

# CBSE Class 12 Psychology 2026 - 63/7 - Compartment

## Question Paper

Conducted by the Central Board of Secondary Education (CBSE)



Time Allowed: 3 Hours

Maximum Marks: 70

### General Instructions

- (i) This question paper contains 33 questions.
- (ii) All questions are compulsory, except where an internal choice is provided.
- (iii) Keep your answers brief and to the point. Marks are indicated against each question.
- (iv) Section F contains two case studies. Answer 1-mark questions in no more than 20 words and 2-mark questions in no more than 30 words.
- (v) Section A: Questions 1–14 carry 1 mark each. Answer as directed.
- (vi) Section B: Questions 15–19 carry 2 marks each. Answer in no more than 30 words.
- (vii) Section C: Questions 20–23 carry 3 marks each. Answer in no more than 60 words.
- (viii) Section D: Questions 24–27 carry 4 marks each. Answer in no more than 120 words.
- (ix) Section E: Questions 28–29 carry 6 marks each. Answer in no more than 200 words.

1.

\_\_\_\_\_ uses systematic testing procedures to evaluate the abilities, behaviours and personal qualities of individuals.

- |                              |                              |
|------------------------------|------------------------------|
| (A) Psychological assessment | (B) Biological assessment    |
| (C) Cognitive assessment     | (D) Physiological assessment |

2.

During a discussion about family, Riya suddenly snapped at her best friend who had lightly teased her about being “too quiet at home”. Riya shouted, “Just stop talking about my family!” surprising everyone, including herself. Later, when her friend tried to talk to her, Riya appeared confused and embarrassed. She kept repeating, “I do not know why I did that.” Identify the defence mechanism reflected in Riya's behaviour:

- |                |              |
|----------------|--------------|
| (A) Repression | (B) Denial   |
| (C) Projection | (D) Fixation |

3.

\_\_\_\_\_ is considered positive and can motivate individuals to perform better, feel excited, and be more productive.

- |              |              |
|--------------|--------------|
| (A) Distress | (B) Strain   |
| (C) Burnout  | (D) Eustress |

4.

When an individual evaluates whether they have resources and abilities to cope with a perceived stressor, this process is called:

- |                         |                          |
|-------------------------|--------------------------|
| (A) Primary appraisal   | (B) Tertiary appraisal   |
| (C) Secondary appraisal | (D) Cognitive distortion |

5.

Match the Disorders in List I with their associated Neurotransmitter imbalances in List II: List I (Disorder): a. Anxiety disorder, b. Schizophrenia, c. Depression. List II (Neurotransmitter imbalance): i. Low serotonin, ii. Excess dopamine, iii. Low GABA. Choose the correct answer from the options given below:

- |                      |                      |
|----------------------|----------------------|
| (A) a-i, b-ii, c-iii | (B) a-iii, b-ii, c-i |
| (C) a-ii, b-i, c-iii | (D) a-iii, b-i, c-ii |

6.

The “4 Ds” used to define abnormal behaviour or psychological disorders do not include:

- |              |               |
|--------------|---------------|
| (A) Deviance | (B) Distress  |
| (C) Danger   | (D) Diagnosis |

7.

'Unconditional positive regard' as proposed by Carl Rogers indicates:

- |                                                        |                                                             |
|--------------------------------------------------------|-------------------------------------------------------------|
| (A) Accepting a person only when they behave correctly | (B) Valuing a person regardless of their behaviour or flaws |
| (C) Praising someone excessively to boost self-esteem  | (D) Using punishment to correct unwanted behaviour          |

8.

Aversive conditioning is most accurately described as:

- |                                                                               |                                                                             |
|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| (A) Learning desirable behaviours through imitation of role models            | (B) Strengthening desired behaviour by rewarding it constantly              |
| (C) Reducing unwanted behaviour by associating it with an unpleasant stimulus | (D) Encouraging self-awareness through open dialogue and regular discussion |
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9.

In the following question, a statement of Assertion (A) is followed by a statement of Reason (R). Read the statements and choose the appropriate option. Assertion (A): Stereotypes often originate from an element of reality. Reason (R): The concept of the “Kernel of truth” suggests that there may be a small factual basis behind some generalized beliefs about groups.

- |                                                                                                            |                                                                                                                 |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| (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.                                                             |
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10.

A self-fulfilling prophecy is best described as:

- |                                                         |                                                              |
|---------------------------------------------------------|--------------------------------------------------------------|
| (A) Changing beliefs after experiencing new information | (B) Target group behaving in ways that justify the prejudice |
| (C) Rejecting stereotypes even when there is evidence   | (D) Behaving in ways opposite to one's expectations          |
- 

11.

In attitude change, the source characteristics mainly depend on \_\_\_\_\_.

- |                                              |                                             |
|----------------------------------------------|---------------------------------------------|
| (A) Popularity of the message topic          | (B) Length and duration of the message      |
| (C) Attractiveness and credibility of source | (D) Number of times the message is repeated |
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12.

Match List I with List II: List I: a. Group, b. Team, c. Mob, d. Crowd. List II: i. Impulsive, homogeneity of thoughts and frenzy, ii. Committed toward common goals and presence of complementary skills, iii. Collection of people with interaction and shared identity, iv. Large unorganised gathering formed by chance in public places. Choose the correct answer from the options given below:

- |                            |                            |
|----------------------------|----------------------------|
| (A) a-iii, b-ii, c-i, d-iv | (B) a-ii, b-iii, c-iv, d-i |
| (C) a-iv, b-i, c-ii, d-iii | (D) a-i, b-iv, c-iii, d-ii |
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13.

Which of the following are not a typical element of group structure?

- |                                 |                            |
|---------------------------------|----------------------------|
| (A) Norms and roles             | (B) Roles and cohesiveness |
| (C) Intelligence and adjustment | (D) Status and norms       |
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14.

“The Bandwagon Effect” is best understood as:

- |                                             |                                                        |
|---------------------------------------------|--------------------------------------------------------|
| (A) The tendency to oppose others' opinions | (B) Joining something because others are also doing it |
| (C) Feeling isolated in a group             | (D) Leading a group without authority                  |
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## Section B

15.

The two-factor theory of intelligence is the opposite of the one (uni) factor theory. Explain.

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16(a).

The notion of self-efficacy is based on Albert Bandura's social learning theory. How is self-efficacy important for human beings?

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OR

16(b).

Alfred Adler's theory of lifestyle and social interest has given us great insights into human personality. Discuss.

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17.

Riya was advised to undergo systematic desensitisation to overcome her fear of closed spaces. How will systematic desensitisation help Riya?

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18.

Vishal went for a health check-up and the doctor recommended Cognitive Behaviour Therapy (CBT). CBT is an effective way of treating disorders. Explain the process involved in this therapy.

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19.

Attitudes are sometimes confused with beliefs. Explain the concept of beliefs using a relevant example.

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## Section C

20.

We all live in a world where a wide range of events and conditions can generate stress. Identify the most prominent sources of stress.

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21.

Classifying psychological disorders is important. Justify its importance. Discuss the contributions of the American Psychiatric Association (APA) and the World Health Organization (WHO) for the same.

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22(a).

With the help of an example, show how cognitive dissonance can be converted into cognitive consistency as explained by Leon Festinger.

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OR

22(b).

Define attitude and explain its components.

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23.

People join groups for various reasons. Identify any three reasons.

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## Section D

24(a).

Howard Gardner proposed theory of multiple intelligences that interact and work together to find a solution to a problem. Identify and explain four such types.

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OR

24(b).

Psychological attributes are not linear or unidimensional. They are complex and expressed in terms of dimensions. Elaborate any four domains of psychological attributes.

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25.

How is the Indian view of the self different from the Western view of the self?

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26.

Identify the connection between stress and immune system, specifying the roles of T-cells, B-cells, natural killer cells and psychoneuroimmunology.

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27.

Describe different types of anxiety disorders.

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## Section E

**28(a).**

Robert Sternberg is a pioneering figure in the field of Psychology. Define intelligence according to him and illustrate the three types of intelligence he identified.

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OR

**28(b).**

Intelligence tests are of several types. They can be classified based on their administration procedure, the nature of items used and their cultural impact. Explain each type with its meaning.

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**29(a).**

Personality is viewed differently by behavioural and humanistic schools of thought. Briefly explain both schools of thought.

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OR

**29(b).**

What are the different ways to assess personality? Specify the tools, tests and techniques used in each method.

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## Section F

Read the Case Study given below and answer the questions (Q. 30 and 31) that follow:

**30.** Anil, a 25-year-old college student, was brought to the psychiatric outpatient department by his parents. Over the past year, they observed that Anil had become increasingly withdrawn and had stopped meeting his friends. He often stayed alone in his room, speaking to himself and laughing without any apparent reason. Anil complained that he could hear voices discussing his actions and sometimes giving him commands, even when nobody was around. He also showed little interest in daily activities and displayed a lack of emotional expression, rarely smiling or showing enthusiasm. His speech became brief and lacked detail, often limited to short, one-word answers.

Identify the type of hallucination Anil is experiencing.

Read the Case Study given below and answer the questions (Q. 30 and 31) that follow:

**31.** Anil, a 25-year-old college student, was brought to the psychiatric outpatient department by his parents. Over the past year, they observed that Anil had become increasingly withdrawn and had stopped meeting his friends. He often stayed alone in his room, speaking to himself and laughing without any apparent reason. Anil complained that he could hear voices discussing his actions and sometimes giving him commands, even when nobody was around. He also showed little interest in daily activities and displayed a lack of emotional expression, rarely smiling or showing enthusiasm. His speech became brief and lacked detail, often limited to short, one-word answers.

Mention two common negative symptoms of schizophrenia.

Read the Case Study given below and answer the questions (Q. 32 and 33) that follow:

**32.** Ananya, a 22-year-old college student, was diagnosed with a severe disorder two years ago. After her symptoms were brought under control with medication and therapy, her doctors suggested that she join a rehabilitation program. As part of this program, Ananya attended occupational therapy, participated in social skills training and enrolled in vocational therapy. All the above helped her.

Explain the term rehabilitation.

Read the Case Study given below and answer the questions (Q. 32 and 33) that follow:

**33.** Ananya, a 22-year-old college student, was diagnosed with a severe disorder two years ago. After her symptoms were brought under control with medication and therapy, her doctors suggested that she join a rehabilitation program. As part of this program, Ananya attended occupational therapy, participated in social skills training and enrolled in vocational therapy. All the above helped her.

It has been observed that occupational therapy, social skills training and vocational therapy are very effective. Elaborate on any two.

- End of Question Paper -