



B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL



PRE BOARD-1 EXAMINATION, 2025-26 SUBJECT-PSYCHOLOGY

CLASS: XII

DATE: 7/11/2025

NAME: _____

DURATION: 3 Hrs.

MAX. MARKS: 70

ROLL NO: _____

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. 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. 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. 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. Answer to each question should not exceed 200 words.
7. Question Nos. 30 – 33 in Section F are based on two cases given. Answer to each 1 mark question should not exceed 20 words. Answer to each 2 marks question should not exceed 30 words.

SECTION A

1. Rohan is 10 years old (Chronological Age) and has a Mental Age of 12. His IQ can be calculated using the formula $IQ = (MA \div CA) \times 100$. What does this indicate about Rohan's intellectual ability? 1
a) Rohan has below-average intelligence b) Rohan has average intelligence
c) Rohan has above-average intelligence d) Rohan's intelligence cannot be determined
2. A teacher notices that a student struggles to follow multi-step instructions but can easily understand visual patterns and solve puzzles. According to the PASS model, which cognitive process is likely weak in this student? 1
a) Planning b) Attention c) Simultaneous processing d) Successive processing
3. A student always blames others for his failures but takes full credit when he succeeds. Which defence mechanism is he showing? 1
a) Projection b) Repression c) Regression d) Reaction formation
4. Ramesh prefers to work in teams, values relationships, and defines himself in terms of "we" rather than "I." Which type of self is dominant in him? 1
a) Individualistic self b) Relational self c) Collective self d) Ideal self
5. Ritu is preparing for her board exams. She feels anxious but uses relaxation techniques and good time management to handle pressure. Which type of coping strategy is she using? 1
a) Emotion-focused coping b) Problem-focused coping
c) Avoidance coping d) Denial
6. After losing his job, Arjun thinks, "Maybe this is an opportunity to start my own business." According to Lazarus, this reflects which type of appraisal? 1
a) Harm b) Threat appraisal c) Challenge appraisal d) Secondary appraisal

7. Assertion (A): People with Obsessive-Compulsive Disorder (OCD) often perform repetitive actions like handwashing, checking locks, or cleaning.

Reason (R): These compulsive behaviours temporarily reduce the anxiety caused by unwanted thoughts. 1

- 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. Assertion (A): Schizophrenia is a mood disorder characterised mainly by depression and hopelessness.

Reason (R): Schizophrenia patients show symptoms like hallucinations, delusions, and disorganised thinking. 1

- 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

9. Assertion (A): In systematic desensitisation, relaxation techniques are taught before exposing the client to the anxiety-provoking stimulus.

Reason (R): Relaxation and anxiety cannot occur together, hence relaxation inhibits anxiety. 1

- 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

10. Assertion (A): Cognitive therapy assumes that maladaptive behaviour is caused by distorted patterns of thinking.

Reason (R): Behaviour therapy focuses only on changing emotions without modifying thought processes. 1

- 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

11. Assertion (A): Attitudes can predict behaviour accurately in all situations.

Reason (R): The strength of an attitude, its accessibility, and social pressure influence whether attitude will predict behaviour. 1

- 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

12. Assertion (A): According to the cognitive dissonance theory, people change their attitudes when their existing beliefs conflict with their behaviour.

Reason (R): This change helps reduce the psychological discomfort caused by inconsistency. 1

- 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

13. Groupthink occurs when: 1

- a) Individuals in a group work harder because of others' presence
- b) Group members make poor decisions to maintain harmony and avoid conflict
- c) People reduce their effort in a group task
- d) Group discussion leads to more extreme opinions

14. During a class project, students put in less effort because their individual contributions are not being evaluated and the teacher will grade the group as a whole. This situation best reflects: 1

- a) Groupthink
- b) Social facilitation
- c) Social loafing
- d) Group polarisation

SECTION B

15. What are the characteristics of the information processing approach to understanding intelligence? 2

OR

State the features of a normal curve with respect to intelligence quotient.

16. Art, religion, myths and dreams are not individually acquired, but are inherited. Justify this statement with reference to analytical psychology. 2

17. What are the effects of stress on an individual's psychological functioning? 2

18. Kamla, a typically quiet four-year-old girl, exhibited sudden and unusual behaviour by painting the walls green and attributing it to her friend named Janiya. Over the past week, she has been spending time in her room, engaging in conversations with this imaginary companion. Does Kamla's behaviour fit into the definition of 'abnormality'? Justify. 2

19. What is hardiness and how does it help individuals cope with stress? 2

SECTION C

20. 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 Sternberg, explain the type of intelligence Akram used to modify the environment. 3

OR

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.

21. What is the MMPI test? 3

22. Differentiate between normal behaviour and psychological disorder with the suitable criteria. 3

23. What are the major therapeutic approaches in psychology? 3

SECTION D

24. What are the physiological, cognitive, emotional and behavioural effects of stress? 4

25. Why is it important to rehabilitate individuals with psychological disorders? Explain the effective strategies used in the rehabilitation of these individuals. 4

OR

What are the causes of psychological disorders?

26. Explain psychoanalytic therapy and its relevance in treating psychological disorders. 4

27. In a class group project, the teacher notices that only two students are doing most of the work while the others are putting in very little effort. Explain this behaviour with reference to group processes. 4

SECTION E

28. Sunita scores very high marks in her exams because of her strong memory and accuracy, but she struggles when asked to give new or original ideas. Rita, on the other hand, is an average student but comes up with unusual solutions and creative projects. Using concepts of intelligence and creativity, explain this situation. 6

OR

Differentiate between Intelligence and Aptitude. How are aptitude tests useful in education and career

planning?

29. Discuss Allport's trait theory of personality. How are traits different from types?

6

SECTION F

Read the case and answer the questions that follow.

Riya is a Class 12 student who believes that "all fast food is unhealthy." One day, her friends invite her to a new café. She enjoys the food but later feels uncomfortable because it tasted good but did not fit her belief. At the same time, her friends argue that not all fast food is harmful if eaten occasionally and in moderation. This makes Riya start questioning her earlier rigid belief.

30. Which psychological concept is illustrated in Riya's discomfort after eating fast food?

1

31. How can Riya reduce her cognitive dissonance in this situation?

2

Read the case and answer the questions that follow.

Renowned environmentalist T. Shobheendran, after retiring as a Professor of Economics, dedicated himself to fostering a culture of nature conservation among young people. Shobheendran spearheaded unique programs to engage students in tree planting and conservation efforts, transforming approximately 100 acres of barren land surrounding the college campus into a lush green area adorned with over 5,000 trees. Additionally, he actively participated in planting hundreds of saplings in public spaces and along roadsides. Shobheendran's initiatives also led to the establishment of research centres for afforestation projects at both campus and city levels. Members of the Kerala Prakruthi Samrakshana Samiti fondly recalled Shobheendran's tireless efforts against river bank encroachments and water pollution. His advocacy prompted government authorities to take decisive action. Shobheendran's legacy as a champion for nature lives on through the countless individuals he inspired with his relentless conservation activities and social campaigns.

32 'He actively participated in planting hundreds of saplings in public spaces and along roadsides.'

Which component of attitude is expressed here?

1

33 Explain any two processes that may have led to the formation of T. Shobheendran's attitude towards the environment.

2

*******All The Best*******