence the personality development of children from this community?
18. Explain three major limitations of rating scales in assessment.
19. State the main characteristics of Type A and B personality.
20. Ravi and Harsh are the same batch-mates in the AIIMS where they both are aspiring doctors. However, there is always a sense of bitter rivalry and fierce competition to prove that who is the best doctor. What would be the possible cause of stress between them?
21. Individuals show consistent individual differences in the coping strategies they use to handle stressful situations. These can include both overt and covert activities. Identify the three coping strategies given by Endler and Parker.
22. Ruchika is very stressed as she must prepare for her music competition and for medical examinations. Suggest Ruchika four techniques to manage her stress.
23. Riya, a 17-year-old girl, has a fear of gaining weight despite being underweight. She severely restricts her food intake and exercises excessively, leading to extreme weight loss and health issues. Explain the term anorexia nervosa.
24. Sangeeta is someone, who is afraid to travel in a lift or climb to the tenth floor of a building, even she refuse to enter a room she saw a lizard. Moreover she also unable to speak a word of a well-memorised and rehearsed speech before an audience. What do we call such abnormal behaviour?
25. Ramesh, who has been diagnosed with a psychological condition, often struggles to speak or respond in conversations. His speech is minimal and lacks fluency, making communication difficult. Define alogia.
26. What are the major causes of eating disorders?
27. Shilpi is considered as an average girl in her class. Although she tries her level best but could not perform well. She remains silent and sobbing inside the room when she is alone. Name the psychological disorder she is suffering.

28. Supriya has broken the norms of a village by pursuing a higher level course in aviation. She deviated from the social norms of her village where higher education for girls was neither motivated nor accepted. Is her behaviour abnormal? Explain with reference to four Ds.
29. Imran is a forty-year-old male who complains of difficulty in breathing and other body-related symptoms. On being examined, the doctors were unable to find any medical explanation for his reported symptoms. Explain this disorder and discuss its various types.
30. Richa is a young girl working as an officer in an organisation. One day she just disappeared from the city and after two years she was found on the banks of a river. Nobody there knew who she was and where she had come from. But, one day she suddenly 'woke up and wanted to know how she had reached the banks of the river. Explain this disorder and list the other disorders in the same category
31. One day while driving home, Deb felt his heart beating rapidly, he started sweating profusely, and even felt short of breath. He was so scared that he stopped the car and stepped out. Identify the type of disorder he is suffering.
32. Define panic disorder
33. Nagarjuna was admitted to hospital after complaining severe body ache and headache due to the report of upcoming cyclone in the coastal area. He was admitted to the nearest hospital timely. How traumatic conditions can affect human life
34. Which patterns of thought are called Dysfunctional Cognitive Structures
35. One of the biggest disadvantage of metropolitan cities is mental disorder among the various age group. As like the case of Jahnvi, a junior advocate working in the Legal firm. She was smart and does her job efficiently. Due to frequent dealing with criminal cases, she was diagnosed with depression. Identify the symptoms associated with depression and mania.
36. Ananya frequently checks if the doors are locked and washes her hands repeatedly, even when unnecessary. She feels a strong urge to perform these actions to relieve her anxiety, despite knowing they are excessive. What is Obsessive-Compulsive Disorder
37. What is meant by word abnormal? Explain approaches that have been used in distinguishing between normal and abnormal behaviours.
38. Ravi finds himself drinking alcohol daily to cope with stress from work and personal challenges. Over time, he starts relying on alcohol to feel relaxed, even in minor stressful situations. Why people abuse alcohol drink in large amounts regularly and rely on it to help them face difficult situations?
39. What is autistic disorder? Also explain the difficulties faced by the children suffer with autistic disorder
40. Aryan watches his older brother successfully fix a bike by following a tutorial. Inspired by observing his brother's actions and results, Aryan learns the process and confidently repairs his own bike the next day. Explain vicarious learning.
41. Explain any three psychological models used to understand mental disorders
42. Can a long-standing pattern of deviant behaviour be considered abnormal? Elaborate and state an example of the same.
43. Is separation anxiety disorder classified under neurodevelopmental disorders? Give reason for your answer by enumerating the symptoms of separation anxiety disorder
44. Sapna has divorced her former husband and wants lived a normal independent life. However, she is all the time pre-occupied with past life and she is not able to focus on anything. What types of Alternative Therapy may be helpful for Sapna?
45. Jonathan has learnt from doctors that his father is suffering from schizophrenia and strictly suggested him to start a rehabilitation therapy as soon as possible. Why rehabilitation is an important process in psychotherapy?
46. Sneha's father was diagnosed with serious mental illness. Doctors have suggested her and her family to begin with ECT. Find out how effective shall be ECT for her father.
47. Ankit rarely does his homework regularly. Her mother promised him to prepare his favourite dish whenever he does homework at the designated time. Identify the reinforcement given by Ankit's mother? How does it benefit the Ankit?
48. Himanshu struggling with feelings of purposelessness, undergoes therapy where his counselor helps him find meaning in life's challenges, a concept central to Logotherapy and Human-Existential Therapy. Explain the correlation between Logotherapy and Human-Existential Therapy.

49. Meera benefits from Cognitive Behavioural Therapy (CBT) for anxiety but learns that some disorders may need additional approaches. Does Cognitive Behavioural Therapy (CBT) is the solution of every psychological disorder? Evaluate.
50. Anika believes that failing an exam will ruin her future, causing anxiety. Her therapist uses Cognitive Behavioural Therapy (CBT) to address these irrational thoughts. How Cognitive Behavioural Therapy locates the cause of psychological distress in irrational thoughts and beliefs?
51. Rohan attends therapy sessions to manage his stress. His therapist emphasizes building trust, understanding, and collaboration to create a safe and supportive environment for Rohan to share his concerns. Identify the basic components of special relationship between the client and the therapist.
52. How is Rational Emotive Therapy (RET) used in treating psychological disorders?
53. Meera, a counselor, listens patiently to her client, who feels ashamed about past mistakes. She shows complete acceptance and avoids any judgment, creating a safe space for the client to express emotions freely. Explain unconditional positive regards for others in the context of counselling.
54. Ravi's teacher uses behavior modification techniques by praising him for completing homework on time (positive reinforcement) and stopping extra assignments when he behaves well in class (negative reinforcement). Explain negative reinforcement and positive reinforcement for behaviour modification.
55. Explain yoga and meditation as Alternative Therapies.
56. How does Cognitive Behavioural Therapy identify the cause of psychological distress in irrational thoughts and beliefs?
57. Identify the basic components of special relationship between the client and the therapist.

SHORT ANSWER TYPES QUESTIONS (4 Marks)

1. Sandeep and his friends have planned a hiking plan in Nanda Devi Mountains in Uttarakhand. Among them, Mukesh Thapa, a local person to that region insisted to lead the troop, as he was acquainted with the climate and terrain. Identify and explain the type of Mukesh Thapa's personality in psychology.
2. Ravi is preparing for an exam that requires applying previously learned concepts to solve complex problems. His ability to use stored information effectively demonstrates the knowledge base component of intelligence. Explain the knowledge base in PASS Model of Intelligence.
3. Lovelen and Jadon are just briefed by their organisation to get enrolled to participate in the upcoming IQ test Kohs Block Test, where a number of wooden blocks to be arranged by the candidates. How IQ test is designed in Kohs Block Test?
4. Tina in her childhood mostly expressed her creativity through physical activities and in nonverbal ways. In the later years, she fully developed her creativity through verbal modes too. How creativity can be defined?
5. Riya, a team leader, excels in managing her team by understanding their emotions, resolving conflicts effectively, and maintaining a positive work environment. Her high Emotional Quotient (EQ) helps her achieve professional and personal success. Why modern thinkers and psychologists gives utmost importance to Emotional Quotient? Mention some of its attributes
6. Ravi struggles to stay focused during long study sessions but performs better when he breaks tasks into smaller chunks. His ability to maintain attention aligns with the Arousal-Attention component of the PASS Model. What is the role of 'Arousal-Attention' in PASS Model of Intelligence? Explain with some of its characteristics.
7. Riya is known for managing stress effectively, empathizing with others, and maintaining strong relationships. She resolves conflicts peacefully and stays motivated in challenging situations. Give the major four characteristics of emotionally intelligent persons.
8. Ravi excels in solving complex problems creatively, often applying unique approaches. His teacher observes that while creativity and intelligence are related, not all intelligent individuals display high creativity. Describe the relationship between creativity with intelligence.
9. Riya was assessed using the PASS Model, revealing strong planning skills but weaker simultaneous processing. This helped her teachers design personalized strategies. Critically examine the PASS Model.

10. Ravi excels in solving analytical problems quickly (Componential Intelligence) and adapting to new experiences like learning a musical instrument (Experiential Intelligence). Explain the Contextual, Componential and Experiential Intelligence of Triarchic Theory.
11. Why 'Psychological attributes' are considered complex and multi-dimensions rather linear or uni-dimensional?
12. How 'Case Study' regarded as an in-depth study of the individual in the context of her/his psychosocial and physical environment?
13. How is creativity related to intelligence?
14. You may find many people who are academically talented, but are unsuccessful in their own life. Find out the difficulty in their success. Also suggest the possible measures to improve intelligence of the person.
15. Raghu and Rajeev are twins. They have been separated early in childhood. However, they both shows a considerable similarity when it comes to intelligence level. How can you explain the similarities in their intelligence?
16. Kirti is of average intelligence but is high on ability to appraise, express and regulate her emotions. Identify the intelligence that she exhibits and why it is receiving so much attention these days. Suggest some ways to enhance this kind of intelligence of students in schools.
17. Mention some characteristics of emotionally intelligent person. What are the ill-effects of intelligence testing by naive testers?
18. Describe the model which states that intellectual activity involves the three interdependent functioning of neurological systems.
19. The cultural environment provides a context for intelligence to develop. How does the role of culture influence our understanding of intelligence? Explain.
20. Urmi is an excellent painter. She draws amazing pictures. What are the different factors that stimulate the development of creativity?
21. Differentiate between culture-fair and culture-biased test.
22. Vimal is brought up in a society which is technologically advanced. Explain the intelligence that is adopted by him. Is it likely to be tuned by the cultural factors? Give reasons for your answer.
23. Elaborate on the concept of buddhi and specify how intelligence in the Indian tradition lays emphasis on its connectivity with social and environmental world.
24. Individuals who are categorised as having intellectual disability show significant variation in their abilities, ranging from those who can be taught to work and function with special attention, to those who cannot be trained and require institutional care throughout their lives. Identify their categories according to IQ range and specify their potential functionalities.
25. Meera is a psychologist conducting personality assessments for a group of employees. She explains that the Big Five Factors of Personality help in understanding traits like openness, conscientiousness, extraversion, agreeableness, and neuroticism. She asks her clients to describe themselves based on these traits to understand their personality better. Define any four Big Five Factors of Personality.
26. "Psychological qualities resulted from a desire for freedom, and striving for justice and truth". Explain.
27. A study found that one third of British children, at age six, are afraid of snakes even though it is rare to encounter snakes in British Isles. The children had never come in contact with snakes a traumatic situation, but snakes still generated anxious response How would Carl Jung's theories of personality explain the same Throw some light on his theory.
28. Razia is unhappy with her career despite having a stable job and a good salary. According to the Humanistic theory of personality, what could be the reason for her dissatisfaction?
29. Harpreet, a psychologist, is interested in using self-report measures for career counselling of his client. Explain the appropriate tests that he can use.
30. Explain the levels of consciousness as stated in the psychodynamic approach.
31. Explain the Behavioural Approach to the study of personality.
32. Ramola Dixit is a bright and excellent student throughout her career. Nowadays she is preparing for campus placement interviews and remains in great stress an anxiety. How emotional effects are deeply attached with stress?

33. Kanika now the day stopped going to school and locked himself in a room and in case asking about the issue he repeatedly states that she knows that she is going to fail in the term exams and someone is constantly trying to let her down in future. Identify the kind of psychological trauma Kanika is going through and how many types of stress people experiences?
34. Stephaney is a nurse in a general hospital in Kerala. She tirelessly worked several days to treat COVID patients. Unfortunately she has died due to excessive stress in the workplace. Explain the correlation between stress and health. How chronic daily stress can affect our health?
35. Riya, known for her calm demeanor, manages stress effectively and understands the emotions of those around her. She resolves conflicts peacefully, motivates herself in tough times, and maintains healthy .Rehana is always worried about her children's future. Due to family pressure to have a boy child, she became mother of six girls. Her in-laws always taunts her and don't treat her equally in the family. She remains in the great stress all day long. Explain the psychological meaning and process of stress.
36. Sankalp working as a Product Manager has endless tasks to accomplish by day end. Being into the senior post he never hesitate to come forward and finish off the tasks by his own. However, it was found that Sankalp is suffering from great amount of stress. What are the various Stress Management Techniques he can opt for?
37. What are delusions? State their types.
38. Describe the symptoms of any two anxiety disorders.
39. Classify and explain the symptoms of eating disorders.
40. Discuss the risk factors associated with suicides. What are the symptoms that help in identifying students in distress? Examine some ways to foster positive self-esteem in students.
41. What are the characteristics of neurodevelopmental disorders? Describe any three neurodevelopmental disorders
42. Arjun has started consuming alcohol regularly, which has led to difficulties in his academic performance and strained relationships with his family. His counselor highlights the various physical, mental, and social consequences of alcohol consumption during their sessions. Describe impact of alcohol
43. What is disruptive, impulse-control and conduct disorders?
44. Ravi has a severe fear of heights, which affects his daily life. His therapist uses behavior therapy techniques like gradual exposure, where Ravi is first asked to imagine standing on a small platform and then slowly progresses to real-life situations involving heights. How is behaviour therapy used to treat phobia.
45. Rohit experiences severe anxiety when speaking in public, which impacts his confidence and daily activities. His therapist uses systematic desensitization, gradually exposing him to public speaking situations while teaching relaxation techniques. What do you understand by psychological distress as per behaviour therapy? Describe any one behavioural therapy.
46. Parents of Natasha nowadays are insisting her daughter to visit a psychotherapist, though Natasha not interested. Her parents ultimately convinced her by giving the detailed benefits of psychotherapy. Explain the goal of psychotherapies in psychology.
47. Meera started psychotherapy sessions and noticed improvements not just from specific techniques but also from the supportive and trusting relationship with her therapist. This bond and her belief in the process significantly contributed to her healing. Describe the non-specific factors associated with healing in psychotherapy.
48. Heema, a young professional dealing with work-related stress, began practicing Sudarshan Kriya Yoga (SKY) regularly. She noticed improvements in her sleep quality, reduced anxiety, and enhanced emotional resilience.
49. Explain how Kundalini Yoga has been found to be effective in treatment of mental disorder
50. Meera, struggling with anxiety, seeks psychotherapy. Through various therapeutic approaches, she learns to manage emotions, improve relationships, and achieve personal growth. How psychotherapy is proving helpful through its different modes of therapeutic approaches?Describe any five goals and aims of Psychotherapy.
51. Reena constantly thinks, "I must succeed at everything, or I am a failure," which causes her distress when she makes small mistakes. How can Rational Emotive Therapy (RET) help Reena overcome her psychological distress? Mention three steps involved in the Rational Emotive Therapy (RET).

52. Ritika has been feeling anxious, socially withdrawn and unable to manage her daily routine. She decides to see a psychotherapist. Over the course of several sessions, she begins to feel heard and supported. Based on this case, elaborate on the factors that contributed to Ritika's psychological healing through psychotherapy.
53. Describe the process of rehabilitation of the mentally ill in detail.
54. Discuss the various techniques used in behaviour therapy to eliminate faulty behaviours.
55. An eight-year-old child is showing aggressive and disruptive behaviour in the class. As a student of Psychology, what, techniques would you suggest to help modify the child's behaviour?
56. Explain any four techniques used in behaviour therapy

LONG ANSWER TYPES QUESTIONS (6 Marks)

1. Is intelligence a product of heredity or environment? Give reasons in support of your answer.
2. Describe Robert Sternberg's theory of intelligence.
3. Differentiate processing and psychometric approach to understand intelligence. Explain any four theories of psychometric approach.
4. What is the relationship between creativity and intelligence? Differentiate between creativity tests and intelligence tests.
5. Discuss the interview and observation methods used in behavioural analysis. Describe the problems we face in using these method.
6. Discuss the main observational methods used in personality assessment. What problems do we face in using these methods
7. What is PASS Model? How this model is comprised?
8. Are there cultural differences in the conceptualisation of intelligence? Also explain integral intelligence.
9. Elaborate on the concept of buddhi and specify how intelligence in the Indian tradition lays emphasis on its connectivity with social and environmental world.
10. Jamie is a 25 years old male. He is only child of his parents. Many a times, he feels hostile towards his father. He is also of the view that men are generally hostile. How do you explain Jamie's condition? Why
11. Differentiate between type and trait approaches to personality. Explain any four type theories in detail.
12. Describe Freud's psychosexual stages of personality development.
13. Explain the characteristics of indirect techniques that are used to assess personality. Describe any two such tests
14. Describe humanistic approach to personality. What Maslow mean by self-actualisation?
15. Enumerate the structure of personality with respect to Freud's theory of personality.
16. Enumerate the key features of the trait approach in the understanding of personality. Explain three of the trait approaches in detail.
17. A number of theories have been used to understand personality Discuss how efforts have been made to categorise people into personality types since ancient times.
18. According to Freud, individuals avoid anxiety by using mechanisms that protect the ego by distorting reality. What are these mechanisms called Explain its different kinds with the help of examples.
19. Direct techniques of personality assessment come with their own drawbacks especially related to social desirability. In such a condition, suggest other methods of personality assessment which can tap the unconscious of the individual Mention any four such effective techniques
20. While simple and appealing, type theories truly capturing the uniqueness of every individual or oversimplifying the rich diversity of human personality are debatable Type theories attempt to place individuals into distinct categories based on shared characteristics Many types of theories have shaped how we view personality. Elaborate on the theories by Type Approach.
21. Describe Freud's psychosexual stages of personality development
22. Explain the characteristics of indirect techniques that are used to assess personality Describe any two such tests
23. Describe different strategy of coping with stress.
24. Write the impacts of stress on psychological functioning.
25. How skills of life are supportive in life challenges?
26. Describe the reasons for good health and well-being.

27. Describe any four stress management techniques.
28. What is positive psychology? How positive psychologists have identified virtues and strengths of human beings?
29. How stress impact the immune system and health?
30. Given what you know about coping strategies, what suggestion would you give to your friends to avoid stress in their everyday lives.
31. What do you understand by the term 'dissociation'? Explain its various forms
32. What are the common features of neuro-developmental disorders? Describe any three neurodevelopmental disorders.
33. Ravi has been showing signs of extreme social withdrawal and erratic mood swings. As a psychology student, how would you apply different approaches/models/factors to understand and explain any abnormal behaviour?
34. Psychological Disorders have come a long way in their journey of understanding and treatment of disorders. To understand psychological disorders, we would require a brief historical account of how these disorders have been viewed over the ages. When we study the history of abnormal psychology, we find that certain theories have occurred repeatedly. Trace the history of disorders to understand their origin and leading to the latest developments.
35. Write major kind of Psychotherapies. What are the principles of Humanistic Existential Therapy based.
36. Define Psychotherapy. Write factors that are responsible for healing in Psychotherapy.
37. Discuss the various techniques used in behaviour therapy.
38. Explain the key features of cognitive therapies as explained by Albert Ellis and Aaron Beck.
39. Discuss the role of core schemas, negative automatic thoughts, cognitive distortions and irrational beliefs in cognitive therapies.
40. 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.

CASE 1

Intelligence tests can be culture-fair or culture-biased. Many intelligence tests show a bias to the culture in which they are developed. Tests developed in America and Europe represent an urban and middle class cultural ethos.

Hence, educated middle class white subjects generally perform well on those tests. The items do not respect the cultural perspectives of Asia and Africa. The norms for these tests are also drawn from Western cultural groups.

It is nearly impossible to design a test that can be applied equally meaningfully in all cultures. Psychologists have tried to develop tests that are culture-fair or culturally appropriate, i.e. one that does not discriminate against individuals belonging to different cultures. In such tests, items are constructed in a manner that they assess experiences common to all cultures or have questions in which language usage is not required.

1. Who developed Cultural-Fair Test?
2. Why it is impossible to design a test that can be applied meaningfully in all cultures?

CASE 2

One of the most widely prevalent and recognised of all mental disorders is depression. Depression covers a variety of negative moods and behavioural changes. Depression can refer to a symptom or a disorder. In day-to-day life, we often use the term depression to refer to normal feelings after a significant loss, such as the break-up of a relationship, or the failure to attain a significant goal.

Major depressive disorder is defined as a period of depressed mood and/or loss of interest or pleasure in most activities, together with other symptoms which may include change in body weight, constant sleep problems, tiredness, inability to think clearly, agitation, greatly slowed behaviour, and thoughts of death and suicide.

Other symptoms include excessive guilt or feelings of worthlessness.

1. How can we define mental disorder?
2. What are the causes of depressive disorder?

CASE 3

People affected by obsessive-compulsive disorder are unable to control their preoccupation with specific idea or are unable to prevent themselves from repeatedly carrying out a particular act or series of acts that affect their ability to carry out normal activities.

Obsessive behaviour is the inability; to stop thinking about a particular idea or topic. The person involved, often finds these thoughts to be unpleasant and shameful.

1. What is compulsive behaviour?
2. What are the symptoms of obsessive disorder?

CASE 4

Individual variations are common within and across all species. Variations add colour and beauty to nature. In all likelihood, your answer will be 'no'. Like objects, people too possess different combinations of traits. Variability is a fact of nature, and individuals are no exception to this. They vary in terms of physical characteristics, such as height, weight, strength, hair colour, and so on. They also vary along psychological dimensions. They may be intelligent or dull, dominant or submissive, creative or not so creative, outgoing or withdrawn, etc.

1. When one's behaviour can be called as 'situationalism'?
2. Identify the basic characteristics of individual differences.

CASE 5

Very often people who have been caught in a natural disaster (such as Tsunami) or have been victims of bomb blasts by terrorists, or been in a serious accident or in a war-related situation, experience Post-traumatic Stress Disorder (PTSD). Its symptoms vary widely but may include recurrent dreams, flashbacks, impaired concentration and emotional numbing.

Somatic symptom disorder involves a person having persistent body-related symptoms which may or may not be related to any serious medical condition. People with this disorder tend to be overly pre-occupied with their symptoms and they continually worry about their health and make frequent visits to doctors. As a result, they experience significant distress and disturbances in their daily life.

1. What do you understand by the term 'PTSD'? Cite some of the characteristics of it.
2. Describe the two types of disorder that includes in the somatic symptom and related disorders

CASE 6

Componential intelligence has three components, each serving a different function. First is the knowledge acquisition component, which is responsible for learning and acquisition of the ways of doing things.

The second is the meta or a higher order component, which involves planning concerning what to do and how to do. The third is the performance component, which involves actually doing things.

On the other hand, experiential or creative intelligence is involved in using past experiences creatively to solve novel problems. It is reflected in creative performance. Persons high on this aspect integrate different experiences in an original way to make new discoveries and inventions.

1. What do you understand by componential or analytical intelligence?
2. Who proposed the Triarchic Theory of Intelligence? Explain with its basic components.

CASE 7

Children with autism spectrum disorder experience profound difficulties in relating to other people. They are unable to initiate social behaviour and seem unresponsive to other people's feelings. They are unable to share experiences or emotions with others. They also show serious abnormalities in communication and language that persist over time. Many of them never develop speech and those who do, have repetitive and deviant speech patterns.

Such children often show narrow patterns of interests and repetitive behaviours such as lining up objects or stereotyped body movements such as rocking. These motor movements may be self-stimulatory such as hand flapping or self-injurious such as banging their head against the wall.

1. What difficulties children face in autism spectrum disorder?
2. Describe some of the signs of self-stimulatory of child autism.

CASE 8

Mohsin, a -year-old boy has difficulty in feeding and dressing himself, but training from his parents us helped him to be a little independent. He taces trouble-making friends outside his family and has difficulty in dealing with people in social stations. His parents are always worried about him and are aware the he needs consistent level of supervisom in daily

tasks. Mohan's brother understands his needs and what he says but it is difficult for his peers to understand him as he lags behind them in communication and language skills. Throughout Mohsin's journey, psychologists and health workers focused on engaging to family is meaningful future planning using a variety of strategies and resources. This included terting them ongoing and timely information and assisting the family to understand and connect to resources

1. Identify the disorder Mohsin is exhibiting. Distinguish it from autism spectrum disorder.

OR

How are the symptoms that Mohsin is exhibiting different from a more severe form of that disorder

2. In order to understand Mohsin's disorder what do psychologists refer to classify psychological disorder?

CASE 9

The fire department received a call about a fire that swept through a house. The fire started with the explosion of a gas cylinder used for cooking. The injured Suman was lying on a hospital bed. She was talking to a press reporter. She expressed that her mother was in the kitchen when the incident occurred. The cylinder burst with a loud sound and the fire spread at great speed. The exit door of the house had also caught fire. Her mother shouted in panic as if she had lost all hope, and she fainted in the kitchen. However, Suman was determined to save her mother. She said, "I don't know how I got the energy to drag my mother to the room. I broke the window there and jumped out. My back got hurt, but without wasting any time, I sought the help of my neighbour and rescued my mother. I am happy that we are both safe." Hearing her story, the press reporter was impressed with her chivalry.

1. Referring to the General Adaptation Syndrome (GAS) model, what immediate impact does the fire (noxious stimulus) have on Suman's mother?
2. Suman and her mother were exposed to prolonged stress as the fire spread. How does the General Adaptation Syndrome model explain Suman and her mother's condition?

CASE 10

Shreya's parents brought her to the school counsellor after noticing

Noticeable weight loss over the past eight months.

Skipping meals and avoiding dinners

Constant complaints of feeling "too fat" despite appearing underweight.

Loss of energy, irritability and frequent mood swings

Shreya herself insisted that "everything is fine, expressing frustration about being forced to discuss her eating habits.

1. What is Shreya suffering from?

2. Identify and explain the various other forms of this disorder.

CASE 11

Ritu is a high school student preparing for her final board exams. She is an academically bright student and wants to secure a scholarship for college. However, over the past few weeks, Ritu has been feeling overwhelmed and frustrated. She is constantly comparing herself to her peers who seem to be doing better, which causes her to feel caught between her wishes and desires and hence feels inadequate. At home, her parents have high expectations and remind her frequently that she must top the class, adding to her own increasing self-demands. Ritu also finds herself in a conflict of being caught between choosing a career she is passionate about (art & design) and what her parents want (engineering), leading to an intense dilemma. Additionally, she feels unspoken demands and a social pressure from her relatives and classmates, who keep asking about her future and ranks. As a result, Ritu has become irritable, experiences frequent headaches, has trouble sleeping and feels emotionally exhausted.

1. Based on the symptoms described, identify the types of stress Ritu is experiencing.
2. Mention one emotional and one psychological effects of stress, she may be going through