



INDIAN SCHOOL AL WADI AL KABIR
ASSESSMENT-1 2026-27
PSYCHOLOGY

Date: 27/09/2026
Class: XII

Time Allowed: 3 hours
Maximum Marks: 70

General instructions

- All questions are compulsory except where internal choice has been given.
- Question Nos.1-14 in Section A carry 1 mark each. You are expected to answer them as directed.
- Question Nos. 15-19 in Section B are very short answer type-I questions carrying 2 marks each. The answer to each question should not exceed 30 words.
- Question Nos. 20-23 in Section C are short answer type-II questions carrying 3 marks each. The answer to each question should not exceed 60 words.
- Question Nos. 24 - 27 in Section D are long answer type-I questions carrying 4 marks each. The answer to each question should not exceed 120 words.
- Question Nos. 28-29 in Section E are long answer type-II questions carrying 6 marks each. The answer to each question should not exceed 200 words.
- Question Nos. 30–33 in Section F are based on two cases given. The answer to each one-mark question should not exceed 20 words. The answer to each two-mark question should not exceed 30 words.

SECTION A

- 1 Low activity of which neurotransmitter has been linked to the development of anxiety disorders? 1
A. Dopamine B. Serotonin
C. Gamma-aminobutyric acid (GABA) D. Epinephrine
- 2 In the Five-Factor Model of personality, individuals who are imaginative, curious, and open to new ideas score high on: 1
A. Extraversion B. Agreeableness
C. Conscientiousness D. Openness to experience
- 3 The level of stress that is considered "good" and can help achieve peak performance is known as: 1
A. Distress B. Strain C. Eustress D. Hypervigilance
- 4 According to Gardner, a surgeon or an athlete is likely to possess high levels of: 1
A. Spatial intelligence B. Bodily-Kinesthetic intelligence
C. Logical-Mathematical intelligence D. Interpersonal intelligence
- 5 When a person attributes their own aggressive tendencies to others, they are using the defense mechanism of: 1
A. Repression B. Projection C. Denial D. Rationalization

- 6 While at an important office event, Danny experienced an abrupt surge of intense anxiety including palpitations and a fear of dying. He is likely suffering from: 1
 A. Specific Phobia B. Panic Disorder
 C. Generalized Anxiety Disorder D. Separation Anxiety Disorder
- 7 Diagnostic and Statistical Manual of Mental Disorders is published by 1
 A. The American Psychiatric Association
 B. The American Psychological Association
 C. World Health Organisation
 D. None of the above
- 8 Which of the goals is not emphasized by the Humanistic Existential theories? 1
 a) Growth b) Realisation of potentials
 c) Success d) Being in the present
- 9 According to Lazarus and Folkman, _____ strategies attack the problem 1
 itself, with behaviours designed to gain information, to alter the event, and to alter belief and commitments.
- 10 Assertion (A): Personality traits such as independence and achievement orientation 1
 are more commonly found in hunting-gathering societies than in agricultural societies.
 Reason (R): In hunting-gathering societies, rituals, recreational activities, and child-rearing practices are designed to help individuals adapt to the demands of a nomadic lifestyle and ecological environment.
 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 3 of the terms given below belong to a particular theory of intelligence? Which is the 1
 odd one out?
 a) Practical b) Creative
 c) Critical d) Analytical
- 12 Which of these are not a source of stress? 1
 a. Tensions b. Hassles c. Life Events d. Traumatic events
- 13 Assertion (A): Abnormal behaviour is always considered a deviation from social 1
 norms.
 Reason (R): Each society has its own norms, which are shaped by its culture, history, and values, and these norms can change over time.
 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
- 14 Culture fair tests focus on a particular culture while designing questions. 1
 True or False

SECTION B

- 15 Vaibhav is a Philosophy professor known for his deep understanding of human existence and the meaning of life. He's often praised for his self-awareness and ability to relate with his students on a profound level. Identify the type of intelligence possessed by Vaibhav given by Howard Gardner. Briefly describe 2 other types of intelligence of Gardner. 2
- 16 What happens during the Exhaustion stage according to the GAS model? 2
- 17 After returning from war, Major Arun often experienced painful flashbacks of losing his comrades. Identify and list the symptoms of the disorder. 2
- 18 How does social stress impact individuals? 2
- 19 Discuss the causes of maladaptive behaviour put forth by socio-cultural theorists. 2

SECTION C

- 20 'Assessment is the base of prediction.' With reference to this, explain the nature and types of assessment relevant in Psychology. 3
- 21 What are Self Report measures? Discuss their limitations in personality assessment. 3
- 22 Briefly describe the 'Trigunas' as mentioned in the Indian tradition. 3
- 23 Besides intelligence, which are the common attributes that exemplify individual variations. 3

SECTION D

- 24 What do you understand by the term 'dissociation'? Discuss its various forms. 4
- 25 Suhas was suffering from high level of stress and was unable to make sound decisions. Which is this effect of stress? Elaborate on the other prominent effects of stress. 4
- 26 Psychologists believe observation of behaviour serves as the basis of behavioural analysis. Enlist some important methods of analyzing behaviour as part of personality assessment. 4
- 27 Along with diet and exercise, several factors impact our health and well-being, describe them in detail. 4

SECTION E

- 28 Mention the neo-analytic or post-Freudian theorists and list the ways in which their theories diverge from Sigmund Freud's original psychoanalytic theory. Briefly explain any two significant post-Freudian theories to understand personality. 6

OR

Differentiate between type and trait approaches to personality. Explain any two trait theories in detail.

- 29 'Indian approach towards intelligence can be considered more holistic.' Explain this statement in detail along with the four facets of intelligence identified in the Indian tradition. 6

SECTION F

In non-patient and in medical populations, women commonly reported more frequently chronic and intense symptoms than men, and women's prevalence of somatization was considerably higher. However, reasons for the gender differential appear to be complex. These have been attributed to 1.) Women's higher prevalence of common mental disorders with a strong somatic component, esp. depression and anxiety, 2.) their higher rates of current and past abuse and trauma, and 3.) women's tendency to judge and describe physical sensations as more bothersome and report them to a physician. Among the psychosocial factors, there has been a linear relationship between the number of physical symptoms reported and the degree of psychological distress. A strong overlap between somatization, depression and anxiety disorders has been found both in primary care patients and in the general population.

- 30 Which category of disorder has been described above? Enlist the sub-disorders under that category. 1
- 31 What are the common symptoms associated with this category of disorder? 2

Intelligence is one of the most talked-about subjects in Psychology, there is no standard definition of what exactly constitutes intelligence. Some researchers have suggested that intelligence is a single, general ability. Others believe that intelligence encompasses a range of aptitudes, skills, and talents. Intelligence has been a controversial topic throughout Psychology's history. Despite the substantial interest in the subject, there is still considerable disagreement about what components make up intelligence. In addition to questions of exactly how to define intelligence, the debate continues today about whether accurate measurements are even possible. At various points throughout recent history, researchers have proposed some different definitions of intelligence. While these definitions can vary considerably from one theorist to the next, current conceptualizations tend to suggest that intelligence is the ability to learn from experience, recognize problems, and solve problems. Intelligence is the global capacity to understand the world, think rationally, and use available resources effectively when faced with challenges.

- 32 What are the different dimensions of the structure of the intellect model? 1
- 33 Which approach considers intelligence as an aggregate of abilities? Explain any one theory under that approach in brief. 2