

CATALYST : DECODING CBSE SAMPLE PAPER 2023

GRADE :XII



PSYCHOLOGY

THEORY MARKS : 70

NO OF QUESTIONS : 35

1 MARK (MCQ)	18 QUESTIONS
2 MARKS	9 QUESTIONS (INCLUDING CASE STUDY QUESTIONS)
3 MARKS	4 QUESTIONS
4 MARKS	4 QUESTIONS
6 MARKS	1 QUESTION

UNIT WISE WEIGHTAGE

1	Variations in Psychological Attributes <ul style="list-style-type: none">•Introduction•Individual Differences in Human Functioning•Assessment of Psychological Attributes• Intelligence•Psychometric Theories of Intelligence, Information Processing Theory: Planning, Attention-arousal and Simultaneous successive Model of Intelligence, Triarchic Theory of Intelligence; Theory of Multiple Intelligences.• Individual Differences in Intelligence•Culture and Intelligence8. Emotional Intelligence• Special Abilities: Aptitude: Nature and Measurement•Creativity	13
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2	<p>Self and Personality</p> <ul style="list-style-type: none">• Introduction• Self and Personality• Concept of Self• Cognitive and Behavioural aspects of Self• Culture and Self <p>Concept of Personality</p> <p>Major Approaches to the Study of Personality</p> <p>Type Approaches</p> <p>Trait Approaches</p> <p>Psychodynamic Approach</p> <p>Post Freudian Approaches</p> <p>Behavioural Approach</p> <ul style="list-style-type: none">• Cultural Approach & Humanistic Approach• Assessment of Personality• Self-report Measures• Projective Techniques• Behavioural Analysis	13
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Meeting Life Challenges

- Introduction
- Nature, Types and Sources of Stress
- Effects of Stress on Psychological Functioning and Health
- Stress and Health
- General Adaptation Syndrome
- Stress and Immune System
- Lifestyle
- Coping with Stress
- Stress Management Techniques
- Promoting Positive Health and Well-being
- Life Skills
- Positive Health

Psychological Disorders

- Introduction
- Concepts of Abnormality and Psychological Disorders
- Historical Background
- Classification of Psychological Disorders
- Factors Underlying Abnormal Behaviour
- Major Psychological Disorders :
 1. Anxiety Disorders
 2. Obsessive-Compulsive and Related Disorders
 3. Trauma-and Stressor-Related Disorders
 4. Somatic Symptom and Related Disorders
 5. Dissociative Disorders
 6. Depressive Disorder
 7. Bipolar and Related Disorders
 8. Schizophrenia Spectrum and Other Psychotic Disorders
 9. Neurodevelopmental Disorders
 10. Disruptive, Impulse-Control and Conduct Disorders
 11. Feeding and Eating Disorders
 12. Substance Related and Addictive Disorders

5	Therapeutic Approaches	09
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- Nature and Process of psychotherapy
- Therapeutic relationship
- Types of Therapies
 1. Behaviour Therapy
 2. Cognitive Therapy
 3. Humanistic-Existential Therapy
 4. Alternative Therapies
- Factors contributing to healing in Psychotherapy
- Ethics in Psychotherapy
- Rehabilitation of the Mentally ill

6	Attitude and Social Cognition <ul style="list-style-type: none"> • Introduction • Explaining Social Behaviour • Nature and Components of Attitudes • Attitude Formation and Change <ol style="list-style-type: none"> 1. Attitude Formation 2. Attitude Change 3. Attitude-Behaviour Relationship • Prejudice and Discrimination • Strategies for Handling Prejudice 	08
7	Social Influence and Group Processes <ul style="list-style-type: none"> • Introduction • Nature and Formation of Groups • Type of Groups • Influence of Group on Individual Behaviour • Social Loafing • Group Polarisation 	06

Variations in Psychological Attributes

Q. Jasleen is high on critical thinking and can manipulate symbols to solve numerical problems. She is also high on the ability to understand one's own feelings, motives and desires. Which of the following intelligences are displayed by Jasleen?

- i. Spatial**
- ii. Logical-mathematical**
- iii. Interpersonal**
- iv. Intrapersonal**

a. i and ii b. ii and iii c. i and iii d. ii and iv

Q. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice.

Assertion (A): Situation and circumstances in which one is placed influence one's behaviour.

Reason (R): The situational influences are so powerful that individuals with similar personality traits respond to them in almost the same ways.

- 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.**

Q. Explain the role of assessment in understanding psychological attributes. Describe the key features of any two methods used for psychological assessment.

Q. Explain the term intelligence. Describe the PASS model of intelligence

Q. 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.

Q. Read the case and answer the questions that follow.

Alfred Binet, in 1905, was requested by the French government to devise a method by which students who experienced difficulty in school could be identified. Binet and his 8 colleague, Theodore Simon, began developing questions that focused on areas not explicitly taught in schools those days, such as memory, attention skills related to problem solving. Using these questions, Binet determined which were the ones that served as the best predictors of school success. Binet quickly realised that some children were able to answer more advanced questions than older children were generally able to answer and vice versa. Based on this observation, Binet suggested the concept of mental age or a measure of intelligence based on the average abilities of children of a certain age group. This first intelligence test is referred to as the Binet-Simon Scale. He insisted that intelligence is influenced by many factors, it changes over time, and it can only be compared in children with similar backgrounds.

Q. Identify the approach on which the Binet - Simon Intelligence Scale is based. Discuss its features.

Q. 'Binet quickly realised that some children were able to answer more advanced questions than older children were generally able to answer and vice versa'. Why do individuals differ in intelligence? Using examples, give reasons for your answer. 2

CH 2 SELF AND PERSONALITY

Q. Ryan believes that he is very good at football. Therefore, he has a high ____ as far as sports is concerned.

- a. Self –esteem**
- b. Self – efficacy**
- c. Self- motivation**
- d. Self- control**

Q. Which of the following would a humanistic psychologist not use to explain an individual’s behaviour?

- a. Innately good**
- b. Goal - directed and adaptive**
- c. Self - actualised**
- d. Balance among three competing forces**

Q. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice.

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- d. Assertion (A) is false, but Reason (R) is true**

Q. According to the behaviourists, personality of an individual is the result of ____.

- a. Unconscious motives and conflicts**
- b. Response of an individual to the environment**
- c. Early childhood experiences**
- d. A relationship of the individual to her/his environment**

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Q. 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.

Q. Describe Freud's psychosexual stages of personality development.

Q Explain the characteristics of indirect techniques that are used to assess personality. Describe any two such tests.

MEETING LIFE'S CHALLENGES

Q. Which of the following are the dimensions of stress?

i. Intensity ii. Duration iii. Predictability iv. Vulnerability

Q. Sonali was questioned by her senior when her performance started to decline. She admitted that she was not eating regularly and her sleep was disturbed. Moreover, she could not concentrate on work and felt overburdened. Identify the effects of stress being indicated here. i. Emotional ii. Behavioural iii. Cognitive iv. Physiological

a. i and ii b. ii and iii c. iii and iv d. i and iv

Q. Sonali was questioned by her senior when her performance started to decline. She admitted that she was not eating regularly and her sleep was disturbed. Moreover, she could not concentrate on work and felt overburdened. Identify the effects of stress being indicated here. i. Emotional ii. Behavioural iii. Cognitive iv. Physiological a. i and ii b. ii and iii c. iii and iv d. i and iv

Q. Fatima communicates her feelings and views clearly with confidence. She could say 'no' to a request or state an opinion without being self-conscious. Which life skill is she using? Suggest two more life skills that can help Fatima meet the challenges of life successfully.

Q. Resham has been overwhelmed by the quantum of work in her office. She has been advised some stress management techniques by her counsellor. What are the two techniques that you think would be helpful for her to manage stress?

Q. Individuals differ in the coping strategies that they use to deal with stressful situations. Justify this statement highlighting various coping strategies

PSYCHOLOGICAL DISORDERS

Q. While paying bills, Sanjana was suddenly overwhelmed by anxiety. Her heart pounded, she felt like she couldn't breathe, and she became dizzy. This was most likely to be _____ .

- a. A panic attack**
- b. A dissociative episode**
- c. A manic episode**
- d. A generalised anxiety episode**

Q. Brijesh, an accountant, went on a work trip and never returned home. Years later, he was found by a friend in another city, where he was working as a labourer. He was living with a new identity and had no memory of his past. Brijesh's symptoms are indicative of _____.

- a. Dissociative fugue b. Dissociative identity disorder c. Schizophrenia d. Depersonalisation**

Q. Which of the following is/are true about psychological disorders in the middle ages?

- i. Demonology and superstition were used as explanations of psychological disorders.**
 - ii. Mental anguish and conflict were considered as reasons for psychological disorders.**
 - iii. Disturbed interpersonal relationships were emphasised to explain mental disorders.**
 - iv. There was emphasis on deinstitutionalisation for people with psychological disorders.**
- a. Only i is true. b. i and ii are true. c. Only iii is true. d. ii and iv are true.**

Q. Explain major depressive disorder. State the factors which predispose an individual to depression.

Q.Read the case and answer the questions that follow.

Malay, a student of class IX, was referred to a mental health clinic with complaints of stealing money, excessive lying, setting fire to household items, teasing young girls of the locality, and passing lewd remarks and making obscene gestures. The onset was about three years ago and has increased over the past eight months. Of late, he has started using alcohol and spending more time outdoors with friends of similar interest. School reports suggested gradual development of inappropriate behaviours such as openly defying rules in school, playing truant, instigating fellow students to pass silly remarks in class, disrespectful attitude towards elders ultimately resulting in frequent school absenteeism, mixing with local goons and excessive aggression. Further investigation revealed that family history is disturbed, relationship with father was extremely hostile and there were frequent conflicts amongst the family members. Birth and developmental milestones are normal.

Q. Identify the disorder Malay is exhibiting. Distinguish it from Attention – Deficit/ Hyperactivity Disorder (ADHD). OR The symptoms that Malay is exhibiting are different from the symptoms of Oppositional Defiant Disorder. Justify this statement.

Q. How would the socio-cultural model help us to understand Malay's disorder?

THERAPEUTIC APPROACHES

Q. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Mark the correct choice.

Assertion (A): The principle of reciprocal inhibition states that the presence of two mutually opposing forces at the same time will lead to the stronger force inhibiting the weaker one.

Reason (R): The principle of reciprocal inhibition is a procedure wherein the client learns to behave in a certain way by observing the behaviour of the therapist.

- 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**

Q.Amit throws temper tantrums every time he goes to the market with his parents. He insists that they buy him a new toy every time. Identify the most suitable behavioural technique to modify this unwanted behaviour.

a. Token economy b. Aversive conditioning c. Differential reinforcement d. Systematic desensitization

Q. What is the chief benefit to the client in cognitive therapy?

- a. Emotional insight is gained and the client is able to change his emotions towards the conflict.**
- b. The client is able to change maladaptive behaviour to adaptive ones.**
- c. The client is able to replace irrational thoughts with rational ones.**
- d. The client is able to achieve personal growth which leads to understanding oneself.**

Q.Ivaan experiences distress and is constantly complaining of snakes crawling inside his stomach. Identify the disorder and the symptom that Ivaan is experiencing. Explain any one negative symptom of this disorder.

Q. State any two ethical standards that need to be practiced by professional psychotherapists.

Q. Shahid showed a reduction in symptoms after he received treatment for schizophrenia. He was sent to the rehabilitation centre to improve his quality of life. What steps would be taken in the rehabilitation centre to help him become a productive member of the community? Explain.

Q. Mukesh was given therapy that encouraged him to seek personal growth and actualise his potential. Based on these principles, explain the therapy that is being applied here.

ATTITUDE AND SOCIAL COGNITION

Q. Anna, the head girl of a school, gives more opportunities to the members of Red House than those of Blue or Green House. This is because she feels they are less capable. She even ignores the advice of her teachers to give equal opportunities to all the Houses. Which strategy will help in handling this prejudice?

- a. Highlighting group identity rather than individual identity**
- b. Increasing her interaction with the members of all the Houses.**
- c. Keeping the Red House members higher in power or status.**
- d. Creating an environment for all the Houses to meet in a competitive rather than cooperative context.**

Q. Which one of the following is a feature of an attitude?

- a. Centrality**
- b. b. Behavioural**
- c. c. Cognitive**
- d. d. Affective**

Q. Vinita holds a negative attitude towards individuals of a particular community. She avoids interacting or helping them in college. Identify and explain the behaviour being exhibited by Vinita.

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Q. An attitude towards recycling and reuse needs to be encouraged to conserve the environment. Examine the factors that will influence attitude change towards this. OR An individual's attitude may not always be exhibited through behaviour. When would there be consistency between attitude and behaviour? Explain.

SOCIAL INFLUENCE AND GROUP PROCESSES

Q. A working group was formed to organise the annual sports competition in a school. At a particular stage, there was a lot of conflict in the group. Identify this stage and the stage that is likely to follow it.

- a. The group was at the storming stage followed by the norming stage.**
- b. b. The group was at the norming stage followed by the forming stage.**
- c. c. The group was at the storming stage followed by the performing stage.**
- d. d. The group was at the forming stage followed by the norming stage.**

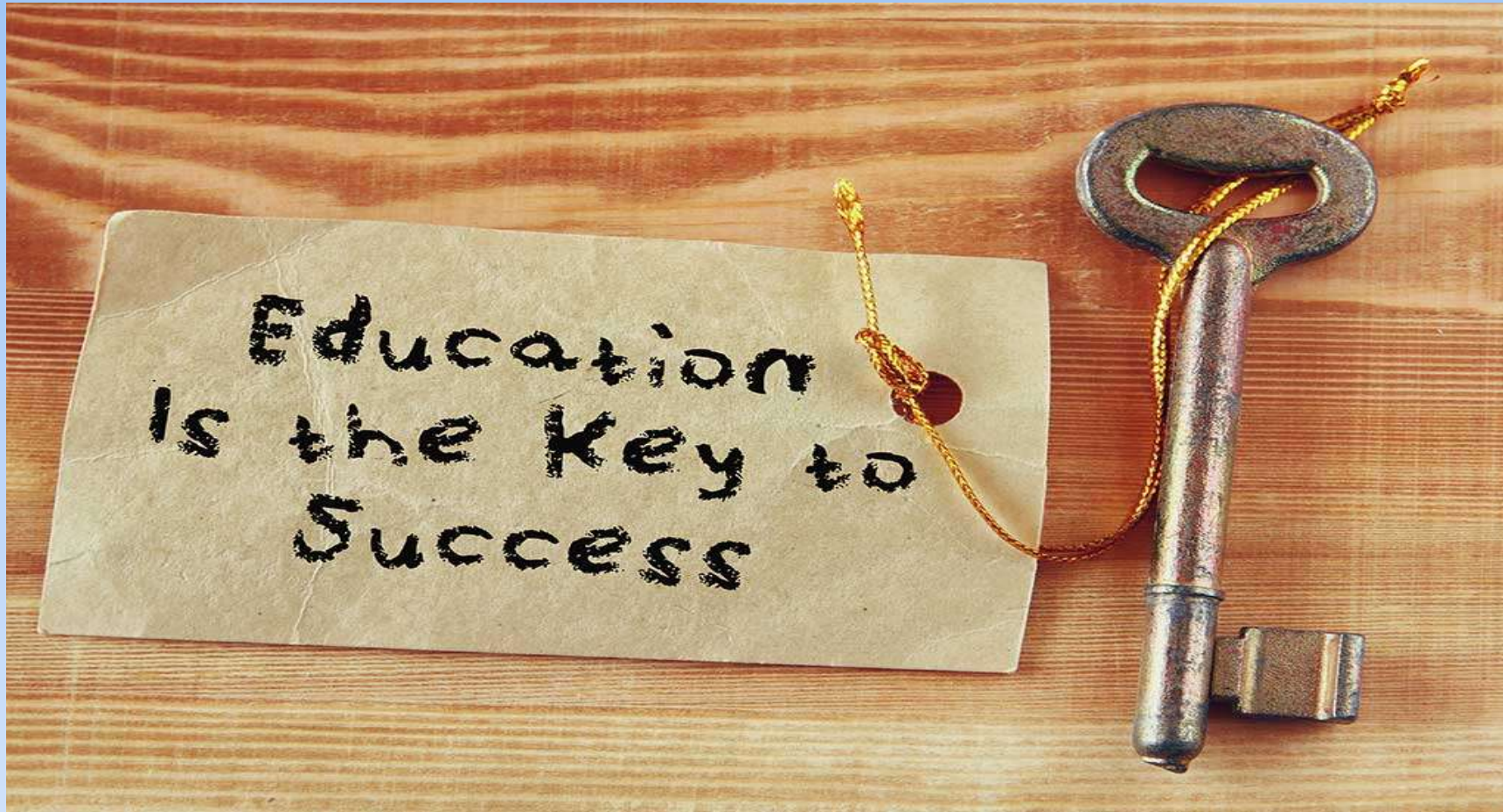
Q. In the following question, a statement of Assertion (A) is followed by a statement of Reason (R).

Mark the correct choice. Assertion (A): We assign causes to the behaviour shown in specific social situations. This process is called attribution. Reason (R): We are also interested in why people behave in ways they do. Therefore, we assign a cause to a behaviour.

- a. Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).**
- b. b. Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).**
- c. c. Assertion (A) is true, but Reason (R) is false.**
- d. d. Assertion (A) is false, but Reason (R) is true.**

Q. Explain any two elements of a group structure.

Q. Ananya had been trying to learn a new form of dance to win a competition. She decided to join a dance group which was also practicing the same dance form. Identify the reason for Ananya wanting to join the dance group. Explain some of the other reasons that make people join groups.



HAPPY STUDYING !!!