

CUET 2026 May 21 Shift 1 Psychology

Question Paper (Memory-Based)

Conducted by National Testing Agency (NTA)



General Instructions

- (i) The examination will be conducted in Computer-Based Test (CBT) mode.
- (ii) Each question carries +5 marks for correct answer and -1 mark for wrong answer.
- (iii) The total number of questions are 50.
- (iv) Duration of the exam is 1 hour (60 minutes).

1. Riya, an 18-year-old student, suddenly experiences intense fear during her coaching classes. Her heart starts racing, she feels breathless, dizzy, and fears that she might die. These episodes occur unexpectedly and have made her avoid crowded places and public transport. After consulting a psychologist, she learns that she is suffering from Panic Disorder. Which of the following symptoms is most strongly associated with Panic Disorder?

- (A) Hallucinations
- (B) Sudden episodes of intense fear and physical discomfort
- (C) Loss of memory
- (D) Multiple personalities

2. Arjun was stressed due to upcoming entrance examinations. Instead of avoiding his problems, he prepared a study schedule, practiced meditation daily, and discussed his worries with close friends. Over time, he felt calmer and more confident. The coping techniques used by Arjun in the above case are examples of:

- (A) Maladaptive coping
- (B) Emotion-focused and problem-focused coping
- (C) Substance dependence
- (D) Avoidance behavior

3. An advertisement for cooking food in a pressure cooker points out that this saves fuel and is economical. What message characteristic is being highlighted in the advertisement?

- (A) Emotional
- (B) Rational
- (C) Familial
- (D) Personal

4. Ananya is pursuing the science stream and aims to be a doctor someday. However, Ananya strums her guitar and sings along whenever she is free. Although she is not a great singer, her spirits lift when she sings along. What is this attribute called?

- (A) Aptitude
- (B) Personality
- (C) Interest
- (D) Intelligence

5. The ability to monitor one's own and others' emotions, to discriminate among them and to use the information to guide one's thinking and actions is called:

- (A) Social intelligence
- (B) Emotional intelligence
- (C) Interpersonal intelligence
- (D) Abstract intelligence

6. Kohs Block Design Test contains a number of wooden blocks to be arranged in a design within a given time period. This test is an example of:

- (A) Performance test
- (B) Non-verbal test
- (C) Verbal test
- (D) Aptitude test

7. Arshiya has an I.Q. of 135. She is an all-rounder. She not only scores at the top of her class but is also an international chess player and a remarkable beat player as well. Arshiya can be classified as:

- (A) Gifted
 - (B) Smart
 - (C) Creative
 - (D) Intelligent
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8. Identify the facets of intelligence in the Indian tradition from the following options: (A) Cognitive capacity (B) Social competence (C) Emotional competence (D) Individualistic orientation (E) Entrepreneurial competence.

- (A) (A), (B), (C) and (D) only
 - (B) (B), (C), (D) and (E) only
 - (C) (A), (B), (C) and (E) Only
 - (D) (A), (C), (D) and (E) only
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9. An in-depth study of the individual in terms of his/her psychological attributes, psychological history in the context of his/her psycho-social and physical environment is known as:

- (A) Interview
 - (B) Self-report
 - (C) Psychological test
 - (D) Case-study
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10. Which of the following can be categorised under the verbal test? (A) Stanford-Binet Test (B) Alexander's Passalong Test (C) Raven's Progressive Matrices (D) Draw-a-Man Test

- (A) (A) only
 - (B) (C) only
 - (C) (B) and (D) only
 - (D) (C) and (D) only
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