



B.K. BIRLA CENTRE FOR EDUCATION

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

PRE-MID TERM EXAMINATION, 2025-26

PSYCHOLOGY 037

MARKING SCHEME

Class: XII
Date: 2.08.25
Admission no:

Time: 1 hour
Max Marks: 25
Roll no:

SECTION A

1. Which of the following is a characteristic feature of Generalised Anxiety Disorder? 1

- A. Repeated flashbacks of traumatic events B. Persistent, excessive worry about everyday events
C. Delusions and hallucinations D. Periods of extreme euphoria and sadness

2. A person who shows no regard for the rights of others, often violates social norms, and feels no guilt is likely to be diagnosed with which of the following? 1

- A. Borderline Personality Disorder B. Narcissistic Personality Disorder
C. Antisocial Personality Disorder D. Avoidant Personality Disorder

3. Which of the following disorders is classified under mood disorders? 1

- A. Schizophrenia B. OCD C. Major Depressive Disorder D. Conversion Disorder

4. Which of the following is *not* a characteristic of psychotherapy? 1

- A. It involves a therapeutic relationship between the client and the therapist
B. It is based on authentic and scientific theory
C. It focuses only on the biological treatment of mental disorders
D. It aims at bringing positive change in the client's thoughts, emotions, and behaviours

5. Which type of therapy is based on the belief that faulty thinking leads to faulty behaviour and emotions? 1

- A. Psychodynamic B. Behaviour C. Humanistic D. Cognitive

SECTION B

Q6. What are the main symptoms of Obsessive-Compulsive Disorder? 2

A: Obsessive-Compulsive Disorder (OCD) involves repeated, intrusive thoughts (obsessions) and repetitive behaviours (compulsions) performed to reduce anxiety or distress caused by those thoughts, even if they seem irrational.

Q7. Define phobias with an example. 2

A: Phobias are intense, irrational fears of specific objects or situations that lead to avoidance behaviour, e.g., fear of heights (acrophobia) or enclosed spaces (claustrophobia), causing distress.

SECTION C

Q8: What are the different types and symptoms of Bipolar Disorder, and how do they impact an individual's mood and daily functioning? 3

A: Bipolar Disorder is marked by extreme mood swings - mania (elevated mood, energy, impulsivity) and depression (sadness, low energy, hopelessness). It includes Bipolar I (manic and depressive episodes) and Bipolar II (hypomania and major depression). These shifts can disrupt daily life, with some periods of normal mood in between. It requires medical attention and long-term management.

Q9. Critically evaluate the role of the therapeutic alliance in determining the success of psychotherapy across different therapeutic orientations. 3

A: The therapeutic alliance, involving mutual trust, empathy, and collaboration, is a core predictor of positive psychotherapy outcomes. Regardless of the specific approach be it psychodynamic, cognitive, or humanistic a strong alliance enhances client engagement, facilitates emotional expression, and promotes goal alignment. Research consistently shows that the quality of this relationship significantly influences therapy effectiveness more than specific techniques.

SECTION D

Q10: Explain any four areas of functioning affected in individuals with mild and severe levels of intellectual disability. 4

A: Individuals with mild intellectual disability can manage basic self-care, communicate adequately, attain up to sixth-grade academics, form friendships, and take up unskilled jobs. They may marry but need support in stressful times. In contrast, those with severe to profound disability have limited or no self-help, poor communication, minimal academics, no social relationships, and remain fully dependent.

Table 4.2 : Characteristics of Individuals with Different Levels of Intellectual Disability

Area of Functioning	Mild (IQ range = 55 to approximately 70)	Moderate (IQ range = 35–40 to approximately 50–55)	Severe (IQ range = 20–25 to approximately 35–40) and Profound (IQ = below 20–25)
Self-help Skills	Feeds and dresses self and cares for own toilet needs	Has difficulties and requires training but can learn adequate self-help skills	No skills to partial skills, but some can care for personal needs on limited basis
Speech and Communication	Receptive and expressive language is adequate; understands communication	Receptive and expressive language is adequate; has speech problems	Receptive language is limited; expressive language is poor
Academics	Optimal learning environment; third to sixth grade	Very few academic skills; first or second grade is maximal	No academic skills
Social Skills	Has friends; can learn to adjust quickly	Capable of making friends but has difficulty in many social situations	Not capable of having real friends; no social interactions
Vocational Adjustment	Can hold a job; competitive to semi-competitive; primarily unskilled work	Sheltered work environment; usually needs consistent supervision	Generally no employment; usually needs constant care
Adult Living	Usually marries, has children; needs help during stress	Usually does not marry or have children; dependent	No marriage or children; always dependent on others

SECTION E

Q11. What are the signs and symptoms of schizophrenia, and how does it impact a person's overall well-being? **6**

A: Schizophrenia is a severe and disabling group of psychotic disorders marked by a decline in personal, social, and occupational functioning. This decline is due to disrupted thinking, distorted perceptions, abnormal emotions, and unusual motor behavior. The disorder brings significant psychological and social burdens for both the individual and their family.

- The symptoms of schizophrenia fall into three main categories: positive symptoms, negative symptoms, and psychomotor symptoms. Positive symptoms include hallucinations (most commonly auditory), delusions (false, irrational beliefs such as persecution or grandeur), disorganized speech, and inappropriate emotional responses. People may also exhibit disturbed thought processes, such as shifting from one topic to another or inventing new words.
- Negative symptoms refer to a loss or reduction in normal functioning. These include reduced speech (alogia), emotional flattening (blunted or flat affect), lack of motivation (avolition), and social withdrawal. Individuals may appear emotionally detached or unresponsive.
- Psychomotor symptoms involve unusual or reduced movement. Some individuals may display repetitive, strange movements, while others may enter catatonic states—remaining silent or holding rigid postures for long durations.

Overall, schizophrenia severely impacts an individual's ability to lead a normal life, affecting communication, relationships, productivity, and emotional well-being.

*****All the best*****