

PSYCHOLOGY (037)
Sample Question Paper*
Class – XII (2025-2026)

Time – 3 Hours

Max 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.

S. No	Section A	Marks
Q1	Neeta is conducting interviews for candidates applying for a senior management role. She uses the same set of questions with each candidate. Why is this type of interview beneficial? a. It allows candidates to showcase their unique personalities. b. It helps create a positive impression of the interviewer. c. It ensures all candidates are assessed using the structured interview. d. It gives candidates the freedom to discuss any topic they want because it is structured.	1
Q2	Why does a strong sense of social competence enhance a person's self-esteem? a. By making them superior to others in every area. b. By fostering social connection and positive reinforcement. c. By ensuring that they excel in academic competence as well. d. By encouraging them to focus solely on physical appearance.	1
Q3	Sonia has to be assessed for abilities such as logical reasoning and clear thinking. The test used by the psychologist will involve the following: a. Convergent thinking	1

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	b. Divergent thinking c. Both convergent and divergent thinking d. Open -ended questions	
Q4	In logotherapy, which of the following is considered essential for coping with life's challenges? a. Identifying and altering negative thought patterns to develop a more positive mindset b. Finding a personal sense of meaning or purpose, even in difficult situations c. Using reinforcement to increase desired behaviours and reduce problematic ones d. Replacing irrational beliefs with logical, realistic ones to improve emotional well-being	1
Q5	Sachin often calls out answers in class without raising his hand. To change this behaviour, the teacher starts ignoring him when he calls out but praises him every time, he raises his hand before speaking. What strategy is the teacher using? a. Positive reinforcement b. Punishment c. Differential reinforcement d. Negative reinforcement	1
Q6	Which of the following best demonstrates the concept of empathy in a therapeutic setting? a. A therapist offers advice to the client on how to resolve their issues based on personal experiences. b. A therapist encourages the client to move past their emotions and focus only on logical solutions to their problems. c. A therapist remains neutral and detached to maintain professionalism, avoiding emotional involvement in the client's experiences. d. A therapist carefully listens to the client's experiences and expresses understanding of the client's emotions, allowing the client to feel heard and valued.	1
Q7	Wellbeing is ____. a. Maintenance and survival b. Growth and fulfilment c. Following the norms of society d. Not only maintenance and survival but also growth and fulfilment	1

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Q8	Anisha keeps washing her hand after a bout of fever. This continuous washing leads to bruises on her palm. Identify this behaviour. a. Compulsive behaviour b. Impulsive behaviour c. Phobic behaviour d. Obsessive behaviour	1
Q9	In the question given below, there are two statements marked as Assertion(A) and Reason (R). Read the statements and choose the correct option. Assertion (A)-In the understanding of abnormal behaviour, the Renaissance period was the Age of Reason and Enlightenment. Reasoning (R)- Imbalances amongst humours led to disorders, according to the organismic approach. 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	1
Q10	In the question given below, there are two statements marked as Assertion(A) and Reason (R). Read the statements and choose the correct option. Assertion (A)-Members of teams often have complementary skills and are committed to a common goal or purpose. Reasoning (R)- An audience is a part of a team. They are polarised in attention, and actions of persons are in a common direction. 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	1
Q11	Togetherness, belongingness and mutual attraction among group members refers to _____ in a group. a. Social Loafing b. Cohesiveness c. Competition d. Polarisation	1
Q12	Vikas feels stronger and less vulnerable to threats after he has joined the resident's welfare group. The main reason for joining the group is to _____.	1

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	a. Enhance his importance b. Enhance his security c. Achieve his power d. Enhance his self esteem	
Q13	According to the two-step concept proposed by Mohsin, attitude change will take place when: i. The source has a positive attitude towards the target ii. The source shows an attitude change, by changing other's behaviour iii. The target of change identifies with the source iv. The target is the person through whose influence change takes place. a. iii and iv b. i and iii c. ii and iii d. ii and iv	1
Q14	How are relationships in primary groups typically characterised? a. They are impersonal and indirect b. They are cold and distant c. They are warm, emotional, and face-to-face d. They are rare and infrequent	1
	Section B	
Q 15	Differentiate between life events and hassles.	2
Q16	State any two features of projective techniques.	2
Q17	Does classifying people into personality types overlook the complexities of human behaviour? Give reasons for your answer.	2
Q18	Distinguish between non-verbal and performance tests of intelligence.	2
Q19 A)	How can social loafing be reduced?	2
	OR	
Q19 B)	What are the reasons for the occurrence of group polarisation? Give two reasons.	2

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	Section C	
Q20	An advertising company has been hired to create an advertisement for a new eco-friendly product aimed at young adults. Describe three important characteristics of the target audience that the company should keep in mind when designing the advertisement.	3
Q21	Analyse the importance of rehabilitation in the recovery of individuals with severe mental illness.	3
Q22	Aman is experiencing anxiety due to academic pressure. He often thinks, “I am not good enough” and “I am a failure.” These thoughts cause him to withdraw from social activities and friends. How would Rational Emotive Therapy (RET) help Aman manage his anxiety?	3
Q23 A)	Explain the levels of consciousness as stated in the psychodynamic approach.	3
	OR	
Q23 B)	Explain the Behavioural Approach to the study of personality	3
	Section D	
Q24	Himesh is popular in school but is very rude and indifferent towards students of other schools. Explain the sources of his prejudice.	4
Q25	Explain the internal sources of psychological stress.	4
Q26 A)	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?	4
	OR	
Q26 B)	Harpreet, a psychologist, is interested in using self-report measures for career counselling of his client. Explain the appropriate tests that he can use.	4
Q27	How is the Indian concept of intelligence different from the type of intelligence valued in Western countries? Distinguish between these two types of intelligence.	4
	Section E	
Q28A	Describe the characteristics of individuals with different levels of intellectual disability.	6
	OR	

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Q28 B)	When does anxiety turn into a disorder? Explain the different types of anxiety disorders.	6
Q29A)	Is intelligence a product of heredity or environment? Give reasons in support of your answer.	6
	OR	
Q29B)	Describe Robert Sternberg's theory of intelligence.	6
	Section F	
	CASE 1	
	Read the following passage and answer questions number 30 and 31. Satish, a 20-year-old male, with schizophrenia, believes that the police of the area are tracking and following him. The patrolling of the police makes him believe that they are monitoring every behaviour of his. These thoughts are interfering with his studies and assignments. Satish occasionally laughs abruptly and inappropriately and sometimes stops speaking mid-sentence. He expresses concern about electronics in the room (phone, computer) potentially being monitored and asks the therapist repeatedly about patient confidentiality, stating that he wants to be sure the police won't be informed about his treatment. His beliefs are fixed and if they are challenged, his tone becomes hostile.	
Q30	Why does Satish occasionally laugh abruptly and inappropriately?	1
Q31	“The patrolling of the police makes him believe that they are monitoring every behaviour of his.” Identify and explain the symptom of the disorder being reflected in this statement.	2

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	CASE 2	
	Read the following passage and answer question number 32 and 33. Neha is a project manager in a technology firm. Over the past year, her team has been tasked with launching multiple complex projects under tight deadlines. Initially, Neha thrived under the pressure, feeling energised and productive. She put in long hours, maintained high focus, and motivated her team to meet their targets. However, as the months went by, the demands continued to mount without any significant breaks or support. Neha began to experience fatigue, insomnia, irritability, and frequent headaches. Recently, she noticed that she was falling ill more often and had difficulty concentrating. Despite these warning signs, Neha pushed herself to keep up with the workload. Her colleagues have started to notice her declining performance and mood changes. If her current pace continues, it could lead to severe health consequences.	
Q32	Using the General Adaptation Syndrome (GAS) model, list the stages Neha has experienced so far.	1
Q33	Predict the potential stage that Neha might reach if she continues without any break. Identify the likely outcome.	2

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S. No	SECTION A	Chapter	Marks
Q1	Answer: c. It ensures all candidates are assessed using the structured interview.	2	1
Q2	Answer: b. By fostering social connection and positive reinforcement.	2	1
Q3	Answer: a. Convergent thinking	1	1
Q4	Ans: b. Finding a personal sense of meaning or purpose, even in difficult situations	5	1
Q5	Ans. c. Differential reinforcement	5	1
Q6	Ans: d. A therapist carefully listens to the client's experiences and expresses understanding of the client's emotions, allowing the client to feel heard and valued.	5	1
Q7	Answer: d. Not only maintenance and survival but also growth and fulfilment	4	1
Q8	Answer: a. Compulsive behaviour	4	1

Q9	Answer: d. A is false but R is true	4	1
Q10	Answer: c. A is true but R is false	7	1
Q11	Answer b. Cohesiveness	7	1
Q12	Answer: b. Enhance his security	7	1
Q13	Answer: b. i and iii	6	1
Q14	Answer: c. They are warm, emotional, and face-to-face	7	1
	SECTION B		
Q 15	Answer: Life Events: They include changes, both big and small, sudden and gradual that affect our life from the moment we are born. Examples: moving into a new house, break-up of a long-term relationship) etc. Hassles: These are the personal stresses we endure as individuals, due to the happenings in our daily life, such as noisy surroundings, commuting, quarrelsome neighbours, electricity and water shortage, traffic snarls, and so on.	3	2
Q16	Answer: The features of projective techniques are as follows: (any two) • The stimuli are relatively or fully unstructured and poorly defined. • The person being assessed is usually not told the purpose of assessment and the method of scoring and interpretation. • The person is informed that there are no correct or incorrect responses. • Each response is considered to reveal a significant aspect of personality. • Scoring and interpretation are lengthy and sometimes subjective.	2	2
Q17	Answer: Yes Reasons: • It classifies individuals into personality types and simplifies human behaviour into fixed categories. This is not possible as people do not fit into such simple categorisation. • Ignores the complexity and variability amongst people.	2	2
Q18	Answer: -The non-verbal tests use pictures or illustrations as test items. Here the subject examines an incomplete pattern and chooses the correct figure from the alternative to complete the figure. Raven's Progressive Matrices is an example of a non-verbal test.	1	2

	-Performance tests require subjects to manipulate objects and other materials to perform a task. Eg Koh's Block Design Test.		
Q19 A)	Answer: Social loafing can be reduced by the following (any two) • Making the efforts of each person identifiable. • Increasing the pressure to work hard (making group members committed to successful task performance). • Increasing the apparent importance or value of a task. • Making people feel that their individual contribution is important. • Strengthening group cohesiveness which increases the motivation for successful group outcome.	7	2
	OR		
Q19 B)	Answer : (any two of the following) • In the company of like-minded people, you are likely to hear newer arguments favouring your viewpoints. This will make you more favourable towards capital punishment. • When you find others also favouring capital punishment, you feel that this view is validated by the public. This is a sort of bandwagon effect. • When you find people having similar views, you are likely to perceive them as an ingroup. You start identifying with the group, begin showing conformity, and as a consequence your views become strengthened.	7	2
Q20	Answer: Target characteristics:(any three) 1. Persuasibility- People, who have a more open and flexible personality, 2. Self-esteem-Persons who have a low self-esteem, and do not have sufficient confidence in themselves, 3. Prejudices- People with strong prejudices are less prone to any attitude change than those who do not hold strong prejudices. 4. Intelligence-More intelligent people may change their attitudes less easily than those with lower intelligence.	6	3
Q21	Answer: • Improving the level of functioning or quality of life. • Helping patients become self-sufficient. • Empowering the patient to become a productive member of society to the extent possible.	5	3
Q22	Answer: Rational Emotive Therapy by Albert Ellis: The first step in RET is the <i>antecedent belief-consequence (ABC) analysis</i>. The client is also interviewed to find the irrational beliefs, which are distorting the	5	3

	present reality. This distorted perception of the antecedent event due to the irrational belief leads to the consequence. In the process of RET, the irrational beliefs are refuted by the therapist through a process of <i>non-directive questioning</i>. The questions make the client think deeper into her/his assumptions about life and problems. Gradually the client is able to change the irrational beliefs by making a change in her/his philosophy about life. The rational belief system replaces the irrational belief system and there is a reduction in psychological distress. (1+1+1= 3)		
Q23 A)	Answer: Levels of Consciousness • Conscious - which includes thoughts, feelings and actions of which people are aware • Preconscious, which includes mental activity of which people may become aware only if they attend to it closely. • Unconscious, which includes mental activity that people are unaware of. (1+1+1= 3)	2	3
	OR		
Q23 B)	Answer: Any three points: • The behaviourists believe in data, which they feel are definable, observable, and measurable. • The behaviourists focus on learning of stimulus-response connections and their reinforcement. • For most behaviourists, the structural unit of personality is the response. Each response is a behaviour, which is emitted to satisfy a specific need. This is accomplished through responses (behaviours) that are reinforced. (1+1+1= 3)	2	3
Q24	Answer: Sources- • Learning • Strong social identity and in group bias • Kernel of truth concept Self-fulfilling prophecy A brief description of all four using Himesh's behaviour (1+1+1+1= 4)	6	4
Q25	Answer: 1. Frustration results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal. In this case her parents are not allowing her to study abroad. 2. Conflicts may occur between two or more incompatible needs or motives.	3	4

	3. Internal pressures stem from beliefs based upon expectations from inside us to ourselves such as, 'I must do everything perfectly'. Such expectations can only lead to disappointment. 4. Social pressures may be brought about from people who make excessive demands on us. (1+1+1+1= 4)		
Q26 A)	Answer: According to the Humanistic theory, especially Carl Rogers' concept of the self, Razia's dissatisfaction might stem from a gap between her "real self" and her "ideal self." The theory suggests that when individuals' self-perceptions do not align with their true potential or inner desires, they experience incongruence, leading to feelings of frustration or discontent. Lack of self-actualisation-inability to satisfy her potential to the fullest Razia may feel that her current job doesn't fulfil her true aspirations or allow her to grow personally. As when social conditions are positive, self-concept and self-esteem are high. In contrast when social conditions are negative, self-concept and self-esteem are low (2+2= 4)	2	4
	OR		
Q26 B)	Answer: - Eysenck Personality Questionnaire (EPQ) It initially assessed two dimensions of personality, called introverted-extraverted and emotionally stable-emotionally unstable. These dimensions are characterised by 32 personality traits. Later on, Eysenck added a third dimension, called psychoticism - Sixteen Personality Factor Questionnaire (16 PF) This test was developed by Cattell. On the basis of his studies, he identified a large set of personality descriptors, which were subjected to factor analysis to identify the basic personality structure. It has been found extremely useful in career guidance, vocational exploration, and occupational testing. (2+2=4)	2	4
Q27	Answer: In India, integral intelligence is valued which gives emphasis on connectivity with the social and world environment. Integral intelligence views intelligence holistically where equal attention is paid to cognitive and non-cognitive processes as well as their integration. The Indian concept of 'Buddhi' has both affective and motivational and cognitive components. It includes cognitive capacity, social, emotional and entrepreneurial competence. Technological intelligence is more valued in Western societies like America and Europe. Child rearing practices that foster skills of generalisation and abstraction, speed, minimal moves and mental manipulation among children. Persons here are	1	4

	well-versed in skills of attention, observation, performance, speed and achievement orientation. (2+2=4)		
Q28A	Answer- Mild, Moderate, Severe and Profound-indicate levels of IQ Areas of functioning for each level on the basis of self-help skills, speech and communication, academics, social skills, vocational adjustment and adult living A detailed description of each level of intellectual disability (1+1+1+1=4)	4	6
	OR		
Q28 B)	Answer: High levels of anxiety that are distressing and interfere with effective functioning indicate the presence of an anxiety disorder or 4Ds. 1mk Types of anxiety disorders: -Generalised anxiety disorder -Phobia -Panic disorder -Separation anxiety disorder A brief description of any three (1+3=4)	4	6
Q29A)	Answer: Intelligence is influenced by heredity and the environment. Evidence for hereditary influence comes from studies on twins and adopted children. Correlation studies. Studies on adopted children. Role of the environment. Adopted children and environmental enrichment like education, nutrition, schooling and parental upbringing. A detailed description about both. (3+3=6)	1	6
	OR		
Q29B)	Answer: Concept and theory of intelligence - -Componential- Knowledge acquisition, meta component, performance -Experiential Intelligence- Creative Intelligence -Contextual Intelligence-Practical Intelligence Explanation of each in detail. (2+2+2=6)	1	6
	SECTION F		

	CASE 1		
Q 30	Answer: This is a positive symptom of schizophrenia. The characteristic is that of inappropriate affect.	4	1
Q31	Answer: The symptom is that of delusion of persecution. Delusion is a false belief that is firmly held on inadequate grounds. In this delusion people believe that they are being plotted against, spied, attacked, victimised and slandered upon. (1+1=2)	4	2
	CASE 2		
Q32	Answer: Alarm Stage Resistance Stage	3	1
Q33	Answer: Potential Stage: Exhaustion stage if Neha's current situation continues. Likely outcome- severe physical consequences like chronic illness and burnout- physical, emotional and psychological exhaustion. (1+1=2)	3	2