



**PRE-BOARD EXAMINATION (2021-22)**

**TERM I – SET A**

**Subject: PSYCHOLOGY**

**Grade: XII**

Name:

Section:

**Max. Marks: 35**

**Time: 90 min**

Roll No:

**General Instructions:**

1. The Question Paper contains three sections.
2. Section A has 24 questions. Attempt any 20 questions.
3. Section B has 24 questions. Attempt any 20 questions.
4. Section C has 12 questions. Attempt any 10 questions.
5. All questions carry equal marks.
6. There is no negative marking.

**SECTION A**

**Section A has 24 questions (from question no. 1 to 24). Answer any 20 questions from this section.**

1. \_\_\_\_\_ is the first step in understanding a psychological attribute.
  - a. Assessment
  - b. Observation
  - c. Psychological Test
  - d. Self-Report.
2. Case studies are based on data generated by \_\_\_\_\_.
  - a. Interview
  - b. Observation
  - c. Questionnaire.
  - d. All of the above.
3. According to \_\_\_\_\_ intellectual activity involves the interdependent functioning of three neurological systems, called the functional units of brain.
  - a. Triarchic theory of Intelligence.
  - b. Hierarchical model of Intelligence.
  - c. Structure of Intellect model
  - d. PASS model of Intelligence.
4. Children form self-esteem in four areas \_\_\_\_\_.
  - a. Emotional ,Social ,Physical and Academic competence.
  - b. Academic ,Social ,Physical competence and Physical appearance.
  - c. Emotional ,Cognitive,Academic and Physical Competence.
  - d. Academic ,Cognitive,Physical competence and Physical Appearance.
5. The Russian psychologist who proposed that culture provides the social context in which people live, grown and understand the world around them is \_\_\_\_\_.
  - a. Sternberg
  - b. Vygotsky
  - c. Gardner
  - d. Wechsler
6. \_\_\_\_\_ approach is based on Five-Factor Model of Personality.
  - a. Trait Approach
  - b. Type Approach
  - c. Psychodynamic approach
  - d. Interactional Approach.
7. Max believes he can learn difficult material for his classes if he stays focused and committed. He has strong\_-----\_for academics.

- a. Self-efficacy
  - b. Self-esteem
  - c. Self-worth
  - d. Self-regulation
8. \_\_\_\_\_ personality is characterized by proneness to depression.
- a. Type-A
  - b. Type-B
  - c. Type-C
  - d. Type-D
9. \_\_\_\_\_ provides us information on how a person behaves under stressful conditions.
- a. Behavioural tests.
  - b. Stress tests.
  - c. Situational tests.
  - d. All of these.
10. The tendency of a respondent to endorse items in a socially desirable manner is known as \_\_\_\_\_.
- a. Acquiescence
  - b. Self-report
  - c. Social desirability
  - d. Halo effect
11. Cultures are characterized as collectivistic when \_\_\_\_\_.
- a. each member of the group maintains his/her individuality
  - b. there is a clear dichotomy between self and others
  - c. self and group remain at a distance
  - d. self and group have a harmonious co-existence
12. A person prefers to eat sweet after dinner. When he is unable to get something sweet, he feels restless. This indicates his \_\_\_\_\_.
- a. Trait
  - b. Habit
  - c. Value
  - d. Character
13. Id is energized by 2 instinctual forces \_\_\_\_\_ and \_\_\_\_\_.
- a. Life and Pleasure instinct.
  - b. Life and death instinct
  - c. Libido and death instinct
  - d. Libido and life instinct.
14. A typical adolescent in India is under a lot of \_\_\_\_\_ to do well academically and it can be considered as a major cause of stress.
- a. Social pressure
  - b. Internal pressure
  - c. Frustration
  - d. Conflicts.
15. Frustration results from \_\_\_\_\_.
- a. Incompatibility between two or more needs or motives
  - b. Blocking of needs and motives
  - c. Expectations from oneself and others
  - d. Excessive demands
16. People with high levels of stress but low levels of illness share three characteristics, they are \_\_\_\_\_.
- a. Commitment, Control, Challenge
  - b. Commitment, Creative, Challenge
  - c. Commitment, Creative, Control
  - d. Commitment, Cognitive, Creative
17. As per the General Adaptation Syndrome, the individual makes efforts to cope with the threat, as through confrontation in \_\_\_\_\_ stage.
- a. Resistance
  - b. Burnout
  - c. Alarm reaction
  - d. Exhaustion
18. \_\_\_\_\_ is the overall pattern of decisions and behaviours that determine a person's health and quality of life.
- a. Lifestyle
  - b. Lifeskills
  - c. Moral decisions
  - d. Life events
19. Which of the following term is NOT a part of Sternberg's conceptualization of Intelligence?
- a. Adapt
  - b. Shape
  - c. Select
  - d. Develop

20. Which of the following individual will NOT be considered as having high EQ?
- The one who solves people's emotional problem easily.
  - The one who is sensitive to his/her own emotions and others as well.
  - The one who is able to judge scenarios without being affected by emotions.
  - The one who takes emotions into considerations when making life choices.
21. Which of the following was NOT a stressor induced on animals by Hans Selye during his study on GAS?
- Insulin injection
  - High temperature
  - X-rays
  - Carcinogenic particles
22. What is Meichenbaum's stress management technique known as?
- Stress inoculation training
  - Stress inculcation training
  - Stress reduction training
  - Stress inhibition training
23. The study that focuses on the link between the brain, mind and immune system is called \_\_\_\_\_.
- Psychoneuroimmunology
  - Psychoimmunology
  - Psychoneurology
  - Immunoneurology
24. An individual uses past experiences creatively to solve novel problems, thus integrating different experiences in an original way to make new discoveries and inventions. Such an individual is said to be high on \_\_\_\_\_ intelligence.
- Componential
  - Contextual
  - Experiential
  - Analytical

### SECTION B

**Section B has 24 questions (from question no. 25 to 48). Answer any 20 questions from this section.**

25. Mary is a very dedicated student who attends classes regularly, prepares written notes, reads the textbook chapters thoroughly and manages to score good in her academics. Based on your learning about the Triarchic Theory of Intelligence, Mary has a high level of \_\_\_\_\_ intelligence.
- Contextual
  - Experiential
  - Componential
  - Social
26. What does the 'S' in s-factor of Spearman's intelligence concept means?
- Spearman's constant
  - Special
  - Significant
  - Specific
27. Which statement (s) hold true for J.P. Guilford's model of intelligence?
- There are total 180 cells having the classification as 6x5x6 dimensions.
  - The factors includes mental operations which are primary and common.
  - He proposed a hierarchical model of intelligence.
  - Product dimension refers to the form in which information is processed by the respondent.

**Choose the correct option**

- i and iii
  - i and ii
  - iii and iv
  - i and iv
28. 'Letting things out of one's system' through playing video games or talking things out with a friend will be considered what kind of coping according to Lazarus?

- |                    |                  |
|--------------------|------------------|
| a. Avoidance       | b. Emotional     |
| c. Problem focused | d. Task oriented |

29. The distribution of IQ scores \_\_\_\_\_.

- |   |  |
|---|--|
| i. is approximately normal or bell-shaped.                  | ii. falls off abruptly above 100.                    |
| iii. reveals a difference in the average for men and women. | iv. shows that most people score between 90 and 109. |

**Choose the correct option**

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

30. The concept of collective unconscious consisting of archetypes was given by

- |                |                 |
|----------------|-----------------|
| a. Erich Fromm | b. Carl Jung    |
| c. Horney      | d. Erik Erikson |

31. Projective techniques in assessment of personality were developed to\_\_\_\_\_.

- |   |  |
|---|--|
| i. Assess unconscious motives and feelings.                   | ii. Allow the individual to project his /her desires and needs on to that situation. |
| iii. Assess a person by asking him/her about herself/himself. | iv. Diagnose depression, mania and social introversion etc.                          |

**Choose the correct option**

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

32. Which factor is TRUE of people who are high in self-control ?

- |   |   |
|---|---|
| i. Observation of one's own behaviour with necessary information. | ii. They avoid challenges and allow people to select and shape their environment. |
| iii. Self-reinforcement involves rewarding behaviours.            | iv. Social and Physical competence.   |

**Choose the correct option**

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

33. Which of the following statements are TRUE about self as an object?

- |  |   |
|--|---|
| i. Self is an entity that does something.      | ii. Self is being described as a knower.                |
| iii. Self gets observed and comes to be known. | iv. Self is an entity on which something is being done. |

**Choose the correct option**

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

34. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.

Assertion (A): Aptitude refers to an individual's underlying potential for acquiring skills.

Reason(R): Aptitude tests are used to predict what an individual will be able to do if given proper environment and training.

- |   |   |
|---|---|
| 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, R is false  | d. A is false, R is true  |

35. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.  
 Assertion (A): Some verbal tests require responses in written form.  
 Reason(R): Verbal tests can only be administered to literate people.
- Both A and R are true, and R is the correct explanation of A
  - Both A and R are true, but R is not the correct explanation of A
  - A is true, R is false
  - A is false, R is true
36. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.  
 Assertion (A): A Strong sense of self efficacy allows people to select, influence and even construct the circumstance of their own life.  
 Reason(R): People's expectations of mastery or achievement and their convictions about their own effectiveness determine the types of behaviours they engage in.
- Both A and R are true, and R is the correct explanation of A
  - Both A and R are true, but R is not the correct explanation of A
  - A is true, R is false
  - A is false, R is true
37. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.:  
 Assertion (A): Primary appraisal refer to the assessment of one's coping abilities, resources and whether they will be sufficient to meet the harm threat or challenge of the event.  
 Reason(R): The resources may be mental, physical, personal or social
- Both A and R are true, and R is the correct explanation of A
  - Both A and R are true, but R is not the correct explanation of A
  - A is true, R is false
  - A is false, R is true
38. The stress process propounded by Lazarus is based on the \_\_\_\_\_ theory of stress.
- Behavioural
  - Psychodynamic
  - Cognitive
  - Humanistic
39. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.:  
 Assertion (A): Women are more likely to be affected by social and cultural factors than by biological factors.  
 Reason(R): Freud consider women as inferior.
- Both A and R are true, and R is the correct explanation of A
  - Both A and R are true, but R is not the correct explanation of A
  - A is true, R is false
  - A is false, R is true
40. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.:  
 Assertion (A): Each one of us has the capacity to choose and create.  
 Reason(R): Every individual suffers from the feeling of adequacy and ego,ie superiority complex, which arise from childhood.
- Both A and R are true, and R is the correct explanation of A
  - Both A and R are true, but R is not the correct explanation of A
  - A is true, R is false
  - A is false, R is true

41. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.:  
 Assertion (A): Interview is a commonly used method for assessing personality.  
 Reason(R): Diagnostic interviewing generally involves basic interviewing which seeks to go beyond the replies given by the person.
- Both A and R are true, and R is the correct explanation of A
  - Both A and R are true, but R is not the correct explanation of A
  - A is true, R is false
  - A is false, R is true
42. The state of physical, emotional and psychological exhaustion is known as
- Resistance
  - Stress
  - Burnout
  - Coping
43. Which of these is not a form of social support?
- Informational
  - Emotional
  - Tangible
  - Positive thinking
44. Which of the following statements is/are a part of the stress process, as explained by Lazarus' Cognitive theory?
- An individual's response to a stressful situation largely depends upon the perceived events and how they are interpreted.
  - Regardless of the cause of the threat, the individual will respond with the same physiological pattern of reactions
  - When we perceive an event as negative, we are likely to make a secondary appraisal.
  - Primary appraisal refers to the perception of a new or changing environment as positive, neutral or negative in its consequences.
- Choose the correct option**
- ii, iii, iv
  - ii, iii
  - i, iii, iv
  - i
45. The following is/are true about stress and the immune system:
- Stress can cause illness by impairing the workings of the immune system.
  - The immune system functions to guard the body against attackers, both from within and outside.
  - Increased levels of natural killer cell cytotoxicity have been found in people who are highly stressed.
  - Studies reveal that immune functioning is better in individuals who do not receive social support.
- Choose the correct option**
- i
  - ii, iii
  - i, iii, iv
  - i, ii
46. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.:  
 Assertion (A): Stress can cause illness by impairing the workings of the immune system.  
 Reason(R): The immune system guards the body against attackers, both from within and outside.
- Both A and R are true, and R is the correct explanation of A
  - Both A and R are true, but R is not the correct explanation of A
  - A is true, R is false
  - A is false, R is true

47. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.:  
 Assertion (A): People with high level of stress and low level illness share three characteristics.  
 Reason(R): The three characteristics are quality, buffer and resistance.
- 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, R is false      d. A is false, R is true
48. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.:  
 Assertion (A): Overcoming unhelpful habits like procrastination is a life skill that enables individuals to deal effectively with challenges of everyday life.  
 Reason(R): Factors that act as stress buffers and facilitate positive health are diet, exercise, positive attitude & positive thinking.
- 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, R is false      d. A is false, R is true

### SECTION C

**Section C has 12 questions (from question no. 49 to 60). Answer any 10 questions from this section.**

- **Question No 49 -54 are case based questions.**
- **Question No 55-60 are based on the picture provided.**

**Read the case given below and answer the questions by choosing the most appropriate option.**

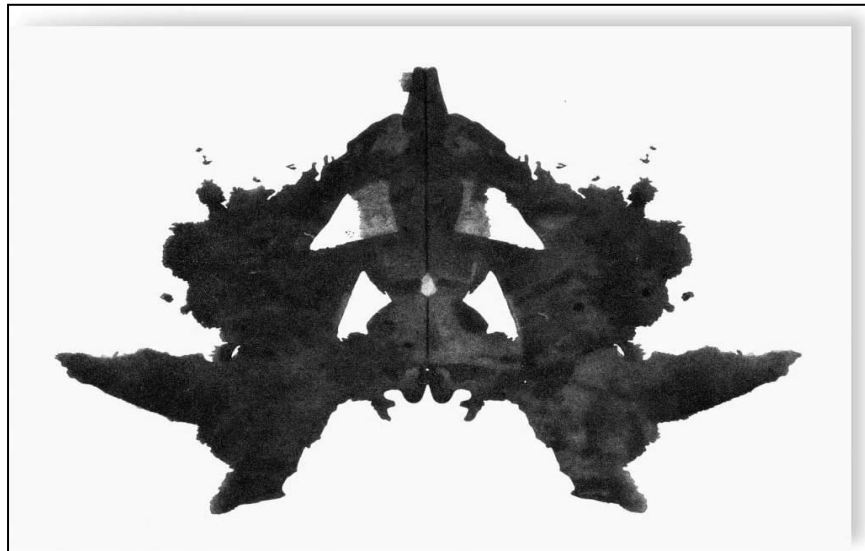
The most widely used test known as TAT was developed by Morgan and Murray. It is a little more structured than the Inkblot test. The test consists of 30 black and white picture cards and one blank card. Each picture card depicts one or more people in a variety of situations. TAT data are expected to reveal the hierarchy of a person's needs and the nature of his or her dominant emotions and conflicts.

The TAT is a widely used projective test for the assessment of children and adults. It is designed to reveal an individual's perception of interpersonal relationships. Cards include specific subsets for boys, girls, men and women. The test is useful as part of a comprehensive study of personality and in the interpretation of behaviour disorders, psychosomatic illnesses, neuroses and psychoses.

49. What according to Morgan and Murray is TAT?
- a. Thematic Appreciation Test.      b. Thematic Aptitude Test.  
 c. Thematic Apperception Test.      d. Thematic Attitude Test.
50. Which of the following is not considered as a part of the TAT card subject?
- a. Boys      b. Girls  
 c. Rabbit      d. Women
51. Assessment refers to the procedures used to evaluate or differentiate people on the basis of certain characteristics. The best method to assess a person is by asking her to narrate about herself. This led to the use of \_\_\_\_\_.
- a. Psychometric Tests      b. Self-report measures  
 c. Behavioural Analysis      d. Projective Technique

52. How many cards are used in TAT?
- Thirty
  - Thirty-one
  - Thirty-two
  - Thirty-three
53. Two statements are given in the question below as Assertion (A) and Reasoning (R). Read the statements and choose the appropriate option.:  
 Assertion (A): TAT is a type of Projective Techniques which are based on the assumption that a unstructured stimulus will allow the individual to project his feelings.  
 Reason(R): According to Morgan and Murray, each picture card depicts one or more people in a variety of situations.
- Both A and R are true, and R is the correct explanation of A
  - Both A and R are true, but R is not the correct explanation of A
  - A is true, R is false
  - A is false, R is true
54. TAT is used to study\_\_\_\_\_
- Neuroses
  - Psychoses
  - Behaviour disorder
  - All of the these.

**Refer to the picture given below and answer the questions by choosing the most appropriate option.**



55. Which type of personality assessment is being depicted in the above picture?
- Projective Technique
  - Psychometric Tests
  - Behavioural Analysis
  - Self report measures
56. Which of the following is NOT a characteristics of this test?
- It reveals the unconscious mind
  - It can be conducted only on an individual basis
  - It's interpretation is objective
  - The stimuli are unstructured
57. Identify the name of the test from the options give below.
- Thematic Apperception
  - Rorschach Inkblot Test
  - Picture frustration study
  - None of the above
58. Which of the following statement are True of this test.
- In the first phase, called performance proper, the subjects are shown the cards and are asked to tell what they see in each of them.
  - The second phase is called inquiry



- iii. Each picture card depicts one or more people in a variety of situations
- iv. The subject is asked to tell a story describing the situation presented in the picture.

**Choose the correct option**

- a. i and ii
  - b. iii and iv
  - c. i, ii, iii
  - d. ii and iv
59. Which of the following is a drawback of this test.
- a. It requires sophisticated skills and specialized trainings.
  - b. It has problems associated with reliability of scoring.
  - c. It has problems associated with validity of interpretations.
  - d. It is an indirect measure of assessment.
60. Identify the stimuli that are used in such kinds of test as given in the above picture.
- a. Stories
  - b. Cartoons
  - c. Inkblots
  - d. Picture Cards

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